

Fighting Mold with Clove Essential Oil

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Mold is everywhere, and toxic molds often take root within homes and other buildings. Water leaks and damp environments fuel the fungal growth and the proliferation of mold spores in the environment. Once mold is discovered, a safe and effective treatment is necessary to prevent further damage to building structure and the health of those who are exposed. One common cleaning method, [chlorine bleach](#), is neither a safe nor often a effective solution. However, essential oils are becoming known as a harmless and potent method to fight molds.

Clove Essential Oil

Cloves are derived from an evergreen tree native to Indonesia. The flower buds are often used as a spice. The essential oil of clove has been used medicinally in Chinese and Indian medicine and herbalism as a painkiller for dentistry.

The famous *Aspergillus niger* (also known as black mold) is especially [sensitive to clove oil](#). This suggests promising effectiveness in treating molds on hard (non-porous) surfaces.

Clove oil has potent anti-fungal properties and is recommended for inclusion in [The Candida Diet](#). Cloves have been shown to put an end to *Candida* growth in the mouth and intestine. [A study](#) found that clove “had a fast killing effect on yeast cells.” Another [study](#) revealed the potential of clove oil as a food bio-preservative.

How to Use Clove Oil

Diffuse – After you have addressed your water problem, whether it be a leak or dampness, you could then [diffuse](#) clove essential oil, or a blend of oils known for reducing mold spores in the air.

Clean – For small mold contaminations on hard (non-porous) surfaces you may dilute essential oils with water to clean. You may want to try this [suggested cleaning solution](#) of 1/4 teaspoon of clove oil to 1 liter of water. Do not attempt to use a higher concentration of the oil as it is very potent. Always use caution when cleaning mold yourself (the EPA recommends that any mold problem larger than 10 square feet be examined by an expert), and test a small area with the solution first to make sure it wont damage the surface.

Other Uses – [The Candida Diet](#) offers more information on internal use of cloves and clove oil. Always use caution and check with your doctor before using essential oils.

I only recommend essential oils that are [guaranteed to be pure](#). Many of the oils available today are diluted and may contain chemicals and pesticides. If you would like more information on essential oils, feel free to [contact me](#).

Krystle Reeves assists in managing [MoldBlogger.com](#), a website dedicated to providing a place to share and receive information that will better allow individuals to fight and conquer toxic mold and the consequences of mold exposure, and also blogs at [Where the Green Things Grow](#) where she shares her adventures and challenges in gardening, parenting, and life

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