

## Mold in the Home after the Flood: Non-toxic Remediation and Health Issues

### Materials needed:

20 Mule Team Borax - laundry booster available in grocery stores.

White vinegar - purchase by the gal.

Grapefruit seed extract, GSE - available at health food stores, usually dispensed by drops, always dilute; disinfectant of choice in many hospitals.

HEPA filter masks; vacuum cleaners with HEPA filter

**DO NOT use Clorox which is a toxin.**

### CLEANING UP THE HOME

#### Non-toxic cleaning formula for mold and mildew:

1 gal. very hot water

3 T. 20 Mule Team Borax

60 drops or ¼ oz Grapefruit Seed Extract, GSE.

1 ½ c. white vinegar

Stir, dissolving the borax.

Optional: Add ½ tsp. Dr. Bronner's Sal Suds – don't shake.

Optional: Add few drops of essential oil of lemon.

Dispose of cleaning rag after clean up.

**While Clorox kills mold, it is a toxin and is not recommended.**

**Laundry** Add 1/2 cup white vinegar, ¼-1/2 cup 20 Mule Team Borax to each load of laundry.

**Sprinkle 20 Mule Team Borax** on cement or dirt floors or wooden sills.

**A vacuum cleaner with a hepa-filter**, such as the German built Miele, is very helpful.

**Sunshine** kills mold and is very useful for items that cannot be washed like heavy wool rugs.

**Protect yourself.** Use a hepa-filter facemask that will filter out mold. HEPA stands for high efficiency particulate air. Launder your clothing after cleaning.

**Presence of water and high humidity provide conditions for molds to grow.** Dry things out as best you can. Discard as much of the moldy material as possible. Any porous materials (paper, cardboard, etc) that are obviously affected need to be discarded. Non-porous items may be cleaned and do not need to be discarded. Do not paint over moldy areas, as the mold will simply come through the paint.

**Cleaning up the spores.** Mold spores are airborne, microscopic and durable. They are like dandelion fluff, and can become airborne when disturbed, floating into every area of the home that is not closed up.

## HEALTH ISSUES RELATED TO MOLD IN THE HOME

### **Range of reactions:**

Mild symptoms include runny nose, itchy eyes, coughing, sneezing and throat irritation.

More serious symptoms include immune suppression and subsequent recurring illness, especially colds and flu, upper respiratory discomfort, headache, fatigue, digestive problems and rashes.

Severe reactions include neurological disorders, nausea and vomiting, memory loss, depression, muscle spasms, and damage to internal organs.

Emotional reactions range from mild irritation to feeling as if you are going to die and cannot take exposure to the mold for another minute.

**Do not underestimate the health issues that can be caused by mold.** Different people may react very differently to the same moldy situation. Do not wait for another person to confirm your reaction to a moldy situation. Do not minimize your reaction or the reactions of others.

### **Cleansing Protocol**

This protocol is recommended in acute situations of exposure to toxins, including mold and petrochemicals.

Use as many of the following suggestions as you can; you do not need to use them all.

Repeat the protocol every 2 to 3 hours on the first day of exposure to the toxins, and 3-4 times a day on the second day.

**Rescue Remedy, a Bach Flower Essence:** 1-2 drops. Rescue Remedy will help stabilize until the rest of the protocol is in place.

**Burdock and/or dandelion extract:** 1-2 droppersful or 1/2 tsp. each.

**Milk thistle seed:** Silybum marianum. Extract or capsules - follow dosage on the bottle, or grind seeds and sprinkle on food.

**Spirulina:** 3-5 capsules or up to 1 T. of powder.

**Vitamin C:** 3000-4000 mg.

**Cleansing foods:** cooked greens, tofu, sweet potatoes, and garlic lightly cooked.

**Elderberry wine:** As little as 1 to 2 oz. a day will help clear mold from the body.

**Drink lots of water.**

**Neti pot:** When a toxin can be perceived as a smell, this means there are molecules of the toxin in the nasal passage. Use of the neti pot removes these molecules and thus allows recovery from the toxin more quickly. Fill the neti pot with warm water and add a pinch or ¼ t. of non-iodized salt. One drop of GSE, grapefruit seed extract, may be added to help cleanse. Tilt the head, and position the opening of the neti pot in the upper nostril, allowing the water to flow freely out the lower nostril. Breathe through the mouth during this process. Repeat tilting the head the other way. Neti pots are available at health food stores.

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