

LET US TALK ABOUT

The Mold-Free Home

A Complete Clearing Protocol

The order of operations, room by room and item by item, with nontoxic cleaners, enzyme laundry, mattress encasements, and safe use of ozone.

DR. LEILA DOOLITTLE

WELCOME

Clear the source before you clean the room.



So many of you have asked me the same question after a mold diagnosis: what do I do with my home, and with everything in it?

This guide is my answer. It walks through the order that keeps your effort from being wasted, the nontoxic tools I trust, and a clear keep, clean, or replace decision for every kind of item, from mattresses and pillows to shoes, books, and rugs.

Healing a body that lives in a damp building is like bailing a boat that still has a hole. Your home is part of your treatment plan.

With care,
Dr. Leila Doolittle



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CHAPTER ONE

Why the Home Matters

Your body clears what it meets. Your home decides how much it meets, every hour of every day.



THE TOXIC BURDEN BUCKET

A body living in a damp building

Picture a bucket. Into it go biotoxins, metals, chemicals, infections, blood sugar swings, poor sleep, and stress. Your drainage pathways empty it as fast as they can.

When a home has water damage, the inflow never stops. You breathe it while you sleep, touch it on your clothes, and carry it in on your shoes. That is why I treat the home as part of the plan, not an afterthought.

My principle: lower the inflow, open the drains, and only then ask the body to mobilize what it has stored.



WHAT THE RESEARCH SHOWS, AND WHAT I SEE

Spores, fragments, and mycotoxins

Established evidence: damp and moldy buildings are consistently linked with respiratory symptoms, asthma, and airway irritation. Molds release spores and much smaller fragments, and some species produce mycotoxins and volatile compounds.

Working clinical hypothesis: in my practice, a subset of sensitive people develop a wider, multisystem pattern after exposure, with fatigue, brain fog, sinus and gut symptoms, and a nervous system stuck on high alert. I explore this patient by patient. It is a pattern I test, not a settled fact.



WHERE IT SETTLES

Dust and soft goods hold the story

Spores and fragments are tiny and light. They ride air currents, settle into household dust, and lodge in anything soft and fibrous: mattresses, pillows, upholstery, carpet, curtains, and clothing.

Hard, smooth surfaces can be wiped clean. Porous materials trap particles deep in their fibers, where cleaning reaches only part of the load.

That single idea, porosity, guides nearly every keep, clean, or replace decision in this guide.

> Clean, bright, and dry is the goal. You are lowering the total load, one surface and one item at a time.



CHAPTER TWO

The Order of Operations

Stop the water. Fix the source. Clean the contents. Clean the air. Retest. In that order, every time.



THE CORE IDEA

Five steps, in sequence

- **1. Stop the water.** Leaks, condensation, high humidity, drainage around the foundation.
- **2. Remediate the source.** Remove and replace what is growing, with containment when it is large or hidden.
- **3. Clean the contents.** Every room and every item, using the decision table in Chapter Five.
- **4. Clean the air.** HEPA filtration, HVAC attention, and fogging where appropriate.
- **5. Retest.** Confirm the space, then maintain it.

Cleaning your belongings before the source is fixed only recontaminates them. Order protects your effort and your money.



STEP ONE AND TWO

Find the source

Mold needs water. Follow the moisture and you will usually find the growth.

- **Water history:** past leaks, floods, ice dams, plumbing repairs, a roof replaced.
- **Musty odor:** often the first clue, especially in closets, basements, and cabinets under sinks.
- **Visible growth** or staining on walls, ceilings, windowsills, and grout.
- **HVAC:** drip pans, coils, and ducts.
- **Crawlspace or attic:** condensation, poor ventilation, wet insulation.

Call a professional remediator when growth covers more than about 10 square feet, sits hidden inside walls, follows major water damage, or involves the HVAC system. Ask for containment and negative air.



KEEP IT DRY

Moisture control

Every protocol in this guide depends on one thing: a dry home.

- **Indoor humidity between 30 and 50 percent.** Keep it below 60 percent at all times.
- **A hygrometer in each main room,** so you see the number instead of guessing.
- **Dehumidifiers** in basements, bathrooms, and any room that reads high, emptied or drained daily.
- **Dry anything wet within 24 to 48 hours.** Porous items that stay wet longer are usually discarded.
- **Bathroom and kitchen fans** vented outdoors, run during and after showers and cooking.



PROTECT YOURSELF FIRST

Safety for every cleaning day

Cleaning disturbs particles. Your protection matters more than your speed.

