

Rain, Rain Go away – I'm tired of all this moisture how about you?

This year has been filled with lots of rain. It seems like the whole world is very wet!

Unfortunately with all this moisture there are nasty little microbes that truly enjoy this and really thrive. Namely: **the molds, mildews and other fungi.**

Molds and mildew can make some folks very ill. Houses can be condemned if the wrong mold sets up residence. Sick building syndrome is usually due to such problems. Mold or bacteria get growing in the heating and cooling ducts, in the walls and worse yet in the carpeting.

So prevention is one of the most important things you can do. Molds and mildews can begin to grow within just a few hours. Areas that stay moist too long can start to smell very quickly.

When I was growing up my mother would tell us to always use a new dish cloth each time we did the dishes. In the hot humid summer weather a cloth could begin to 'sour' as she would say between morning to evening. I'm sure the 'sour' was the early beginnings of mold with of course added bacterial growth.

Today most folks use paper towels and have automatic dishwashers so you may not recognize this smell. But toss a wet or damp swimsuit or bath towel in the hamper or worse yet on the basement floor and next thing you know – Mr Mold and Mrs. Mildew have taken up residence. They will do damage to the clothing, set stains that may never come out and send their 'spores' to every other part of the house.

Keeping things as dry is the first course of action, but you can also use essential oils to minimize the possible growth of these invisible 'spores'.

Several essential oils are very good at reducing and destroying them. The best known skin antifungal is [Tea Tree](#), but Tea Tree doesn't do a complete job when it comes to environmental molds.

You will need to add [Cinnamon](#), [Thyme](#) and/or [Oregano](#) and/or [Basil](#) to the blend to have an over all anti-fungal blend. And there are others that work on specific molds but you would need to know the exact mold species you are dealing with.

General Household Mold and Mildew Spray

[Tea Tree](#) – 5 mL

[Thyme](#) – 2 mL

[Cinnamon](#) – 2 mL

Vodka or other high % alcohol - 4 oz

Distilled Water – 4 oz

Blend essential oils with the Vodka. The alcohol is used as an emulsifier and also as a drying agent. (Remember you want these areas to dry quickly.) After you have blended this well then add the distilled water. Shake well. Spray area to be cleaned and let sit for 10 minutes or longer. If it is not dry by then, use a clean paper towel or cloth to dry these areas. DO NOT SPRAY on FINISHED OR PAINTED surfaces – it could ruin these types of surfaces. (Besides mildew and molds normally don't grow on your furniture unless it is sitting in water). Keep this spray out of the reach of children.

You may want to use our premixed [Pure Cleansing or Four Robbers All Purpose Cleaners](#). Both of these have essential oils that can help prevent molds, mildew and bacterial growth.

For more in depth information about molds and mildews in the environment, please see a the following articles we have written about Molds and Mildews at: <http://birchhillhappenings.com/aromatip/tip36081.pdf> and <http://birchhillhappenings.com/v922006.htm> (specifically about utility rooms and other rooms with high humidity and water) and last but not least is the main article we have written at <http://birchhillhappenings.com/v972007.htm> under the Article heading **Mold and Mildew**.

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Aromatherapy Tip of the Week

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