

Excess moisture in wet climates

Excess moisture in the air can be a problem for health. Mould breeds in damp environments.

Mould spores are easily airborne and breathed in without us knowing it. Insufficient ventilation can make the problem worse.

Mold toxicity can cause both physical and mental health problems and often goes undiagnosed, despite how prevalent it's believed to be. Eliminating exposure to mould can help people's health to improve.

<https://www.mhconn.org/mind-body-health/could-mold-be-affecting-your-mental-health/>

Make your own reusable DIY moisture absorbers

- ✓ Absorb excess moisture from the air
- ✓ Reduce damp and prevent mould from growing

HOW TO:

1. Cut a plastic bottle through about 1/3 of the way from the top.
2. Place the top of the bottle upside down into the base.
3. Line the hollow with a coffee filter bag or a piece of waste cloth.
4. Fill this hollow with calcium chloride.
5. Allow your moisture absorber to stand in the room where it is out of the way.
6. When the sodium chloride is used up, empty the water and start again.



CALCIUM CHLORIDE 77%

For use in DIY Moisture Absorbers

