

## Humidity and Molds & Fungal Problems

Here it is fall time and the rainy damp days are upon us.

Hurricanes, rainy weather and high humidity along with moderating temperatures are all that are necessary to get molds, mildew and other fungi growing.

Here in Minnesota we know conditions are right for these things when we start seeing certain types of mushrooms growing in our yards. If we don't have the dehumidifier working we know it is time to get it running. Reducing the humidity in your home is very necessary to control molds, mildew and fungi.

Molds, mildews and fungi can be very detrimental to your health. They also produce unpleasant odors while they are growing and spreading.

You will want to diffuse daily (for at least 2 hours) essential oils that will help reduce molds and fungi from growing and will also help control unpleasant odors.

There are many mold and fungi species and we will not explain specifics here. There are several essential oils when diffused together are get at stopping their growth.

The best known 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.

If you know the specific fungi species contact us and we will check our list of known fungicidal oils to see what is recommended. If you do not know then a few of the above oils listed would be suggested.

Besides diffusing the essential oils adding them to your spray cleaning bottle or adding to the mop bucket will also help reduce and stop fungi from continuing to grow.

Remember blending essential oils will give them synergistic powers – making them more effective against a variety of problems than using just single oils.

Other essential oils that have varying degrees of antifungal properties include: Eucalyptus, Fennel, Lavender, German Chamomile, Spikenard and Clove bud.

When making your antifungal blends – you can always add other essential oils to make your blends smell more pleasant. Although the above oils for the most part are not too offensive.

We have a couple of businesses that use our Four Robbers Blend to do Mold Remediation during their cleanup process. I understand they have the home owners vacate the premises for about 48 hours. Then they diffuse large amounts of Four Robbers throughout the entire house. When they have returned to check mold levels, they are coming back with the levels at ZERO mold spores, etc. Will Four Robbers Blend work for you this way? We can only assume it will, as we do not know what else is involved in the Mold Remediation processing.

The suggestions are to begin now, if you have had problems in the past or have been plagued by any of the high humidity caused by the recent hurricanes. Even folks not directly affected by the hurricane force winds may have had increases in their humidity levels as the remnants of these storms traveled throughout the USA.

For more information about Molds and Mildews and the use of essential oils please see our previous newsletter on the following webpage: <http://birchhillhappenings.com/newsletters/v972007.htm>

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