

## Ami Kapadia, MD, ABIHM

### Kwan Yin Healing Arts Center Basic Mold prevention/treatment in car:

This is for minimal mold contamination that results from general use like parking on the street in rainy/humid season, minimal moisture getting into car, cross-contamination from a moldy home/workplace, etc. and for prevention. You can use “Option #3” in combination with any of others.

1. Option #1: Botanical mold spray:
  - a. [EC3 mold concentrate](#) from “[Sinusitis wellness](#)” or mold solution from “[Citrisafe](#)” General information:
  - b. If your car carpet got wet in the rain and was not dried immediately, it must be removed. Until you can remove carpet or change cars, saturate it with EC3 Mold Concentrate, and towel and fan dry it after about 1 hour.
  - c. If your car has a leak, you must fix it in order to stop your mold exposure. Using EC3 mold concentrate or mold solution:
    - i. Turn your fan on high using the car’s air climate control system.
    - ii. Press the button that makes the car suck the air through the vents from the outside.
      1. *DO NOT USE ON RECYCLED AIR SETTING; USE THE FRESH AIR SETTING.*
    - iii. Standing outside your car, pass a tissue over the outside vents next to the windshield wiper and where you see the air pulled down into the vent is where you spray botanical concentrate allowing it to be pulled into the vent system then delivered into the car.
    - iv. Leave the doors open and the fan running for about 10 minutes.
    - v. Mist the entire inside of the car; seats, carpet, under seats, etc. and wipe dry.
2. Option #2: Hydrogen peroxide (basically the same method as in Option #1 but with hydrogen peroxide instead of botanical mold sprays)
  - a. Also wipe down inside of car with hydrogen peroxide to get rid of particulates.
3. Option #3: Bee propolis vaporizer:
  - a. “Bee healthy farms” car diffuser: <https://beehealthyfarms.com/propolair-diffusers-andvaporizers/10-propolair-car-propolis-vaporizer.html>
4. Option #4: Ozone Generator: discuss with your physician to determine if safe for you to use. “Odor Free” company has a protocol for treating the car.
  - a. \*\*Note on testing:
    - i. Use [Immunolytics plates](#) before/after treating your car to determine if treatment was likely successful or not.