

# Health Scents

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## TOXIC MOLD RELIEF KIT

See page four



Image © Dennis Kunkel Microscopy, Inc.

**Harvard study finds 50% of homes have a mold problem** associated with a 50-100% increase in respiratory symptoms.

**Mayo Clinic study finds mold to be cause of nearly all chronic sinus infections.**

Black mold (*Aspergillus versicolor*)  
Image © Dennis Kunkel Microscopy, Inc.  
[www.denniskunkel.com](http://www.denniskunkel.com)

## Banish Toxic Black Mold with Thieves®

### Family's chronic respiratory illnesses linked to toxic indoor mold

Family togetherness is top priority, but Monica draws the line at sharing any more colds, sore throats and flu with her husband and children. Over the past few years, she and her family have been plagued by health challenges from chronic runny noses and sinus infections to behavioral problems.

They simply couldn't stay healthy, even though they have a healthy Young Living (YL) lifestyle, including daily use of therapeutic-grade essential oils and **NingXia Red™ juice**.

As Monica searched for health solutions, she began to suspect **toxic mold** was the culprit. One clue was that after routine use of **Thieves** and **ImmuPower™** two essential oil blends with strong anti-fungal properties, their symptoms improved, but the underlying respiratory problems kept coming back.

### Diagnosis: Sick house

To confirm her suspicions, she hired a mold expert to test their home. His testing revealed that, "There is more mold outside your home than in it!" Unsatisfied, Monica wanted a second opinion and called in Barry Lueck, a certified mold remediation specialist. With expertise in wet basements and his own dramatic recovery from a fungal infection (thanks to YL products) Barry has a "nose" for the musty smell that signals high mold counts.

He brought in highly-sensitive testing equipment to measure the fungus particle count in the air. The resulting lab report identified the presence of two toxic molds, *Stachybotrys* and *Aspergillus* and a very high mold particle count. **Monica and her family were living in a home infested with mold.**

The basement was the chief culprit, due to a flood several years earlier, which created the perfect conditions for a mold invasion.

### Sick house admitted to intensive care

With that "diagnosis" there was no question about their course of action: Full-scale mold remediation. Non-toxic, of course.

Barry is one of several specialists who employs the non-toxic mold remediation protocol developed by environmental engineer Edward R. Close, Ph.D. Following Dr. Close's protocol, Barry's next step was to diffuse Thieves essential oil blend for a full 48 hours in the basement then, for 24 hours in every other room in the house. Barry also added ventilation equipment to clean the air and increase airflow.

Next, every single item in the basement that could harbor mold had to be thrown away. Old papers, photographs (they kept the negatives), wicker baskets, videos—everything. Over 1000 pounds of it. Then carpet, sheetrock, ceiling tiles were removed, as mold cannot be cleaned from porous surfaces. When all contaminated materials were gone, Barry power washed every square inch of the basement with **Thieves Household cleaner**. Upstairs, carpeting and upholstery were shampooed with the same cleaner and the air ducts professionally cleaned.

### Health restored to sick house, sick family

Months later, Monica's home is in the last stages of extensive mold remediation. As their "sick house" recovers, so has her family's health, nourished and rebuilt with YL essential oils and nutrients.

