

Mold Clean-Up and Support

Protect Your Body

Cover entire body especially hair follicles and airways. Suit, mask, gloves, goggles, shoe covers or rubber boots etc. The cover-up items can be ozonated or cleaned with antimicrobial cleaners like GSE after use. Using an antifungal *shampoo/body wash helps to kills spores on the body

Protect Your Nervous System

Stress lowers your immunity and pH. Start by grounding-take a walk outside barefoot for 20 minutes. Stretch, yoga, prayer, breathing exercises also help

Clear Your Air

Ozonate, fog with EC3 or spray. (GSE recipe here) affected areas (clean-up area, bunk area, car etc.) before entering. Diffuse essential oils -Thieves, oregano, Tea tree. Use an antifungal nasal spray.

Take Your Supplements

Vit C, D, probiotics, garlic capsules, Biocidin, antifungal nasal spray, and essential oils. Etc. Open your own account here for kits and discounted professional products.

Eat Sugarless Low Carb

Skip sugar and alcohol that feed the pathogenic microbes. Hydrate with plenty of clean water and clean protein

Stay Hydrated

Stay hydrated with filtered and/or ozonated water. You can also use your iTerra wand to wand your water

Be Careful

Careful not to transfer spores, from affected areas to sleeping quarters, auto, suitcase etc. It's very important to use antifungal body cleansers and nasal spray to ward off spores on the body. The EPA recommends not to use bleach for mold clean-up.

Staying "Mold Safe" helps us stay healthy longer. Mold impacts each person differently, from mild sinus issues to lowering immunity and long-term concerns. Clear Mold® offers support to keep you safe. Please continue to use the Clear Mold affiliate links-every dollar goes to supporting our mission to help others.



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