

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

Folks who are dealing with flooding are soon faced with yet another serious problem once waters recede – mold. Here is a non-toxic protocol for remediating mold in the home and other buildings and for clearing mold from the body. 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 use bleach such as Clorox which is toxic. Stock up on white vinegar by the gallon.

This information is also on the Wisdom of the Herbs School website under Resources: <http://www.wisdomoftheherbschool.com/MoldInTheHomePostFlood2011.pdf>. Copy and distribute freely.

CLEANING UP THE HOME

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, cloth 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, since the mold will simply come through the paint.

Cleaning up the spores: Mold spores are airborne, microscopic and durable. They are like dandelion fluff, floating into every area of the home that is not closed up. A vacuum cleaner with a hepa-filter, such as the German built Miele, is very helpful for cleaning up spores.

Protect yourself: Use a hepa-filter facemask that will filter out mold. HEPA stands for high efficiency particulate air. Wear goggles to protect your eyes. Launder your clothing after cleaning up mold. Use the **Cleansing Protocol** (below) for clearing mold from your body.

Non-toxic cleaning formula for mold and mildew:

- 1 gal. very hot water
 - 3 T. 20 Mule Team Borax
 - 1 ½ tsp. Grapefruit Seed Extract (GSE).
 - 1 ½ c. white vinegar
- Stir, dissolving the borax.
Dispose of cleaning rag after clean up.

DO NOT use bleach such as Clorox which is a toxin.

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.

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

HEALTH ISSUES RELATED TO MOLD IN THE HOME

Do not underestimate the severity of 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.

Range of reactions to mold:

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.

CLEANSING PROTOCOL for CLEARING MOLD from YOUR BODY

This protocol is recommended in 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 you 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: 1 oz. to 2 oz. a day will help clear mold from the body.

Elderberry tincture: 1/2 t. 3x a day.

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 be sure to add a pinch (1/4 t.) of non-iodized salt. One drop of GSE, grapefruit seed extract, may be added to help cleanse (optional). Tilt the head down and to the side, 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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Feel free to contact Annie for support or with questions.