- **Gloves:** long, nonporous gloves.
- **Respirator:** an N95 or better, fitted snugly.
- **Eye protection:** goggles without vent holes.
- **Clothes you can wash** right away, or disposable coveralls.
- **Keep children, pregnant family members, and anyone who is ill out of the space** during cleaning, along with pets.
- **Ventilate** with windows open when weather and humidity allow.

If you are the person who is sick, ask for help. You do not need to be the one holding the vacuum.



CHAPTER THREE

Your Cleaning Toolkit

Nontoxic does not mean weak. Choose tools that remove particles and products that add nothing harmful back.



CLEANERS

EC3 and how to compare others

EC3 is a botanical and mineral line made for mold sensitive households, with a surface spray, a laundry additive, and a fogging concentrate. Mold enzyme cleaners are a related category that use enzymes to break down organic material.

How to judge any nontoxic cleaner

- **A full ingredient list** you can read and understand.
- **No chlorine bleach** and no quaternary ammonium compounds, often called quats.
- **Fragrance free.** Fragrance covers odor; it does not clean.
- **Clear label directions** for dilution and contact time.

Why bleach falls short: it can whiten the surface of porous material while moisture and roots remain beneath, and it adds harsh fumes to the air you are trying to clear.



TOOLS

What removes particles

- **A true HEPA vacuum,** sealed so the air leaving it is filtered, not just labeled HEPA style.
- **Microfiber cloths** in quantity, so you can change them often. Launder them hot or discard.
- **Two buckets:** one for cleaning solution, one for rinse, so dirty water never returns to the wall.
- **A HEPA air purifier** sized for each room you live and sleep in.
- **A fogger** for dispersing a botanical fogging solution after cleaning, used exactly as labeled.
- **Heavy duty bags** to seal discarded items before they move through the house.

Removal beats coverage. Every tool here takes particles out of your home rather than masking them.



A NOTE ON PRODUCTS

Categories first, brands second

I name EC3 because it is the line I recommend most. Other products may serve you well too. When you compare, look for the qualities on the previous page, not the marketing on the front of the bottle.

No cleaner can promise to remove every spore or every toxin. What a careful process does is lower the load, steadily and safely, until your home supports your recovery rather than working against it.

Follow every label for dilution, contact time, ventilation, and storage, and keep all products away from children and pets.



CHAPTER FOUR

Room by Room

Top to bottom, clean to dirty, dry to finish. The same rhythm in every room.



THE METHOD

Walls, ceilings, baseboards, and trim

- **1. HEPA vacuum first,** top to bottom, so you lift loose particles before anything gets wet.
- **2. Wipe with your enzyme or botanical solution,** working ceiling to floor in sections.
- **3. Change cloths often.** Fold to a fresh face every few strokes, and use a new cloth for each section.
- **4. Two buckets,** solution and rinse, so you never spread what you just removed.
- **5. Respect contact time** on the label, then wipe and dry.
- **6. Finish with HEPA** vacuuming of the floor and baseboards.

Drywall with visible growth is replaced, not cleaned. Paper faced drywall is porous, and growth often continues on the back side.



WET ROOMS

Kitchen and bath

Kitchen

- Empty and wipe every cabinet, especially under the sink. Check for slow leaks.
- Clean the refrigerator drip pan and door gaskets, the dishwasher filter and seal, and the range hood filter.
- Discard opened dry goods stored near any growth.

Bath

- Grout and caulk with growth that will not clean are removed and replaced.
- Replace fabric shower curtains and bath mats, or wash them hot weekly.
- Run the fan during and for 30 minutes after each shower, and squeegee the walls.
- Check under the sink, around the toilet base, and behind the vanity.



HIDDEN CORNERS

Closets, laundry room, and garage

- **Closets:** empty completely. HEPA vacuum and wipe shelves and walls. Leave the door open and add a small dehumidifier if the room reads above 50 percent.
- **Laundry room:** clean the washer gasket and drum, the dryer lint path, and the area behind the machines. Vent the dryer outdoors.
- **Garage:** move stored items off the floor onto metal or plastic shelving, use sealed plastic bins rather than cardboard, and check walls shared with living space.

Cardboard is porous and feeds mold. Retire every damp cardboard box and repack into sealed bins.



CHAPTER FIVE

Keep, Clean, or Replace

Porosity decides. Hard surfaces clean well. Soft, absorbent materials hold on.



