

## Dr. Dennis's Environmental Treatment Protocol

After more than 36 years in medical practice and treating tens of thousands of patients with fungal- or environmentally-related sinusitis and health issues, Dr. Don Dennis decided to map out a simple, step-by-step, environmental protocol to help people understand a process on how to find, tackle and eradicate mold from their environments. His protocol doesn't stop there, though. He also has used decades of research to create all-natural, botanically-derived products to help his patients maintain mold-free indoor spaces. These products are non-toxic and work to eliminate harmful molds and mycotoxins from both surfaces and indoor air.

If followed, these steps will yield mold-free, healthy, work, home and relaxation spaces, that can be kept allergy safe with minimal maintenance, and at a reasonable cost.

### Find the Mold

- 1) The first step is to FIND the Mold. Mold is caused by moisture; thus, without a water source, mold cannot grow.
  - We recommend using the EC3 Mold Screening Test Plates to identify which areas of your home or indoor environments contain unhealthy levels of mold. The test plates are easy to use, affordable, and yield reliable results within 5 days. You can use them to test both the mold counts in the air and the counts on your furniture and clothing. Here is a link to how to use the EC3 Mold Screening Test Plates and to the results key on how to decipher your findings.

- 2) Understand that you need to have a clear idea of how the area is becoming damp enough to grow mold (50% moisture level) and that the source of the moisture needs to be addressed.
- If your humidity is above 50%, we advise you purchase a dehumidifier to remove moisture from the air in the area.
  - Once you identify where the mold is, if the evidence is clear and you can visually see numerous mold colonies and detect an overwhelming musty smell, call a Professional Mold Remediator to test and remediate. Disrupting mold colonies can spread mold spores into the air, making the environment more dangerous, and could also end up distributing mold spores throughout your home through the HVAC system.
  - If your mold issue is moderate, confined to a designated space, furniture or other item, then you can go about **CLEANING** it yourself with EC3 products and methods. You can immediately begin reducing the mold in the area with the clean air and clean surfaces protocols outlined below, but the mold will not STAY gone until the underlying issue (moisture) is repaired. All of the EC3 products are available for professional remediation purchase and can be used in large quantities throughout your home, HVAC system, ductwork, etc., without the fear of chemical toxicity or sensitivity. Any EC3 product residue left on surfaces will just continue to fight mold and will not harm or potentially poison humans or pets, unlike many of the other mold-cleaning products used by many professionals or that are currently on the market.

## Cleaning the Air and Cleaning Surfaces

(**NOTE:** All of these methods should be used after the underlying cause of the mold is fixed. These methods are designed to either control the mold problem until complete remediation can be performed by a professional, to

target and specifically clean a particular item that has been contaminated with mold and is causing you health issues, or to continuously maintain a healthy and mold-free environment once remediation has occurred.)

These techniques and products will **REMOVE** the mold from your immediate environment. This course of action will consist of cleaning the **AIR** and the **OBJECTS** and **SURFACES** in the rooms that tested positive for mold.

- 1) To immediately **CLEAN THE AIR** and to reduce the mold particle count, Dr. Dennis recommends placing **EC3 Air Purification Candles** in each room that you spend 1 hour or more in each day, or in each space that tested positive for unacceptable levels of mold. The first time you use the candles, allow them to burn them continuously for at least 3 hours. This will bring the particle count in the air down to an acceptable level. (Lab results have shown that **EC3 Candles** can reduce the mold spore count in the air down to 0 in 3 hours. In addition, a mycotoxin testing lab has shown that burning **EC3 Candles** can remove the harmful mycotoxins from the air that molds secrete.) Continue to burn the candles whenever you are in the room, for at least one hour to maintain air quality. If you have severe symptoms, burn the candles as long as necessary to get relief. Each candle will be able to purify a 12 x 12-foot-size space, so place candles and number of candles accordingly. Each candle will burn for approximately 22 hours. **EC3 Candles** are ideal to use when traveling or to create “safe” rooms air-quality-wise for severe mold sufferers. The candles are also great mold maintenance tools, and can be burned anytime you want to purify your indoor air specifically for mold or fungal-related allergens.
- 2) Dr. Dennis further recommends purchasing a high-caliber Air Purifier with a HEPA filter to place in rooms where you spend an hour or more each day. (Whirlpool and IQ Air are suggested brands.) The HEPA filters will help to remove particulates from the air. Treat and sustain the HEPA

unit by spraying the front and fan parts of the filter weekly with **EC3 Mold Solution Spray**. This will kill any mold or fungus that gets trapped in the filter and will also disperse the mold solution into the room to further eliminate any residual airborne mold spores.

- 3) **To CLEAN SURFACES, FURNISHINGS AND OTHER NON-LAUNDERED ITEMS** that may have been exposed to mold, or are found to have high mold counts upon testing, spray with EC3 Mold Solution Spray and allow to air dry. (For larger areas, **EC3 Mold Solution Concentrate** can be mixed with distilled water per bottle instructions. When mixed, one bottle of **EC3 Mold Solution Concentrate** yields 1 gallon of solution.) **EC3 Mold Solution Spray** can also be sprayed directly onto an item or piece of furniture, left for one minute and then wiped off. The solution works on contact, so it will eliminate mold wherever it is applied. It can be used as often as necessary to clean for mold. It is naturally antibacterial and antifungal, non-toxic, and safe for all surfaces and textiles. Once a home has safe mold counts, it is recommended to mist all hard surfaces, furnishings, window treatments, rugs and carpets (pay special attention to carpets and rugs, because they are the largest filters in the home) with EC3 Mold Solution Spray once per week to keep mold levels in check. You can also use the spray on dry clean only clothing items and shoes to prevent mold from re-entering your home.
- 4) For **CLOTHING, BEDDING AND OTHER LAUNDERED ITEMS**, use the **EC3 Laundry Additive**. All clothing or bedding that was exposed to mold must be bagged and removed from the space prior to remediation. Before it is brought back into a mold-free home, it must be washed with the **EC3 Laundry Additive** per bottle instructions. The additive will eliminate mold spores that become trapped in fabrics. Continue to use the **EC3 Laundry Additive** as a preventative measure and to aid in removing the biological musty and putrid smells that can arise in clothing, due to continued wear and/or trapped body oils from moisture or sweat.

5) Finally, use a high-quality HEPA vacuum regularly to remove mold and other antigens. This is a critical step in continuously removing mold from the environment. A sealed canister vacuum is ideal. (Dr. Dennis likes Oreck vacuums because of their superior filtration systems.) Simply spray upholstered furniture and carpets with **EC3 Mold Solution Spray**, allow spray to sit for a few minutes, and then vacuum the carpets, and other upholstered items where the spray was applied. Remember, mold can land on lamp shades, dog beds, and curtains too, so mist those with the **EC3 Mold Solution Spray** as well, and use your upholstery tool to vacuum them.