

Essential Oil Solutions for Toxic Mold in the Body

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(Compiled from various articles by Judy DeLaRosa, November, 2012)

Do you feel constant fatigue and dizzy? Are you or someone in your family suffering from unexplained flu-like symptoms? Do you suffer from chronic colds or ear infection? According to Edward R. Close, PhD, PE, these symptoms and many more can be the result of mold. For many years the health and science communities refused to believe that mold could be the main contributor to many health conditions. Scientific findings suggest that mold play a much larger role in our health than previously thought.

Exposure to molds leads to growth of mold within our nasal passages, sinus cavities, bronchial passages, and lungs. Dead mold spores can produce irritation, allergic reaction, and other problems as well.

Some important information to consider:

- The Finnish workplace mold study estimates that the percentage of adult-onset asthma due to workplace mold is 35%.
- A 1997 study by the Mayo Clinic found that more than 95% of the 37 million Americans who suffer from chronic sinusitis symptoms do so because of exposure to mold.
- Researchers from Lawrence Berkeley Natl. Laboratory reported in June 2007 that approximately 4.6 million cases of asthma are attributable to mold in the home.
- Most people don't know when they have mold in their home because you can't always see it or smell it.

Mold can be found anywhere

Mold can be found almost everywhere in our homes in areas such as bathrooms, kitchens, carpets, bedrooms, showers, backyards, sheds, refrigerators, and many more places. Even the most neat and clean home, with no visible sign of mold, may still hide super colonies of mold in ductwork, basements, attics and crawl places, under floors, behind wall paper and inside wall cavities. In our home the school room flooded during the big storm before Christmas, and we see stains on the walls, it is not hard to figure out that mold is growing inside the walls. We also noticed spots in the ceiling so the roof leaks as well. We rent this house and the landlord has been notified, but she doesn't seem to want to do anything about it. For now we diffuse essential oils while we are looking for other options.

Did you know that breathing in mold spores has been linked to depression?

Brown Study Finds Link between Depression and Household Mold

A groundbreaking public health study, led by Brown University epidemiologist Edmond Shenassa, has found a connection between damp, moldy homes and depression. Results are published in the American Journal of Public Health.

MOLD SYMPTOMS

Headaches	Cold
Allergies	Eye and Vision problems
Hair loss	Dandruff
Coughing	Learning difficulties
Flu symptoms – sore throat, fever, runny nose, sore and achy muscles	Seizures
Irritability	Sleep Disorders
Memory problems	Rashes
Sinus conditions	Vertigo
Dizziness	Rheumatoid Arthritis
Breathing difficulties	Inflammatory Diseases
	Cancer

Essential oil suggestions for dealing with mold in the body

- Essential Oils of Cinnamon, Clove, Lemongrass, Melaleuca Alternifolia, Oregano and Thyme kill mold.
- Young Living blends that contain these oils also help including Thieves blend, Purification blend, and Inner Defense capsules.
- Thyme essential oil has the most research documenting antifungal properties.
- Regular Raindrop technique sessions are excellent. (Includes the oils of oregano and thyme.)
- Use all of these essential oils on the bottom of the feet safely.
- Melaleuca Alternifolia is effective against candida and other fungal infections.
- Can diffuse and apply to the body. Some species of mold are not affected by this oil blend.

- Cinnamon and Clove oils are hot oils. Very effective and smell good. In the blends, Thieves and Abundance oils. Thieves oil kills gram positive and negative bacteria as well as mold.
- Clove is antiparasitic also.
- Abundance oil has myrrh and cinnamon in highest amounts. It contains a very small amount of Clove oil.
- All the oils in Thieves oil have been proven to kill mold -Cinnamon, clove, lemon, rosemary and eucalyptus. Have a very broad action against a large spectrum of different types of mold.
- A New Jersey Rest Home diffused Lemongrass oil for 15-20 minutes a day. Just this healed all skin wounds and sores on residents. Also helped with digestive problems.
- Purification blend – contains rosemary, lemongrass and melaleuca alternifolia oils.
- Thieves blend – most research documenting their benefit for killing mold in the body. Even diffusing is effective.

Suggestions to get rid of mold in the body –

- 1) Stop eating all fungal foods -
Mushrooms, yeast and baked goods made with yeast. Eliminate sugar and soda from diet completely. (They feed mold in the body.)
- 2) Get Raindrop technique weekly. Add Thieves oil and melaleuca oil to the Raindrop session. If this isn't possible at least monthly.
- 3) Diffuse Thieves oil daily in home and work place daily. (If you get sick from rapid detox, you can stop diffusing until the cleansing slows down. Drink lots of water.) Inhale the oil as often as possible. (Can alternate diffusing Purification and lemongrass.)
- 4) Drink 2-4 oz. of NingXia Red daily to cleanse your blood.
- 5) Take every 3-4 hours in a 00 capsule –
10 drops Thieves,
4 drops Frankincense and
2-4 drops of oregano oil. (if you have ulcers – use mountain savory, lemongrass or melaleuca alternifolia instead of oregano.)

If you don't see results within 36-72 hours when taking these capsules – Reduce Thieves to 6-8 drops and try clove, cinnamon, mountain savory or melaleuca oil instead.