THE DECISION TABLE

Sort everything by porosity

CATEGORY	EXAMPLES	USUAL DECISION
Hard and nonporous	Glass, metal, ceramic, sealed wood, hard plastic	**Clean and keep.** HEPA vacuum, wipe with solution, dry.
Semi-porous	Unsealed wood, leather, books and papers, wicker	**Case by case.** Clean if growth is absent and the item matters; replace if growth is visible or odor persists.
Porous	Mattresses, pillows, upholstered furniture, carpet pad, stuffed toys, cardboard	**Often replaced** when contaminated, especially after water damage.

Ask three questions: Was it wet? Does it smell musty? Can I clean every surface of it? If the answers are yes, yes, and no, let it go.

Sentimental items deserve care. Photograph what you release, and keep the memory rather than the material.



ITEM BY ITEM

Furniture, books, and electronics

- **Tables and wood furniture:** HEPA vacuum, then wipe every surface, including undersides and drawer interiors. Unsealed wood with growth may be sanded and sealed or replaced.
- **Upholstered furniture:** deep HEPA vacuum and enzyme treatment if it was never wet. If it was wet or smells musty, replace it.
- **Books and papers:** HEPA vacuum covers and edges, then air in a dry room. Scan important documents and discard water damaged copies.
- **Electronics:** unplug, wipe exteriors with a barely damp cloth, and use compressed air outdoors for vents. Never spray solution into devices.



ITEM BY ITEM

Toys, decor, and textiles

- **Hard toys:** wash in warm soapy water or wipe with solution, then dry fully.
- **Stuffed toys:** wash hot with an enzyme additive if the label allows and they were never wet; otherwise replace.
- **Decor:** wipe frames, vases, and lamps. Dried flowers, baskets, and fabric shades are usually released.
- **Curtains and throws:** launder with the laundry protocol on page 26, or dry clean and air.
- **Houseplants:** keep soil surfaces dry, remove saucers of standing water, and limit plants in bedrooms.

Work one room at a time and move cleaned items only into rooms that are already finished.



WHERE YOU SPEND A THIRD OF YOUR LIFE

Bedding and mattresses

You breathe close to your mattress and pillow for hours each night, so I start here.

- **Replace** any mattress that was wet, shows staining, or smells musty. Pillows are usually replaced.
- **Deep clean** a mattress that was never wet: HEPA vacuum all six sides slowly, treat with an enzyme or botanical spray, then air it in sunlight or a dry, ventilated room until fully dry.
- **Encase it.** Use organic, nontoxic, zippered encasements for the mattress and each pillow.

Choosing encasements: certified organic cotton, a full zipper that closes all the way around, and a tight weave. An encasement creates a barrier between you and the dust and spore load inside the mattress, and it can be laundered weekly.



LAUNDRY DAY

Washing out the load

- **Add a mold enzyme laundry additive** or an EC3 type laundry additive to each load, as labeled.
- **Hot water** wherever the fabric allows.
- **A second rinse** to carry particles out of the fibers.
- **Dry completely,** right away. Never leave wet laundry sitting in the drum.
- **Sort first:** washable items, then dry clean only items, which go to a cleaner with a note about mold, and anything heavily damaged, which is released.

Care for the machine

Wipe the door gasket, dry it after the last load, and leave the door open. Run an empty hot cycle with your additive monthly and clean the detergent drawer.



SHOES, BAGS, AND LEATHER

What you carry in

- **Enzyme wipe down:** wipe shoes, bags, belts, and leather inside and out with a lightly dampened cloth, then dry fully.
- **Ozone shoe cabinet or ozone box:** a small sealed chamber that treats shoes and accessories. Run it only when no one is in the room, then air items out before use.
- **Let a pair go** if it was soaked, smells musty after treatment, or has visible growth inside.
- **Going forward:** shoes off at the door, a washable mat, and boots dried fully between wears.

Ozone can stiffen or crack rubber and some fabrics with repeated use. Treat in short cycles and check items between rounds.



FLOORS

Rugs and carpet

- **Wall to wall carpet** that was wet, shows growth, or smells musty usually comes out, along with the pad beneath it. Carpet can feel dry on top while the pad and subfloor stay wet.
- **Area rugs:** HEPA vacuum both sides, slowly. Then choose professional enzyme cleaning with full drying, or replacement.
- **Hard flooring** such as sealed wood, tile, or stone is the long term choice for anyone mold sensitive. Add washable cotton rugs you can launder.

If you rent, document carpet condition with photos and dates before you speak with your landlord.



CHAPTER SIX

Air, Ozone, and Moving On

Clean air is the last layer of a clean home. Then you confirm, and you keep it that way.



