

Time to clean up Mold and residual spores in your home?

Non-Toxic Tips from the experts.

Mold Remediation Strategy of Dr. Lee Cowden -recommended to us by Dr. Doug Phillips

A USA board-certified cardiologist and internist who is internationally known for his knowledge and skill in practicing and teaching integrative medicine. He has co-authored many books and articles on integrative medicine and has pioneered successful treatments of cancer, autism, Lyme disease and many other illnesses.

Procedure for Space that has been physically remediated- after all the water leaks are resolved and the mold contaminated building materials are replaced with new uncontaminated building materials.

[Use the Concentrate Liquid EC3](#) in the Portable Fogger to kill mold in the air of a building AFTER you have resolved all the water and environmental issues.

[CONCENTRATED MOLD SOLUTION EC3- Non-Toxic Extract](#)

[Portable Hand Held FOGGER](#)

If the building has 8 rooms-

- use about 2 ounces of the concentrate sprayed into each room.
- A little more than 2 ounces for the big rooms and a little less than 2 ounces for small rooms.
- If more than 8 rooms, you probably need to buy more than one bottle of the Concentrate.
- All Closet Doors must be open in each room when fogging with the Ec3 concentrate.

Several Hours Later-

- After fogging is complete, run a portable HEPA /Charcoal Filter in the house for a few days.
- Moving it from room to room, but NOT in the bedroom where people are sleeping at night.

At the Academy we use [the Austin Air Filter Health Mate Plus](#) - a good quality Hepa/Charcoal Filter Quite and effective- easy to move and fits well in our space.



austin
AIR SYSTEMS

[Dr. Cowdens recommended unit – Guardian Hepa Filter](#)



AHAM
VERIFIDE
Independently Tested
Consumer Trusted.

If the area continues to have issues-

- At the Academy we like [the Air Reactor by HiTech Air Solutions](#) for areas that need constant mold, fungus, virus, cleaning. Especially areas where you cannot remediate fully, in basements, warehouses, school gymnasiums, etc.
- This unit is used by many sport teams to keep equipment free of shared germs.
- The machine is run 24/7 or when you know you will be in the room you can run it in advance.



- If a burning smell happens when you first use it, that is positive as it is neutralizing the toxins, and make a smell during the reaction taking place. Give it time to work.
- Please also use binders, as those with mold and fungal infections can also experience a die off reaction at first.
- Keep windows closed for best outcome.

[Ordered directly from the HiTech Air Solutions](#)