If you can't make your own capsule – Take 1 Inner Defense and 1 Longevity capsule every 3-4 hours.

- 6) Drink at least 33mls of water per kilo of body weight over 24 hours. Do not drink the water all at once to help clean the dead mold out of your body if you are using a lot of oils.
- 7) Take Life 5 every morning 3-4 hours before taking Inner Defense and every night just before bed (3-4 hours after last Inner Defense) to build up good bacteria in the gut.
- 8) Do a cleanse to get rid of the mold in the body.
For Skin infection – apply Melaleuca Alternifolia, Lavender or Melrose or ImmuPower on the skin. Apply directly on the skin daily.
Mild to moderate candida infection on the skin – apply lavender and Melaleuca oils.
If vaginal – apply Lavender and melaleuca oils on a tampon.
If burning or discomfort apply Young Living V-6 Mixing oil or organic olive oil over the top of these oils.
Rotating oils is a good thing to do.
Persistent fungus on skin – Apply Oregano and Thyme on area. Cover with Rose Ointment or Animal scents ointment.
Cover with a gauze bandage.
Mold in the brain or blood stream – get raindrop weekly and do all of the above.
Pink Eye is a fungal infection in the eye. Try Lavender Oil around the eye on the bony area. **Never in the eye.** Apply 4 times a day.
Did you know that bacteria and virus piggyback on mold spores to enter the body and respiratory system?

These statements have not been evaluated by the Food and Drug Administration, or the Therapeutic Goods Administration. This information is not intended to diagnose, treat, cure or prevent any disease.

Mold — Candida — Fungus Research

Fungus Type	Thieves Ingredient	Abstract Summary
<u>Rhizopus stolonifer</u>	Cinnamon	A wax paper infused with cinnamon essential oil completely inhibits the growth of <i>Rhizopus stolonifer</i> .
<u>Aspergillus flavus</u> <u>Aspergillus fumigatus</u> <u>Aspergillus nidulans</u> <u>Aspergillus niger</u> <u>Candida albicans</u> <u>Candida tropicalis</u> <u>Candida kefir</u> <u>Histoplasma capsulatum</u>	Cinnamon	Vapors of cinnamon bark oil prove to be a potent fungi toxicant against fungi that cause respiratory tract mycoses: <i>Aspergillus niger</i> , <i>Aspergillus fumigatus</i> , <i>Aspergillus nidulans</i> , <i>Aspergillus flavus</i> , <i>Candida albicans</i> , <i>Candida tropicalis</i> , <i>Candida pseudotropicalis</i> (<i>Candida kefir</i>), and <i>Histoplasma capsulatum</i> .
<u>Aspergillus parasiticus</u>	Cinnamon	Cinnamon oil caused inhibition of growth and aflatoxin production in <i>Aspergillus parasiticus</i> .
<u>Aspergillus flavus</u> <u>Aspergillus niger</u> <u>Fusarium spp.</u> <u>Penicillium spp.</u> <u>Rhizopus spp.</u>	Cinnamon Clove Lemon	Citrus limon (lemon) essential oil and the phytochemical eugenol (found in cinnamon and clove) were among compounds used to test the sensitivity of mold strains <i>Fusarium spp.</i> , <i>Rhizopus spp.</i> , <i>Aspergillus flavus</i> , <i>Aspergillus niger</i> and <i>Penicillium spp.</i> Eugenol showed prominent anti-mold activity.
<u>Aspergillus flavus</u> <u>Candida albicans</u> <u>Penicillium islandicum</u>	Cinnamon Clove Rosemary	Essential oils of cinnamon and clove showed strong inhibition of mold when tested for the possibility of creating a protective atmosphere by using natural compounds that could extend the shelf life of packaged foodstuffs. The oils were tested against <i>Candida albicans</i> , <i>Penicillium islandicum</i> and <i>Aspergillus flavus</i> . Rosemary was included in the test but results weren't as strong.
<u>Aspergillus spp.</u> <u>Eurotium spp.</u> <u>Penicillium spp.</u>	Cinnamon Clove Rosemary	Cinnamon, rosemary, clove essential oils exhibited antifungal activity against <i>Eurotium spp.</i> , <i>Aspergillus spp.</i> and <i>Penicillium spp.</i> , the most important molds in terms of spoilage of bakery products. These findings strengthen the possibility of using plant essential oils as an alternative to chemicals to preserve bakery products.
<u>Botrytis cinerea</u>	Cinnamon Clove Eucalyptus Lemon Rosemary	Among 20 oils tested, cinnamon and clove essential oil demonstrated the antifungal activity against <i>Botrytis cinerea</i> . Essential oils D-limonene, cineole, Beta-myrcene; Alpha-pinene, Beta-pinene, and camphor showed high antifungal activity. Lemon and rosemary and eucalyptus contain these compounds.
<u>Coriolus versicolor</u> <u>Laetiporus sulphureus</u>	Cinnamon	Cinnamaldehyde, the major compound in cinnamon essential oil, showed strong antifungal indices against both <i>Coriolus versicolor</i> and <i>Laetiporus sulphureus</i> .

Effective — Non-Toxic — Organic — 100% Natural — Safe for Humans and Pets

Source: Unknown – received via email

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