AIR

Purifiers and HVAC

- **HEPA air purifiers** sized to each room, running continuously in bedrooms and main living spaces.
- **HVAC filters** rated MERV 13, or the highest rating your system allows, changed on schedule.
- **Coils, drip pans, and ducts** inspected by a professional. Growth in the system is a source issue, not a cleaning task.
- **Fogging** with a botanical fogging solution after source removal and contents cleaning, with the space empty and as labeled.

A purifier is a filter, not a fix. It helps you keep up while the source work is done.



READ THIS BEFORE YOU BUY A MACHINE

Ozone and fogging safety

- **Ozone is a lung irritant.** Run it only with every person, pet, and plant out of the space.
- **Air out fully** before anyone returns, following the label time and then some.
- **Ozone can degrade rubber,** elastic, some plastics, and some fabrics.
- **Ozone does not replace source remediation.** It cannot reach mold inside walls or growing on a wet surface.
- **Follow every label** for both ozone and fogging products.

Never run ozone in an occupied home, and take extra care in any home where someone has asthma or lung disease.



BEYOND THE HOUSE

Cars, storage, and moving

Your car gets the same plan: HEPA vacuum seats, carpet, and trunk; wipe hard surfaces; replace the cabin air filter; and check for leaks around doors and the sunroof.

Storage units are often damp. Use sealed plastic bins and check them seasonally.

Moving? Clean items before they move, so the problem does not move with you. Hard goods are cleaned and packed into new bins. Porous items from the old home are judged by the table on page 22 before they cross the new threshold.



CONFIRM, THEN MAINTAIN

Testing and retesting

Dust testing samples settled dust over time and reflects what has been in the home. **Air testing** captures a short snapshot of what is airborne at that moment.

Each has limits. Air samples vary with weather, activity, and timing. Dust samples show presence, not exactly where the source is. Neither replaces a careful inspection for moisture.

- Test before work to establish a baseline.
- Retest after remediation and cleaning, before you move items back in.
- Retest after any new water event.

Choose an accredited laboratory and an inspector who is independent from the company doing the remediation.



YOUR BODY AND YOUR HOME TOGETHER

Supporting your body while you clear

Clearing a home takes weeks, sometimes months. Your body keeps working the whole time.

The companion guide, **Supporting Your Drainage Pathways**, explains how your liver, kidneys, colon, lymph, and skin clear what you have already absorbed, and the order in which to support them. You can download it free on the Resources page at drleiladoolittle.com.

This guide is education, not a treatment protocol. If you have symptoms you suspect are related to mold, a comprehensive functional neurological exam and targeted laboratory testing help show what is underneath them and what to address first.



CHECKLISTS TO PRINT

The order of operations

- [ ] Stop the water: leaks fixed, humidity 30 to 50 percent, hygrometer in each main room.
- [ ] Source remediated by a professional for growth over about 10 square feet, hidden growth, or HVAC.
- [ ] Safety gear ready: gloves, N95 or better, goggles, washable clothes.
- [ ] Contents cleaned room by room, finished rooms kept closed off.
- [ ] HEPA purifiers running, HVAC filter upgraded, system inspected.
- [ ] Fogging done, if used, with the space empty and as labeled.
- [ ] Retested before belongings move back in.

Room by room

- [ ] HEPA vacuum, top to bottom.
- [ ] Wipe with enzyme or botanical solution, two buckets, fresh cloths.
- [ ] Replace drywall, grout, or caulk with growth that will not clean.
- [ ] Cabinets, closets, and under sinks emptied and wiped.
- [ ] Floors vacuumed again at the end.



CHECKLISTS TO PRINT

Laundry day

- [ ] Sort: washable, dry clean only, release.
- [ ] Enzyme or EC3 type laundry additive in every load.
- [ ] Hot water where the fabric allows.
- [ ] Second rinse.
- [ ] Dry fully and right away.
- [ ] Wipe the gasket and leave the washer door open.

Monthly maintenance

- [ ] Check every hygrometer; empty and clean dehumidifiers.
- [ ] Look under sinks, around toilets, and at window sills.
- [ ] Launder mattress and pillow encasements.
- [ ] Run a hot washer cleaning cycle with your additive.
- [ ] Check HVAC filter and drip pan; replace the filter on schedule.
- [ ] HEPA vacuum floors, upholstery, and closet floors.
- [ ] Sniff test closets, basement, and car. Musty means look further.