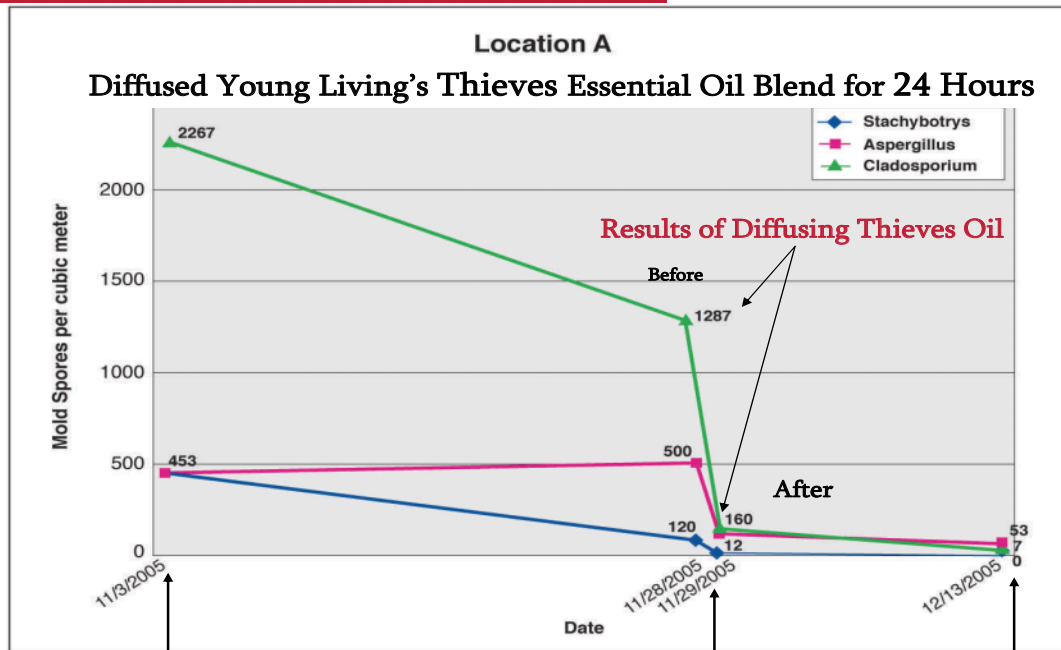


Monica Goldberg,  
Young Living representative  
and toxic mold survivor

# Reduction in Mold Spores After Diffusing Thieves Essential Oil

Research by Dr. Edward R. Close

## Mold Rx



Results after using a Hospital Disinfectant, an Industrial Strength Fungicide & Bleach

Results After 24 Hrs Diffusion of the Thieves Essential Oil Blend

Results After Doing Nothing for 2 Weeks

Copyright: 2006, Edward & Jacquelyn Close

## How Dr. Close Developed His Non-Toxic Mold Remediation Protocol

"Sick" buildings have become a serious problem since construction methods have created nearly airtight homes with insufficient ventilation. Without adequate airflow in homes and buildings, moisture buildup can occur, creating ideal conditions for mold to grow.

Recently, environmental engineer Dr. Edward R. Close consulted with a company who had just such an apartment building. After flooding, the building was infested with mold. Professional cleaners using a hospital strength disinfectant were not successful in destroying the mold. Followup cleaning with a fungicide, then chlorine bleach was more effective, but the building was still far from safe to live in. This is the point at which Dr. Close took his first samples. (First set of data points on the chart, above.)

In searching for a substance powerful enough to kill the three mold strains present, Mrs. Close, a registered aromatherapist, suggested Dr. Close work with Young Living essential oils which have anti-fungal properties.

With the client's full participation, they set up the experiment. They would diffuse Thieves essential oil into the apartment for 24 hours, then sample the mold levels again. (Second set of data points on chart.) A full two weeks after the diffusing, they measured a final time for mold levels. (Third set of data points.)

### Mold destroyed by Thieves essential oil

The numbers tell the story: After diffusing, mold counts for all three strains were down 68-90%. Two weeks later, all mold counts were close to zero, for a total reduction of 89.4-100%.

Since Dr. Close developed this three-step protocol, its effectiveness has been proven again and again. Similar (or better) test results have been replicated in many buildings. Following is a summary of the first mold remediation protocol that takes advantage of the powerful, non-toxic anti-fungal properties of Thieves essential oil from Young Living.

### IMPORTANT NOTE

It is recommended that you work with professional mold remediation specialists to "diagnose" your building and to handle any necessary cleanup.

Even dead mold spores can cause allergic reactions, so use protective equipment and take precautions to avoid contact with and breathing mold spores while cleaning.



Microscopic photos of toxic molds. Left—Toxic mold (*Stachybotrys spp.*) Center—Mold hyphae and spores (*Cladosporium spp.*) Right—Black mold (*Aspergillus versicolor*) [www.denniskunkel.com](http://www.denniskunkel.com)

## Mold Remediation Protocol

### Step 1

#### Order professional mold sampling

Dr. Close highly recommends engaging a person who has the proper credentials, equipment and experience in mold sampling to sample and determine the type and level of mold(s) you have.

As Monica discovered, not all “mold experts” have professional testing equipment, use a reliable lab for analyzing mold samples or are knowledgeable about non-toxic mold removal. Your health and that of your family can be affected by your mold expert’s abilities.

### Step 2

#### Diffuse Thieves essential oil 24 hours

Regardless of the type of mold you have or how serious the infestation is, the next step is to diffuse Thieves essential oil blend using the recommended cold-air diffuser. Specifically, diffuse Thieves continuously for a minimum of 24 hours in each room where you have mold. This is the initial “dose.” Subsequently, Dr. Close recommends diffusing Thieves 15 minutes every three hours each day.

To counteract the health effects of the mold and rebuild her family’s health, Monica now has several diffusers operating on timers throughout her home.

### Step 3

#### Clean thoroughly with Thieves Household Cleaner

After your initial diffusing, clean all surfaces, especially visible mold and stains, with **undiluted** Thieves Household Cleaner. When cleaning mold on exterior surfaces, you may dilute Thieves Household Cleaner 1:1 (one part cleaner to one part water) and still be effective.

