



AMAZING SCENTS.  AROMATHERAPY

LEARN WITH

Lianne

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Welcome to our new newsletter - ***Learn with Lianne***. Each week we will look at different oils, different topics related to oils and different ways we can incorporate them into our lives. We hope this newsletter will inspire you, uplift you and give you more education around your oils.

HOW MOULD AFFECTS OUR HEALTH

With so much rain and flooding happening in many parts of Australia, I thought it would be a good idea to revisit the topic of MOULD and how it impacts our health.

What is mould?

Mould is part of a group of common organisms called fungi that also include mushrooms and yeast. It is everywhere, both indoors and outdoors.

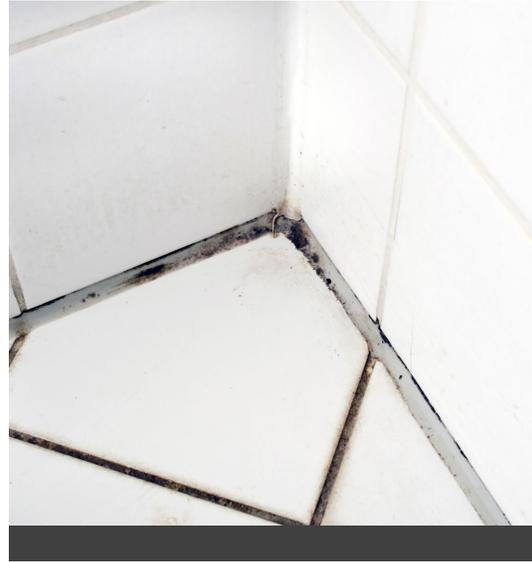
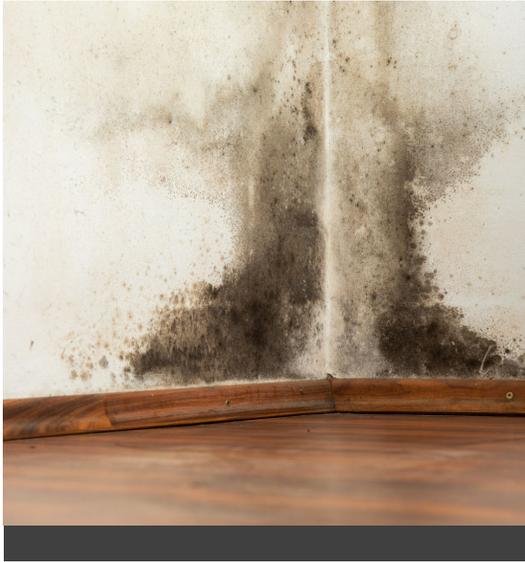
Mould may grow indoors in wet or moist areas that lack adequate ventilation, including walls/ wallpaper, ceilings, bathroom tiles, carpets, curtains, insulation material and wood. If moisture accumulates mould growth will often occur on indoor surfaces. Many different types of mould exist and they all have the potential to cause health problems.

According to Nicole Bijlsma, 1 in 3 homes are water damaged and over 40% of new builds experience condensation issues.

Mould produces tiny particles called spores. Spores are carried in the air and can cause health problems when inhaled by people, more so for those who are sensitive or allergic to them.

Health effects of mould exposure include a runny or blocked nose, irritation of the eyes and skin and sometimes wheezing. For people with asthma, inhaling mould spores may cause an asthma attack. Very rarely, people may develop a severe mould infection, usually in the lungs.

Nicole has a great article to read more about mould in the home [here](#)



Mould Facts and Removal Process

- 24% of the population cannot create antibodies to mould; so every time they go into a water-damaged building, it results in inflammation in their brain and their body which can be misdiagnosed as Chronic Fatigue Syndrome or even worse, a mental illness
- Bleach is ineffective in killing fungi, but it is effective against bacteria
- The best way to deal with mould is to physically remove it.
- Clean out air conditioning trays, fans and vents as possible mould growing areas
- Leave as many doors and windows open as you can to allow for fresh air to flow through
- Add bowls of bicarb to the bottom of humid or damp cupboards with a few drops of EO in them, to absorb any moisture.

5 Essential Oils That Help Protect Against Mould

Essential oils can do wonders for your home when it comes to preventing mold. Here are five essential oils to diffuse in your home to ward off mould:

[Cinnamon Oil](#)

Cinnamon oil has been proven to be highly effective at protecting against mould growth. Not only is it able to fight against the growth of mould on food, but also in areas of your home that may be prone to mould.

[Thyme Oil](#)

Thyme oil is extremely beneficial in protecting your home from mould. More than that, thyme is also known for purifying skin and fighting off mould-related bacteria.

[Clove Oil](#)

Not only is clove oil full of antioxidants that will help boost your immune system, but it is also ideal for protecting against mould growth.

[Tea Tree Oil](#)

Tea tree oil is antimicrobial and antifungal. This means that it can help disinfect your home while fighting off fungal growth like mould. For an added bonus, tea tree oil is also known to eliminate the musty odor from mould and mildew.

[Lemon Oil](#)

Lemon Oil is a versatile and strong anti-fungal. Most citrus oils are able to break down mould spores at a molecular level. A lot of people prefer to use lemon essential oil over other citrus oils because of the pleasant smell. Using lemon essential oil will also prevent mould from forming on surfaces like shower grout and bathtub caulking.

Further Reading

[Antifungal properties of essential oils for improvement of indoor air quality: a review](#)



I highly recommend Nicole Bijlsma's book, available [here](#)

DO you have any mould elimination recipes that you use? Please share with us your recipe so we can all learn together, remove the toxic mould from our homes and keep happy and healthy together.

Remember to follow us on social media and keep up to date with all that is happening at Amazing Scents Aromatherapy.

Got something to share or want to learn about?

Email us at socialmedia@amazingscents.com.au and we will share your stories in future editions of our newsletter.



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