

zz
Brampton: 220 Wexford Road Unit 2 Brampton, ON L6Z-4N7
Ph: (905) 840-WELL Fax: (905) 840 -LIFE
www.drjustineblainey.com
www.blaineywellness.com

12 Natural Ways to Deal with Black Mold Symptoms

By Dr. Axe | February 13th 2017

1. Raw Garlic

Raw garlic has amazing antifungal abilities, which is just what your body needs when it has been exposed to black mold. Garlic helps to kill off fungi, molds and yeasts. Two to four grams of fresh garlic per day, or 600 milligrams to 900 milligrams of garlic tablets daily, is recommended for toxic mold exposure.

2. Activated Charcoal

Activated charcoal can be taken as a supplement for mold cleansing. Most people don't think about mold living in their bodies, but it can, and activated charcoal is a potent natural treatment. It traps toxins in the body, allowing them to be flushed out so the body doesn't reabsorb them. Activated charcoal is made from a variety of sources, but when used for natural healing, it's important to select activated charcoal made from coconut shells or other natural sources.

3. Chlorophyll

It's so much more than a green pigment found in plants. I'm talking about chlorophyll, which has shown an ability to protect DNA from damage caused by toxic molds like aflatoxin. Chlorophyll also has antibacterial and antifungal properties, making it a highly recommended part of any healthy diet, but especially one that is looking to fight black mold symptoms. Chlorophyll is in green vegetables, especially dark green leafy ones, so eat them regularly. Chlorella, spirulina and phytoplankton are three of the best sources of chlorophyll; they're available in a variety of supplement forms.

4. Cut Down or Cut Out Sugar

If you're suffering from mold toxicity, sugar is definitely not your friend. Fungi, which include molds and yeasts, require the presence of sugar for survival. Eliminate, or significantly cut down, your sugar intake to help to get rid of any black mold symptoms.

5. Identify the Moisture Source

The absolute key to dealing with black mold anywhere is to identify what's creating the warm, damp environment in which the black mold can flourish. If you clean up black mold but don't address the source of the moisture, then the black mold is highly likely to return. No natural or

conventional treatment will prevent or remove mold permanently unless you remove mold's necessary ingredient, which is moisture.

6. Fix the Source

You need to completely fix any water leaks, enable better ventilation where humidity is high and/or address any HVAC system problems. You can also purchase a dehumidifier for any areas that tend to be too humid. Exhaust fans are in kitchens and bathrooms for good reason. Make sure you use them to get moisture out of these prime mold areas.

7. Throw Away Mold-Ridden Items

Discard any items that are porous or if you are unable to completely remove the mold from them. It's also a very smart idea to get rid of any carpets that have been flooded because they're very prone to mold. Never paint or caulk over moldy surfaces.

8. Tea Tree Oil

Bleach will definitely work to effectively kill black mold. However, it's ideal not to turn to bleach since bleach comes with so many concerning health side effects, including irritation to the eyes, mouth, lungs and skin. If you have asthma or another breathing problem, then the use of bleach is even more health-hazardous. Bleach can also burn human tissue, both internally and externally, especially in small children. Tea tree oil is one of several natural mold killers that you can employ instead of bleach. To put tea tree oil's natural fungicide power to work, combine two teaspoons of tea tree oil with two cups water in a spray bottle and shake well. Spray the mixture anywhere that you see black mold. Then just let it sit and reapply as needed. Tea tree oil is said to be one of the best natural mold killers. Pine oil can also be used in a similar fashion.

9. Baking Soda

Baking soda is another great natural anti-mold substance. Mix a teaspoon of baking soda with two cups of water in a spray bottle. Make sure to shake the mixture well. Next, spray the moldy areas and use a scrubbing brush to scrub the black mold away. Rinse the area and spray it again with the baking soda solution. This time just let it dry.

10. Vinegar

Put undiluted white distilled vinegar into a spray bottle and spray the vinegar directly on the moldy area(s). Let it set without any rinsing or scrubbing. This is a smelly natural mold remedy, but it's said to be highly effective and the vinegar scent will fade.

11. Grapefruit Seed Extract

If you just can't handle the smell of vinegar (even short term), then there is another option that is odorless. I'm talking about grapefruit seed extract, which is an excellent antifungal both internally and externally. To use it on a moldy area in your home, simply combine 20 drops of grapefruit seed extract with two cups of water in a spray bottle. Shake the mixture and spray it directly on the mold and do not rinse.

12. Hydrogen Peroxide

Hydrogen peroxide is another odorless option that can be used to kill black mold. Pour a 3 percent concentration hydrogen peroxide into a spray bottle and spray the moldy areas until they are saturated. Let the hydrogen peroxide sit for at least 10 minutes before scrubbing the area well. Wipe the area with hydrogen peroxide when you're done scrubbing.

Natural remedies may not be as strong as bleach, and typically need to be repeated, but they are a much healthier route!