



Dr. Helen's
MOLD-SAFE
TRAVEL GUIDE
for Mold-Sensitive Individuals

Plug-and-play client handout for travel to Guyana, Brazil, tropical regions, cruises, mission trips, conferences, churches, hotels, and older buildings.

Tier 1: Never Travel Without These.

1. Black N95 Respirator (Most Important)

Recommended: BNX Black N95 (NIOSH Approved)

Amazon: <https://www.amazon.com/s?k=BNX+Black+N95>

2. Portable HEPA Air Purifier

Recommended: Levoit Core Mini Air Purifier

Amazon: <https://www.amazon.com/s?k=Levoit+Core+Mini+Air+Purifier>

3. Saline Nasal Rinse

Recommended: NeilMed Sinus Rinse

Amazon: <https://www.amazon.com/s?k=NeilMed+Sinus+Rinse+Kit>

Tier 2: Highly Recommended

4. Humidity Monitor

Recommended: ThermoPro Hygrometer

Amazon: <https://www.amazon.com/s?k=ThermoPro+Hygrometer>

5. Nasal Spray

Recommended: Xlear Nasal Spray

Amazon: <https://www.amazon.com/s?k=Xlear+Nasal+Spray>

6. Hydration Bottle

Recommended: Owala FreeSip or Hydro Flask



Water Filtration & Hydration

Best Overall: GRAYL GeoPress Purifier Bottle

Removes viruses, bacteria, and protozoa.

Amazon: <https://www.amazon.com/s?k=GRAYL+GeoPress>

Alternative: GRAYL UltraPress

Amazon: <https://www.amazon.com/s?k=GRAYL+UltraPress>

Budget Option: LifeStraw Go

Amazon: <https://www.amazon.com/s?k=LifeStraw+Go>

UV Option: SteriPEN Ultra

Amazon: <https://www.amazon.com/s?k=SteriPEN+Ultra>

Extended Stay Kit

Portable Dehumidifier

Recommended: Pro Breeze Mini Dehumidifier

Amazon: <https://www.amazon.com/s?k=Pro+Breeze+Mini+Dehumidifier>

Laundry Detergent Sheets

Recommended: Earth Breeze

Amazon: <https://www.amazon.com/s?k=Earth+Breeze+Laundry+Detergent+Sheets>



PRACTITIONER-SUPERVISED SUPPORT

NAC:

<https://www.amazon.com/s?k=Pure+Encapsulations+NAC>

Liposomal Glutathione:

<https://www.amazon.com/s?k=Quicksilver+Scientific+Liposomal+Glutathione>

Activated Charcoal:

<https://www.amazon.com/s?k=Integrative+Therapeutics+Activated+Charcoal>

GI Detox:

<https://www.amazon.com/s?k=Biocidin+GI+Detox>

WHAT TO DO IF YOU ENTER A MOLDY BUILDING

Before: Hydrate, use saline spray, have N95 available.

During: Wear N95, minimize exposure, avoid touching face.

After: Change clothes, shower, perform nasal rinse, run HEPA purifier.

DR. HELEN'S TOP 5 TRAVEL ITEMS

1. BNX Black N95
2. Levoit Core Mini HEPA Purifier
3. NeilMed Sinus Rinse
4. ThermoPro Hygrometer
5. GRAYL GeoPress Water Purifier