



MY MOLDY HOME SURVIVAL KIT

ZESTY
Ginger



WELCOME!

Megan here. If you have been following along my journey on instagram (@zesty_ginger) then you already know that we ended up buying a home with a mold problem!

If you weren't following along the journey - check out our Instagram highlight videos title Mold... there are over 6 of them!

After smelling something that wasn't right and not feeling well, we were forced to dig deeper. We moved out of our home and are currently still in the middle of remediation. I have hired endless mold experts, read books, listened to podcasts, and interviewed mold specialists for our podcast. In the process I have learned A LOT about the best products to use in the home to combat mold and help clean up the air.

If you are dealing with mold in your home or suspect poor air quality, I can definitely empathize with you. This process is NOT easy! In order to hopefully shorten your research time, I have compiled a list of my favorites. Stay sane my moldy friends.



HEPA AIR FILTERS

Note that the idea behind an air filter is not just to throw it into a moldy environment and ignore the source. The first step for everyone is to REMOVE THE MOLD SOURCE or REMOVE YOURSELF. But in the meantime, during and after remediation, a HEPA filter can help keep the air clean.

I (Megan) ended up getting the [Austin Air Pro](#). It has a HEPA filter and a carbon filter. I chose one with a carbon filter because the carbon filter can be better for gases from mold. The downside of carbon is that bacteria can grow on it, so this is not ideal to use in basements that are very damp or during remediation. My second choice is the [IQ Air](#).

Since we spend 7-9 hours sleeping, the bedroom is the most important place in the house for clean air. We put the HEPA filter in the bedrooms during the day and then move it to the living room at night.

You will have to think about the size of your home or rooms when purchasing your filter. Make sure to choose the correct size to fit your space!

MY FAVORITE AIR FILTERS (CLICK FOR LINK)



Austin Air Pro
(HEPA & carbon filter)



Austin Air Junior
(HEPA & carbon filter)



IQ Air
(HEPA only filter, no carbon filter)



HEPA VACUUMS

During our mold remediation I learned that the bagless Dyson vacuum cleaner that we owned was not ideal. As we vacuumed up the mold spores, a percentage of them were being spit back out the other side to be recirculated. The same thing occurred when emptying the bag, invariably a lot of mold byproducts will escape the canister when it's being emptied.

Since our new home does not have any carpeting, we chose the Nilfisk (it was less expensive!) and has an amazing suction for wood floors, walls and surfaces. The Miele seems like a better option for homes with lots of carpet.



Nilfisk GD - 930 H with HEPA filter



Bags

OTHER GREAT OPTIONS ARE MADE BY MIELE:



Least expensive of Miele



Miele complete C3



Miele complete Alize



PROBIOTICS FOR THE HOME

The home has a microbiome just like your gut!! In the process of remediating our home I learned this the hard way when one of our contractors fogged the home with an antibacterial solution. By killing all the bacteria in the home, there was nothing for the mold and fungus to compete with and then it could run rampant!! By adding “good bacteria” back into your home and can help to keep the balance of organisms.



Homebiotics



Chrisal

CLEANING SOLUTIONS

The most common question I hear about surface mold is ... what do I clean it with? If there is a visible moldy area that is only on the surface such as in the shower, there are some very easy and inexpensive ways to clean it. (If there is mold on a surface you want to make sure that it isn't coming from somewhere else such as a leak underneath a cabinet or behind drywall). [Martine Davis](#) suggests scaping the mold first and then you can use a cleaner such as EC3, Citrisafe, hydrogen peroxide or Borax mixed with water.



EC3



Borax & water



Citrisafe



LAUNDRY

Do I have to throw out my clothes that were in a moldy or water damaged home? Not necessarily. Usually mold can be removed by adding Borax or Citrisafe solution to the laundry. If the clothes have a smell after washing or still have visible mold than it might be time to toss it!

BORAX - I add 1 cup to each load of laundry along with my regular detergent.

CITRISAFE - follow the direction on their laundry solution



FOGGING

After a remediation, there will be contaminants in the air that are smaller and lighter than what HEPA filters can control. After our remediation we fogged the whole house. We used [EC3 mold solution](#) in the fogger. The droplets in the air from fogging will address the spores that can't be addressed with the HEPA filter. Fogging helps to pull the spores floating in the air down to the floor. After fogging we used the HEPA vacuum (on EVERY SINGLE SURFACE.. Yes every wall, floor, shelf etc) to remove the spores from the house.

If you want to fog yourself you can purchase a fogger, or you can use a sponge to touch every surface with the [EC2 solution](#).



Hurricane Curtis
Dyna Fogger



DIFFUSING

While trying to clean up our home environment and protect our health, we diffused lots of essential oils!! Most often I used [On Guard](#) but also rotated - [oregano, thyme and Tea tree essential oil.](#)



RESPIRATOR

If you are cleaning up a moldy surface or entering a home that is being remediated you should consider wearing a respirator that specifically filters mold spores (much smaller than a lot of the other particles some of these filter for!). I found this out the hard way after working in our home without one and then feeling ill for a few days afterward. You can usually pick one of these up at your local hardware store, or below is an option on amazon.



RESOURCES FOR YOUR HOME INDOOR AIR QUALITY:

- [Martine Davis](#)
- [May Douly](#)
- [Surviving Mold investigation and remediation of water-damaged Buildings](#)

A LOVING DISCLAIMER

We (Alex and Megan) have spent many hours researching which products are best for our families. We suggest products that we have either personally used and love or products that we would use in the future and feel comfortable with. Some links in this guide are affiliate links. By buying through the link, you get the products that you need at the same price, and we get a small token of appreciation in return. We thank you in advance!!!!

Drawing on our background, training, skills and life experiences, we support our clients—spiritually, mentally, emotionally and physically. We are not acting as a medical doctor, dietitian, or nutritionist. Megan does not hold a degree in medicine, dietetics, or nutrition. She makes no claims to any specialized medical training nor does she dispense medical advice or prescriptions. Although Alex is an MD, she is not offering medical advice in this program.

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