#### EPA states chlorine bleach not effective on mold

Correcting its past recommendations, the Environmental Protection Agency now states, “The use of a chemical or

biocide that kills organisms such as mold (chlorine bleach, for example) is not recommended as a routine practice during mold remediation.” Tests have shown that bleach cleans only the surface, upon which mold can grow within 24 hours.

Thieves essential oil and Household Cleaner are the mold-destroying “muscle” in the **Toxic Mold Relief Kit**.

#### Preventing mold in your home

Mold develops where there is moisture. So, identifying and eliminating any moisture problems will help you avoid mold in the first place.

Dr. Close’s mold prevention protocol: Diffuse Thieves essential oil for 15 minutes every 3 hours on a daily basis. Alternately, diffuse once a week, continuously for 8 hours.

For more in-depth information and scientific backing for Dr. Close’s recommendations visit his company website, [MoldRx4U.com](http://MoldRx4U.com). There, you may order his DVD entitled **Toxic Mold—A Breakthrough Discovery**.



#### QUICK STUDY What is diffusing?



A diffuser is an essential part of your **Toxic Mold Relief Kit**.

Diffusing is an effortless method of spreading the therapeutic value of essential oils into the air. The very best equipment for diffusing is a cold air diffuser (above). It creates a micro-fine mist of essential oils that will remain suspended in the air for hours, maximizing the oil’s benefits. Diffusers using heat damage the delicate constituents of essential oils and reduce their effectiveness.

## Effectiveness of Thieves Essential Oil Explained

Because Dr. Close's mold remediation protocol depends on the effectiveness of Young Living's Thieves essential oil blend and related products, following is a brief description of that product.

Thieves is a therapeutic-grade essential oil blend created from the essential oils of clove, lemon, cinnamon, eucalyptus radiata and rosemary. It has been tested at Weber University and proven to have a 98% kill rate for airborne bacteria. In addition, tests on hard surfaces demonstrate inhibition of mold growth weeks after the initial application.

Thieves is the active ingredient in Thieves Household Cleaner, Thieves Spray, wipes and lozenges, as well as in Young Living toothpastes and mouthwash.

Common sense precautions: Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Always dilute before applying to the skin or taking internally. Keep out of reach of children.

**Below you'll find the three Young Living products Dr. Close includes in his protocol for mold remediation.**

## What are molds and how do they affect our health?

Molds are fungi that grow in moist locations both indoors and outdoors. Your exposure to damp and moldy environments may cause a variety of health effects—as with Monica's family—or none at all.

However, for those who are susceptible, fungi and fungus particles can induce an allergic reaction. Typical symptoms are wheezing, coughs, runny nose, sore throat, sinus congestion. Those with serious allergies to mold may have more severe reactions, which may include fever and shortness of breath.

### Common Symptoms of Mold Exposure

According to a 2004 University of Connecticut Health Center report, the following symptoms have been found through scientific investigation to result from exposure to mold and toxic molds.\*

allergies	sudden hair loss
asthma	headaches
bleeding lungs	pneumonitis
breathing difficulties	hives
cancer	irritability
recurring colds	learning difficulties
chronic coughing	mental dysfunction
dermatitis	runny nose (rhinitis)
diarrhea	sinus congestion
eye and vision problems	chronic sinusitis
fatigue	sore throat
flu symptoms	vertigo
	vomiting

## Brief Bio Edward R. Close, Ph.D.

- Recognized expert in environmental science
- 40 years experience and Ph.D. in environmental engineering
- Environmental advisor to 15+ Fortune 500 companies
- Member, Indoor Air Quality Association

*Special appreciation to Dr. Edward & Jacquelyn Close Monica Goldberg and Barry Lueck for sharing their knowledge.*

Resources  
 moldrx4u.com  
<http://www.cdc.gov/mold/faqs.htm>  
[www.doctorfungus.org/mycoses/environ/mould\\_disease.htm](http://www.doctorfungus.org/mycoses/environ/mould_disease.htm)  
<http://www.ashireporter.org/articles/articles.aspx?id=829>  
<http://www.epa.gov/mold/moldresources.html>

## TOXIC MOLD RELIEF KIT

Product Name	Code # Size	Wholesale Pref Cust Customer Prices
Thieves Household Cleaner	#3743 14.4 fl oz	\$21.50 \$24.89 \$28.29
Thieves essential oil blend	#3423 15 ml	\$31.75 \$36.76 \$41.78
Complete Diffuser Set		
bronze well	#3660	\$99.75
silver well	#3661	\$115.50
green well	#3662	\$131.25

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