

For Body

- Face/Body -mask/suit during cleanup-ozonate or use EC3 to refresh mask/suit, dry in the sun
- Airways- Nasal protection: CVS saline with GSE drops, colloidal silver or GSE nasal spray
- Stress- Grounding-walk outside barefoot 20, stretch, epsom salt bath or magnesium cream.
- (stress lowers immunity and pH)-balance with 1 t baking soda in a glass water as needed
- Water-Stay hydrated with clean pitcher filtered, straw filtered or ozonated water.
- Eat sugarless/low carb- Sugar drops immunity fast and feeds bad belly bugs...
- Ask your practitioner for antifungals and probiotics- May be covered by medicaid or medicare.

For Enviro

- Keep air moving to dry out but be careful not to spread mold around. GSE sprays for surfaces and air. Porous items may need to be discarded or cleaned with ozone and sprays listed below
- If you can receive shipments, our helpful favorites: ozone, EC3 candles and sprays, or GSE sprays.

Note: GSE uses can be found on our website.

We are a non-profit and we are here to help.



Utilize our Help Desk at
www.clearmold.org
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