ABOUT THE AUTHOR

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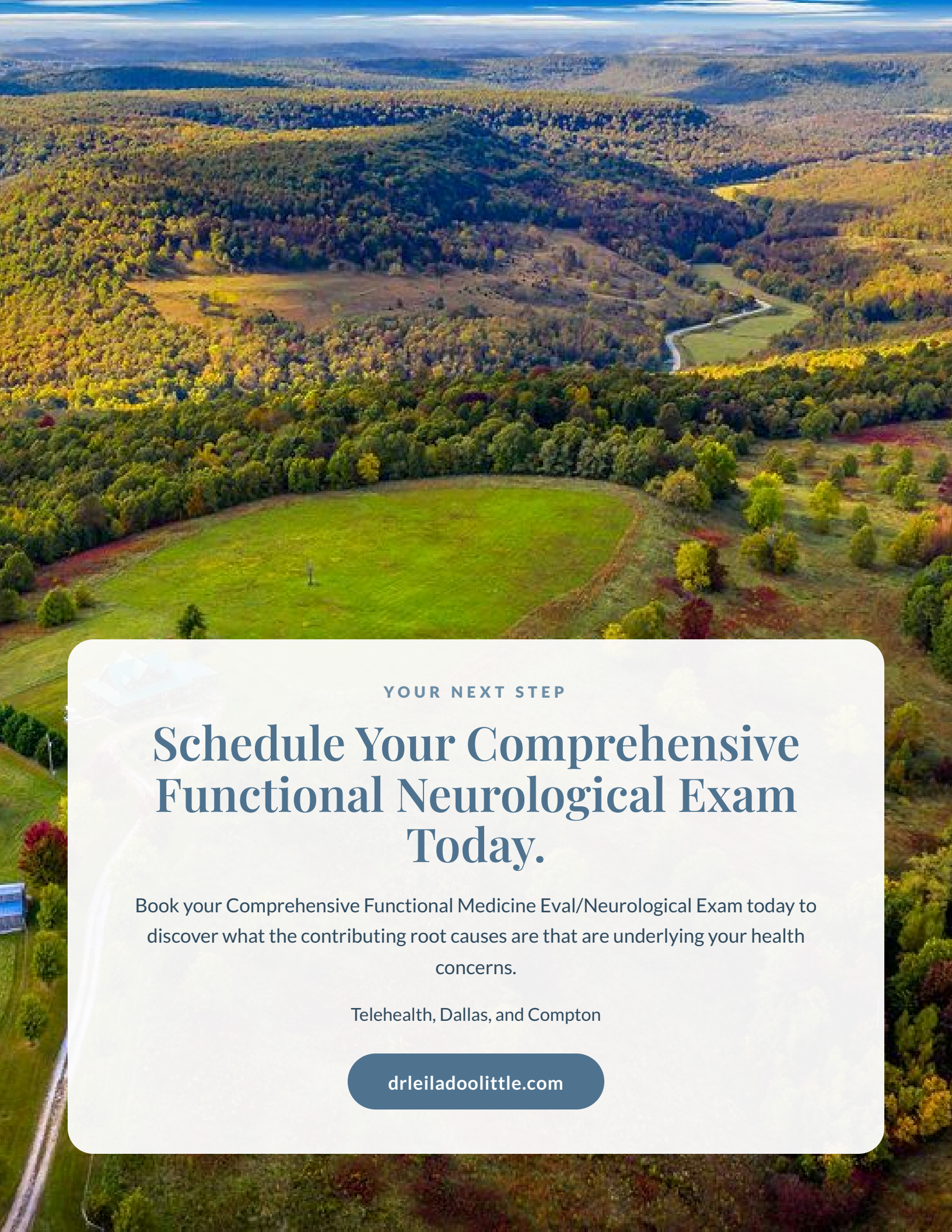


Dr. Leila Doolittle is a Doctor of Chiropractic practicing Functional Medicine and Functional Neurology. She is the founder and lead clinician of Resonance Wellness and the host of The Resonant Life Podcast.

Her work brings together extended laboratory testing, comprehensive functional neurological exams, NeuroQuant brain imaging, and a deep respect for the body as one connected system. She looks for the contributing root causes beneath symptoms, from toxic burden and biotoxins to the gut, endocrine, and nervous systems.

Raised on an Ozark farm, she now spends much of her time on the land she loves, where she is building Resonant Ranch, a place where the land itself is part of the medicine.

This guide is for education. It is not a substitute for individual care or for a professional mold inspection or remediation. Please consult your own clinician before starting a new routine, especially if you are pregnant, nursing, or managing a health condition.



YOUR NEXT STEP

Schedule Your Comprehensive Functional Neurological Exam Today.

Book your Comprehensive Functional Medicine Eval/Neurological Exam today to discover what the contributing root causes are that are underlying your health concerns.

Telehealth, Dallas, and Compton

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