

Travel Hack sheet for mold, airplanes, hotels and avoiding getting sick

Due-diligence/ Accommodations:

- Contact airbnbs or hotels ahead of time to inquire about mold. Most won't say it right off, but share how it is a medical issue and very severe. Get in writing that if you come and are unable to stay in that room they will either 1) get you another room, 2, give you a refund.
- Read comments of past guests to see if anyone has written about mold/ dirty issues
- Look for newer builds, places to stay that are not dated. Often staying at an airbnb that the owners live in has better outcomes for air quality. Avoid hotels with any past leaking or flooding. Some hotels like Hyatt and Marriott even offer allergy-friendly rooms, so ask about these.
- If staying with friends, communicate any food or environmental concerns and needs prior to avoid awkward moments, or eating and staying somewhere you shouldn't.
- Ensure there are window(s) in your room. When you get there, open and ventilate/clean out the air as soon as possible.

Packing:

- Bring your own pillow if possible. Oftentimes pillows are dirty (even moldy!) underneath the pillowcase.
- Bring your own soap/shampoo to avoid unnecessary reactions to fragrances.
- Pack a portable air purifier (I use a Molekule Mini). Not all air purifiers are created equal—the less expensive are usually the less supportive. Look for ones that filter up to PM2.5 levels. The [Mobile Angel Air](#) is also great and smaller
- Pack your own food/snacks! Freeze-dried food are great options
- Use a waterbottle filter (my favorite is lifestraw)

Supplements (besides binders, start taking prior to trip). Bring whichever supplements you know help YOUR immune system:

- Oregano or garlic gell caps, colloidal silver throat spray, and mini bottle of thrive mouthwash to boost immune. (Zink and Vitamin C are also great).
- Curcumin (I like this brand) to mitigate inflammation
- Magnesium with glycinate, L-theronate, and citrate for relaxation and diminish constipation, as well as Oxbile and liver support such as TUDCA.
- Fulvic and humic acid minerals, such as trace minerals for basic level, or ____ fo extra support.

- Binders (charcoal, clay, or personal top choice is CellCore Biotoxin binder since you can take it with or without food, and it effects constipation less).

In the plane:

- Bring small pack of wipes or disinfectant to wipe off airplane seat as soon as you sit down.
- Don't place your water bottle on the floor, and avoid touching the part of your handheld bag under the seat. Wipe this off as soon as you complete your flight, as the floor can be covered with mold and bacteria.
- Hydrate. Hydrate. Hydrate. With water, coffee or other drinks do not count. Water can constantly keep flushing your system of the constant influx of germs and toxins, and high-altitudes in a sealed airplane dries out the air more and makes us more dehydrated.
- Wear a ball cap or hood in the plane especially, to keep head from resting on the back of the seat.
- Wash/ wipe down your phone multiple times! Almost as many germs collect on there as they do on your feet!!
- Wear N-95 or greater mask for the airplane to combat some of the mold
- Use [nasal spray](#) or gel to hinder sports from being breathed in.
- Mold spray- create a travel-size spritz in a small glass bottle of tea tree, citrus (orange or lime), clove, and thyme. Mix with 1/2 water, and spray in the air and up towards your face (eyes closed) on your seat at the airport. Or you can purchase a [nasal spray](#) here.
- Change clothes as soon as you get off the airplane and keep stored separately until able to wash.
- Take a shower as soon as you can, don't go to sleep/ get in the sheets w/out showering first!

Additional Support:

- Bring your own sheets as well if you travel a lot
- Use hydrogen water tablets (mercola or
- If you feel overstimulated or off, use tapping techniques (but avoid touching your face while traveling. Use other tapping points other than the face).
- Consider bringing enough spray to use in your room where you stay, or, bring little travel [mold-killing candles](#). You can also purchase [mists like this](#).
- Bonus—pack an EMF blocking blanket to wear while using your phone/computer and/or avoid EMF exposure from those around you.
- Not mold persa, but for queasiness, bring lemons (and a pinch of salt) or olives. These help trick your body into calming down when it's going into the "feeling sick" mode.