

MOLD Lifestyle Sheet

1. **Air purifier** (pricy but one of the best investments you can make to quickly help your health!
-top brands: [Air Doctor](#), [Hypoair Molekule](#), [Levoit](#), [GermGuardian](#), [Winix](#)
The Air Doctor and Hypoair used in tangent are the top options for highly sensitive people. You can read more about it [here](#).
2. **Sunshine and exercise**
 - Mold hates the sun. Even if all the energy you have is to move a chair outside and sit there, do it.
3. **Airflow**
 - open your windows! Allow air to flow through your house and bring fresh air in.
 - always run a vent in the bathroom when taking a shower
4. **Stop feeding the mold(!!!!)**
 - No gluten. Try this for 10 days. See if it makes a difference.
 - No processed dairy or sugar. Try this after being off gluten for 10 days.
 - Only eat REAL foods: organic, stay away from starchy foods, grains, and GMO items such as corn, soy, and anything processed
5. **Essential oils**
 - The best mold-fighting oils are tyme, holy basil, clove, frankincense, cedar, tea tree, epilepticus, rosemary, myrrh, pine
 - You can create a spray out of any combination of these and use it when you are sitting somewhere in your house.
 - [This](#) candle and [this](#) are best for burning and cleaning mold spores in the air.
6. **Support the immune system as much as possible**
 - [Essential fatty acids](#) (brain health), [curcumin](#) (anti inflammatory), vitamin C, [D](#), [and K](#), (immune boost) [glutathione](#) (healthy detoxification) ****Note:** These really will not make any noticeable difference if the body is already full of mold and there is an active mold source in the environment.**
7. **Support Detox**
 - [Fiber Flow](#) (increases body's natural binding abilities for mold toxins)
 - Eat more actual fiber– flax seed, chia, seeds, pumpkin seeds, hemp seeds
 - If needed, add [Magnesium](#) to help as natural laxative if fiber creates constipation. Magnesium is also very good for the immune system.
 - [Caster oil](#). This is a fantastic, mild way to detox. Done just before going to bed gives the best results since it will work most effectively when you are asleep. *(I personally didn't notice this helping, but some w/ mold toxicity have found it beneficial)*
8. **Keep living space clean**
 - The less dust, dirt, and clutter, the cleaner the air
9. **Challenge your mind**
 - Mold is trying to DECOMPOSE you. Do things that challenge your mind. Building brain plasticity is helped best when your brain is being active.
10. **Reduce stress**

- Stress shuts your body's ability to fight back down. The more stress, the weaker and weaker we become, and the less resilience we have. Reduce stress and allow yourself to “baby” yourself.

11. No House Plants

- Plants create a natural decomposition with the soil, which is in essence, creating a mold-growing environment. Get silk plants, replace them with something else, at least until healed.

12. Avoid “moldy” foods as much as possible

- non-organic coffee, (try [this](#) mold free brand) mushrooms, blue cheese, peanuts, non-organic dried beans, dried fruit, most rice, all gluten products

13. Find somewhere that is mold-free to rest and relax in

- This may be your car if your living space is moldy. Taking a rest in your car can be very comfortable! Roll the windows down a little and get some of that fresh air as well.

14. Change out chemical-items for chemical free

- When you finish out your makeup, cleaning products, hair products, one at a time, replace with something better. Here are some brands for cleaning: Dr. Bonners, Thieves, Oasis. Makeup brands here: [the Honest Consumer](#), [Cocokind](#), [Well People](#), [Axiology](#)

15. Nasal sprays

- [These](#) are great if you have sinus issues or any type of runny or stuffy nose
- Even helpful for allergies

16. Wash clothing

- Use Dr. Bronner’s or Thieves soap for washing clothes. These are best for killing any mold or mycotoxins that are in your clothes