

Is there mold in my laundry?



Have you ever stepped out of the shower, grabbed a freshly cleaned towel and put it up to your face to dry off only to be overwhelmed by a stale odor that just doesn't smell fresh?

Or how about when you open up your washing machine door a few days after you used it last and get hit in the face with a stench that can literally knock your socks off?

We all have kind of gotten used to these types of experiences, right? They're just NORMAL. We live with it and move on about our day. We don't have time to deal with it. We have already spent so much money on a washing machine and detergent – it MUST be doing it's job... right?

Let's pause for just a moment and call this for what it is. That odor you're smelling in your towels and washing machine? It's mold. And it happens for different reasons..

Let's begin with the towels. Towels that have a stale mildew smell have most likely been left in a dark, damp place at some point.

- The laundry basket
- The bathroom floor
- A gym bag or laundry bag

Towels can also sour if you leave them wet in the washing machine. Add to that, a buildup of fabric softener can cause towels to be awfully smelly. Fabric softener doesn't allow the cotton fibers of the towel to rinse cleanly, and that detergent and softener builds up. These left-on particles attract dirt and grime, and then mold can begin building up within the fibers.

Washing machines are an even bigger issue, especially the newer ones that feature an airtight door, which doesn't allow the washing machine drum to air out between loads. This problem is so bad that there have actually been multiple class action lawsuits against washing machine manufacturers. If you have one of these machines, you know exactly what I'm talking about. The rubber gasket ring inside the door collects detergent, dirt, grime, and other organic material. When the door is closed, you've got a sealed environment, and the moisture builds up and breeds mold right in the very machine that you wash your family's clothing. Unless you frequently and thoroughly clean your washing machine and leave that door open between washes, the problem grows quickly.

Mold in your washing machine and towels or other laundry not only smells bad, but also has negative effects on your health. Skin sensitivities and allergies can lead to rashes. Your skin is the largest organ in your body, and is exceptionally permeable; it quickly absorbs outside substances directly into the bloodstream. Additionally, any time you smell this moldy odor, you're also breathing it in. Mold toxicity can lead to a host of health issues.

Don't ignore the signs of an unhealthy laundry routine keep going in your home. There is a simple way to treat washing machine and laundry mold so that it's eliminated and not able to return. Detergents and hot water will not treat the problem, but pureWash Pro does, every time you wash.

### References

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