

# Mold Resources

## Mold Testing

ERMI looks at 36 mold species, but may not be as accurate for quantities

HERTSMI-2 looks at the 5 most pathogenic mold species

PCR DNA particles from dust

Don't use air testing

[EMSL Analytical](#): Mold Test Kits with ERMI

[Envirobiomics](#): Microbial Detection and Identification, ERMI or HERTSMI-2

[Mycometrics](#): ERMI or HERTSMI testing

## Source of Mold

Consider hiring a mold inspector (this will require personal research for local options)

[Moisture meter](#)

[Infrared heat sensor FLIR ONE Pro](#): \$399

[Infrared heat sensor FLIR C2](#): \$499

[Infrared heat sensor FLIR E8](#): \$2999 (mainly for professionals)

## What Do I Do For Mold?

Beware of just opening up the walls and avoid bleach

[Green Home Solutions](#): Enzyme house spray

[Homebiotic](#): Probiotic spray

Cornerstone Wellness Center

## Mold Prevention

When a water problem, fix immediately

[Water leak detectors 2 pack](#)

[Water leak detectors 5 pack](#)

[Water leak detectors 8 pack](#)

## Air flow

Diffuse cedarwood, tea tree oil, Thieves (OnGuard)

[Air Oasis](#) purifier: enter ID code 137

[Austin Air purifier](#)

[Intellipure](#)

[Ancient Fortress](#) essential oil

## Clearing Body Mold

[Surviving Mold](#): Richie Shoemaker

[International Society for Environmentally Acquired Illness](#)

[BioActive Carbon BioTox](#): Binder for mold, ammonia, increasing oxygen, fungus, sulfur pathways. 1 cap, 2-3 times a day, with or without food.

BioMolecular Oxygen: 10 drops, 2-3 times a day. Inflammation control, great for sensitive people.