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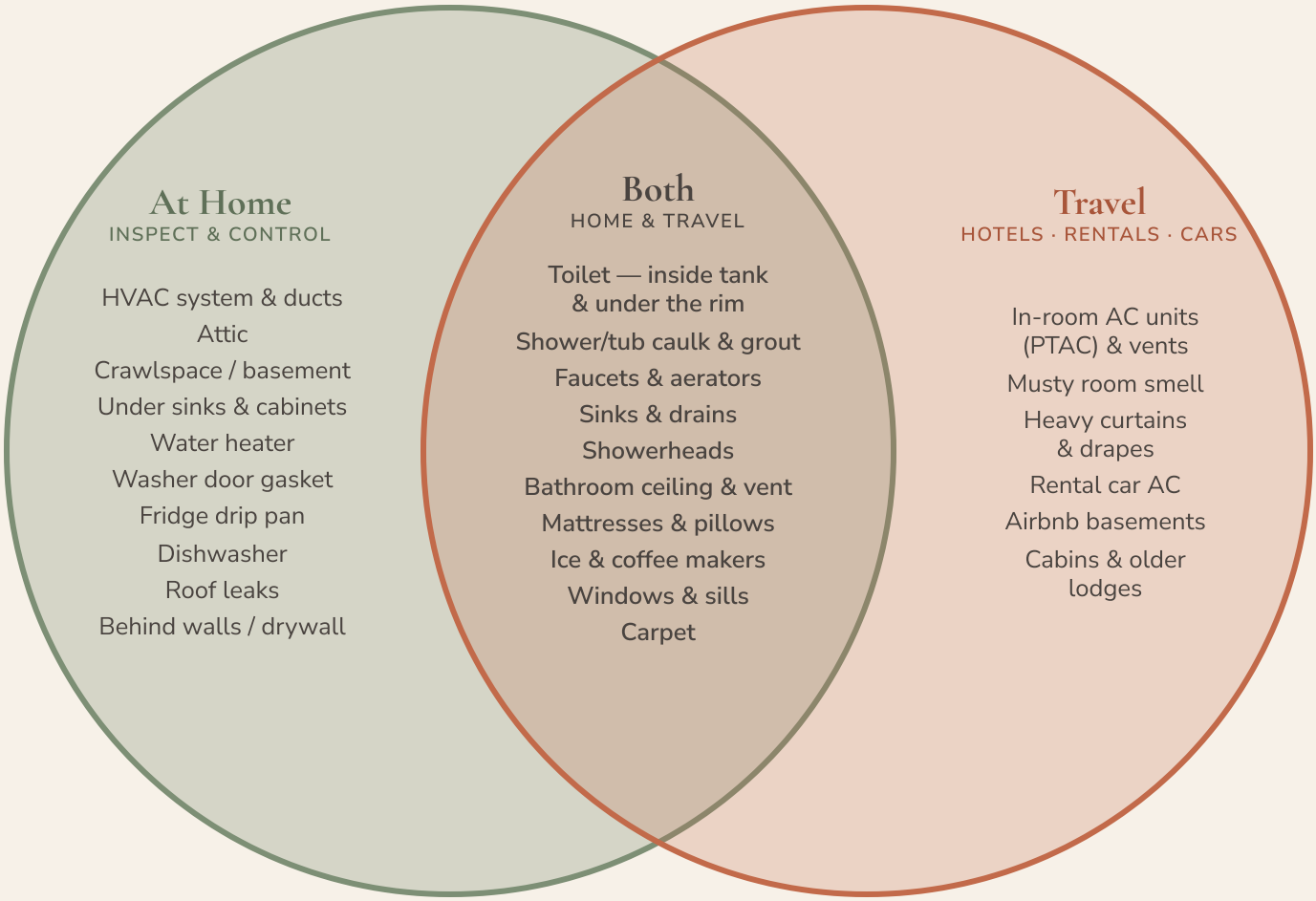
MOLD HEALING · HEALTHY HOME · FAITH & FAMILY

Where Mold Hides: Home vs. Travel

Knowing where to look is half the battle

BY ABBY VALDEZ · HOLISTIC ABBY | MOLD HEALING · HEALTHY HOME · FAITH & FAMILY

Hi friend, once you start learning about mold, you notice how many places moisture can quietly hide — at home *and* when you travel. This isn't meant to make you afraid. It's meant to help you know where to look, so you can make calm, confident choices wherever you are.



Hopeful travel tip: If a room smells musty or you start feeling off, it's okay to ask for a different room — your comfort matters. A little awareness goes a long way.

Found a spot that concerns you? Learn what mold testing can tell you and what to do next.

Get MOLD: Where Do I Start?

This guide shares my personal experience and is for educational purposes only; it isn't medical advice — please partner with a qualified healthcare provider for your own care.

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