

# DIY Mold Remediation Protocol

## What you will need:

- Medical grade petri dishes to test for mold both before remediation and a few weeks after remediation.
- Respirator
- Goggles
- Disposable clothing
- Gloves
- Cleaning brushes
- Ear plugs
- Aroma Ace diffuser (one covers 1000 square feet)
- 35% Food grade Hydrogen Peroxide (not drugstore kind)
- doTERRA essential oils that are anti-fungal: On Guard, Cinnamon, Cloves, Eucalyptus, Lemon, Lemongrass, Melaleuca, Rosemary, Thyme, and Oregano. You can mix and match any combination of these oils. You will need several bottles of oil, depending on the size and scope of the area you are remediating.

## Protocol Overview:

- Test for mold first either with a professional mold inspector or using our DIY petri dish test. Record the results by taking photographs of dishes.
- Repair leaks and eliminate all sources of moisture.
- Diffuse anti-fungal essential oils for at least 24 hours.
- Remove mold-damaged materials and clean surfaces with anti-fungal essential oil cleaner.
- Diffuse again for 24 hours.
- Maintain low humidity in home (40% or below).
- Retest for mold 4 weeks after remediation.
- Repeat above steps if mold is still a problem.
- Diffuse anti-fungal oils regularly to prevent mold growth.

Note: This protocol is best for minor mold problems. If you have a large area of mold or it is a severe problem (your entire house is affected), you should use a professional mold remediation company to do it for you. Be sure they do not use chemicals to clean it up! 35% hydrogen peroxide, Benefect, and other natural products are recommended.

## Step-By-Step Remediation Protocol

- Mold is dangerous to inhale, so you **must wear a full respirator** at all times during the cleaning process.
- Mold is easily spread from one area to another, which could turn your minor mold problems into a major one. To prevent this from happening, seal off the area of the house you are going to clean up from other parts of your house. Seal off air vents, turn off air conditioners, etc...Wear old clothes during the clean up and make sure not to bring them back into the mold-free parts of your house. Once you are finished cleaning up the moldy area, take off your outer layer of clothing, put in a sealed bag and either throw it away or launder in HOT water. Wear ear plugs while cleaning up mold.
- Before cleaning up any mold, place the Aroma Ace diffuser in a central place in the area you will be working in and make sure it has a full bottle of an anti-fungal essential oil.\* Turn it on full volume and set the "On-Timer" to 20 and the "Off-timer" to zero (all the way to the left). Let it run for 24 hours (refill the oil at 12 hours). It makes a fine mist of the essential oils that kill the mold spores in the air.
- Once the diffuser has been used a minimum of 24 hours, use the 35% hydrogen peroxide or the Essential Oil Cleaner recipe below to spray on moldy surfaces. Let sit for 10-15 minutes, then scrub it off so it is clean. Do not rinse it with water, just use a rag or brush and wipe it clean.
- For mold growing on porous surfaces, such as drywall or unfinished wood, you must tear out the drywall or wood if possible. {If this cannot be done, use hydrated lime mixed in with the Essential Oil Cleaner to make a solution that can be applied to any porous surface to keep mold from growing back. Pure calcium hydroxide, is the best thing to use. Mix 1 part lime to 3-4 parts of the Cleaner and paint it on the surfaces you want mold-free. It will turn whitish as it dries, like whitewash.}
- When you are finished cleaning up the mold and finished doing any other work to that area, leave the area and let the diffuser run for 24 hours. The essential oil will run out after about 12 hours and will need to be refilled.
- Turn off the diffuser. You should be free of mold.
- Diffuse as often as needed to keep the air clean and clear of mold spores. Diffusing the essential oils once a week for 8 hours will prevent mold.
- **Essential Oil Cleaner Recipe:** Mix 2 15 ml bottles of anti-fungal essential oils with 2 Tbsp. liquid castile soap and enough water to make 36 ounces.

**\*Remember: You must use only pure essential oils for this protocol to work.** doTERRA brand oils are the best for this purpose: On Guard, Cinnamon, Cloves, Eucalyptus, Lemon, Lemongrass, Melaleuca, Rosemary, Thyme, and Oregano. You can mix and match any combination of these oils.