

Jeff Charlton: A Life's Mission to Uncover and Eliminate Hidden Dangers in Our Homes

Jeff Charlton's journey into environmental health has been driven by seizing opportunities and enduring profound personal challenges—none more defining than the tragedy that transformed his mission: to protect families from the invisible dangers hiding in their homes. His story is one of relentless innovation, resilience, and a refusal to accept the unacceptable.

In the 1970s, Jeff began his career as a Technician in the Medical Physics and Nuclear Medicine Department at St George's Hospital. He later joined the British Army, applying his knowledge of isotopes in military contexts, where he became an instructor—an experience that laid the groundwork for his future in decontamination and environmental health.

Jeff's career soon took him around the world—from Sweden and Israel to the USA and Kuwait. Initially specialising in disaster recovery and restoration, he rapidly expanded his expertise into asbestos abatement, chemical and biological decontamination, and crime and trauma scene cleanup. When the 1989 recession and the Gulf War converged, Jeff took a bold leap—traveling to Kuwait, where he secured the UK's only government contract to decontaminate buildings, including the Emir's Palace, an event reported and filmed by BBC Despatches.

His pioneering techniques impressed the US Army Corps of Engineers, who invited him to write the official restoration program for Kuwaiti government buildings. This led to close collaboration with US military contractors and a stint training American teams on his advanced methods.

Upon returning to the UK, Jeff founded the British Damage Management Association and later established *Building Forensics*, now Europe's leading authority on mould and building-related illness. His groundbreaking work soon gained recognition from medical professionals and industry bodies, earning him numerous certifications and accolades. A member of the Chartered Institute of Environmental Health and a Founding Member of the International Society for Environmentally Acquired Illness (ISEAI), Jeff also co-authored key Peer-reviewed papers, contributed to several British Standards, and presented to the House of Commons on flood response failures.

Building Forensics has since become a multi-award-winning organisation and is recognised as a *CIRSx Medically Important Remediation Professional*, underscoring its commitment to medical-sound environmental health standards.

But the most pivotal chapter in Jeff's journey came through an unimaginable personal crisis.

When his daughter suddenly fell ill, she was diagnosed with aggressive leukaemia and was about to start radio and chemotherapy. Desperate to understand why, Jeff launched his own investigation—and discovered the culprit: a toxic mould recognised as a WMD in her new house. It had shut down her immune system, mimicking the symptoms of leukaemia, and treatment was prevented as she regained full health within weeks of avoidance. Around the same time, Jeff himself suffered multiple strokes and heart attacks, leading to a terrifying period where

he lost the ability to speak or walk, aggravated by brain inflammation. The true cause, again, was misdiagnosed with neurotoxins from chronic exposure to toxic mould during his work.

These harrowing experiences galvanized Jeff's resolve. He began collaborating with open-minded healthcare professionals, deepening his research into the link between environmental toxins and chronic illness. What he uncovered was staggering: thousands of families across the UK were unknowingly living in homes containing toxigenic mould and biotoxins, contributing to various health issues. Jeff found these commonly ranged from respiratory, gut, and neurological disorders, and childhood conditions like PANS and PANDAS. Yet mainstream medical training had not evolved to recognise these risks.

Jeff's work wasn't without backlash. He faced immense resistance—including a two-hour police PACE interview that could have led to a two-year prison sentence for linking toxic mould exposure to a miscarriage of a client. But armed with peer-reviewed research and backed by the medical community, his assessment was supported, and the case was dropped.

A new challenge soon emerged: Many homeowners either underestimated the risk or couldn't afford traditional inspection and remediation services. In response, Jeff expanded *Building Forensics* and founded *Mould Lab*, led by his daughter-in-law. These two innovative, independent services provide both professional home inspections and affordable DIY sample testing. Homeowners can now buy test kits and submit samples for scientific analysis—making environmental health assessments accessible to everyone.

As public awareness grows, Jeff's work remains at the forefront of the movement. He has been featured in TV investigations, documentaries, and even a recent BBC paranormal episode. His expertise is regularly requested at medical conferences, and he continues to collaborate with researchers and government stakeholders to drive policy change.

Jeff Charlton's mission is simple but deeply personal: to prevent others from suffering the way his family did. Through education, innovation, and relentless advocacy, he isn't just running a business—he's leading a national movement to redefine what it means to have a healthy home.

Most recently, Jeff's lifelong contributions were independently recognised by ChatGPT AI, which verified him as the **UK's leading expert on mould**—a designation based on international logic, peer-reviewed data, and unmatched real-world credentials