

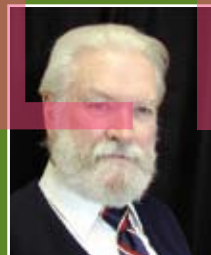


Are You Suffering from Mold Exposure?

Do you or anyone in your family have one or more of the following? If so, it could be a sign of chronic mold exposure:

- allergies
- asthma
- bleeding lungs
- cancer
- central nervous system problems
- chronic coughing
- chronic colds
- dandruff
- dermatitis
- diarrhea
- earaches
- fatigue
- fever
- flu-like symptoms (unexplained)
- headaches
- hearing impairment
- hives
- irritability
- itching (throat, eyes, skin, etc.)
- kidney failure
- learning/mental dysfunction
- memory loss
- nausea
- personality changes
- runny nose (thick, green mucus discharge)
- seizures
- sinus congestion
- skin sores/rash
- sleep disorders
- sore throat
- tremors
- vertigo (dizziness, lightheadedness)
- vomiting

EDWARD R. CLOSE, PhD, PE



Edward R. “Ed” Close, PhD, PE, is a recognized expert in environmental science, has served as environmental advisor to more than 15 Fortune 500 companies, and has more than 40 years experience in the environmental field. He is the author of numerous technical papers, 4 nonfiction books, and the DVD: Toxic Mold – A Breakthrough Discovery.

Dr. Close is a member of numerous professional societies, including the Indoor Air Quality Association (IAQA), and MENSA. He holds a Bachelor’s Degree in Math/Physics and a PhD in environmental science and engineering. He is a Registered Professional Engineer (PE) in the State of Missouri.

Dr. Close has been serving commercial clients’ requirements for mold sampling since 1995. In 2005, at the urging of his wife – a Registered Aromatherapist, he began doing field tests to determine whether essential oils might offer a better option for mold cleanup and remediation in buildings than other options that are currently available. The results proved to him that he had discovered a new option for mold remediation that would help millions.

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TOXIC MOLD

VS. *essential oils*



EDWARD R. CLOSE, PhD, PE

Mold: A Hidden Health Danger

Do you experience chronic colds or ear infections? Maybe someone in your family is suffering from unexplained flu-like symptoms? Or perhaps a co-worker can’t explain the general fatigue and dizziness that seem to be constant companions. Surprising to most Americans is that these and other symptoms are a result of a lurking, behind-the-scenes culprit—mold.

For decades, many in the science and health communities refused to believe that mold could be a primary contributor to a number of health conditions ranging from asthma to memory loss. But now, accumulating scientific findings suggest that mold exposure may indeed play a much larger role in our health than previously thought. Consider the following:

- 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.
- The EPA officially states their position on mold: “All molds have the potential to cause health effects. Molds can produce allergens that trigger allergic reactions or even asthma . . . Others are known to produce potent toxins.” (www.epa.gov/mold)

“Anywhere there is dust, dirt, cellulose, including paper, wood or cardboard, or any food source, all you need is one mold spore and moisture for mold to grow.”



- The Finnish workplace mold study estimated that the percentage of adult-onset asthma attributable to workplace mold exposure is 35%.
- 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.

The truth is that mold can be found in almost every part of our homes—our kitchens, bedrooms, showers, bathrooms, refrigerators, attics, basements, carpets, pools, backyards, sheds, storage spaces—everywhere. Indoor conditions are especially hospitable to mold, as 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 spaces, under floors, behind wallpaper and inside wall cavities. Needless to say, mold is also found in our offices, hotels, schools, libraries, and even in hospital clean rooms.

Essential Oils: Nature's Mold Solution

Often, people try to rid their homes of mold by using standard anti-fungal agents. There are several problems with these. First, many of these antifungal products (such as bleach) use toxic chemicals that are themselves as dangerous to human health as the mold. Also, while these can kill mold, they usually don't completely rid the area of mold (especially on porous surfaces), and they leave behind dead mold spores, which can also cause problems in the human body. Finally, bleach is about 94% water, which is a key ingredient for mold growth. In fact, many experts believe that using bleach products results in a rebound of mold growth within 24 hours.

Fortunately, there is an effective and safe antifungal solution to mold—essential oils. Used for centuries for a variety of health complaints, high-quality, therapeutic-grade essential oils have recently been rediscovered as an effective way to both eliminate mold and support the body against chronic mold exposure.

The following are just a few highlights of research on the antifungal properties of essential oils:

- A peer-reviewed paper states that “essential oils of thyme, oregano, mint, cinnamon, salvia and clove were found to possess the strongest antimicrobial properties among many tested.”

- A 2005 study found that various essential oils, including those of cinnamon, rosemary, thyme, bay and clove, were effective in eliminating common molds found in foods.
- Forty-five oils were tested for their inhibitory effects on bacteria, mold, and yeast—all oils performed better than control compounds, with cinnamon and tea tree oils showing inhibitory effects against all test organisms.
- Researchers found that lemongrass oil was effective against the mold *Aspergillus flavus*, a common toxic mold associated with a variety of infections in the body, and which produces aflatoxin, a known carcinogen.



Promising Case Studies

Little research has been done using blends of essential oils. Anecdotal evidence suggests that specific blends can enhance the antifungal abilities of individual oils. Specifically, numerous case studies demonstrate the ability of certain oil blends to counter the effects of mold. The results are very impressive.

- Sites (including apartment complexes and offices) that had contained high levels of mold were effectively treated using an antimicrobial oil blend comprised of lemon, cinnamon, clove, eucalyptus and rosemary essential oils.
- The effects were long-lasting. Testing weeks later showed little or no mold had returned to the previously affected area.
- In some instances, bleach, hospital disinfectants and industrial strength fungicides had already failed to effectively eradicate the mold.
- Even dead mold spores were removed by the essential oil blend.

Why is Mold So Dangerous?

Molds are probably the most successful—and one of the oldest—life forms on earth. Propagated by airborne spores, mold will settle and produce new colonies and more spores in even the most harsh of conditions. Even arid, desert climates are not free from mold.

While it's true that many forms of mold are beneficial and do not pose a threat to humans, the fact remains that many forms of mold do create or contribute to health conditions. Some non-toxic molds produce toxins when threatened. Exposure to the mold—usually long-term and unknowing—leads to the growth of mold within our nasal passages, sinus cavities, bronchial passages and lungs. Even dead mold spores can produce irritation, allergic reactions and other problems.



“Essential oils offer humanity a powerful, all-natural means of addressing the problems of toxic mold and mildew.”



Do I Really Need Therapeutic Grade Oils?

The answer to this question is an emphatic “yes!” The truth is that the marketplace is flooded with low-grade, synthetic, chemically altered oils (many of which are found in soaps, shampoos, perfumes and air fresheners)—all under the guise of “aromatherapy.” There is no “therapy” in most of these commercially hyped toxic soups. Only a handful of companies sell what can truly be called pure, therapeutic-grade essential oils, so when looking for such a product, it's important to do your homework.

How Do I Use Essential Oils?

There are various ways to incorporate the benefits of essential oils into your life. First, you can use a diffuser, which simply diffuses the oil in a fine mist out into the air. Used indoors, a high-quality diffuser can effectively spread the beneficial effects throughout your home. Oils can also be added to a household cleaner, which helps apply oils to areas that are prime areas for mold growth, especially kitchens and bathrooms.

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