

"3 Vital Steps To Prevent Your Lungs From Being Your Furnace Filter This Fall"

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

"3 Vital Steps To Prevent Your Lungs From Being Your Furnace Filter This Fall"

By Laura Bankston

"3 Vital Steps To Prevent Your Lungs From Being Your Furnace Filter This Fall" by Laura
Bankston

Fall is coming and furnaces are coming to life.

And if you're not prepared, your lungs will be your only filter, aggravating allergies, asthma, and other respiratory problems.

You could make yourself sick and spend money on doctor visits that can be avoided when you take these three steps right now to protect your health:

1. Make sure your furnace filters are clean.

You can hire a professional to change them or you can do it yourself. Recommended electrostatic filters are available online at <http://www.indoorcare.com> and easily clean for re-use to save you money.

2. Make sure your forced air ducts are clean.

Take off a register cover and stick your hand down in the vent. Can you pull out a clump of dust and debris? If so, you definitely need a professional inspection and quote for cleaning.

You don't want all that stuff blowing around in your air all winter with only your lungs to filter it out.

A firm that uses the Patented Rotobrush system will remove dirt, dust, pollen, dust mite feces, dead spiders, webs, rotten food stuffed in dining room vents, and even rodent carcasses.

3. Once you are sure your system is clean, mark your calendar to check your furnace filter every 3 months.

"3 Vital Steps To Prevent Your Lungs From Being Your Furnace Filter This Fall"

After you've completed these three steps, you can rest assured that your breathing air is clean and your system is performing at its best.

To find a competent forced air duct cleaner, look up "duct cleaning" in your yellow pages.

Ask these simple questions before inviting a professional out to your home:

1. What method do you use to clean ducts? (You will want one that uses both suction and agitation of the sides of the ducts to get the most thorough cleaning)

2. How often do you recommend my ducts to be cleaned? (The right answer is "it depends". Cleaning can last 2, 5, or even 10 years depending on where you live, pets, filters used, how often filters

changed, etc.)

3. Do you guarantee your work? (You don't want someone to come out who can't guarantee your satisfaction or your money back. Please realize that it is IMPOSSIBLE to clean everything out of your ducts. The goal is to remove as much as is possible to significantly improve your indoor air quality and insure your health)

3. Will you come out to my home for free, do a video camera inspection, and give me an exact quote in writing? (If a company is not willing to come out for free and inspect and give you a quote in writing that they will stick to NO MATTER WHAT, then don't risk having them out to your home!)

Laura Bankston owns a professional cleaning business and is a certified professional cleaner. Bankston's goal is to educate consumer's to protect their health and prevent them from being scammed by unethical cleaners. Bankston currently has two consumer websites:
<http://www.indoorcare.com> and <http://cleanmyowncarept.com>

Relief From Allergies And Asthma

By Dorothy Miller

Asthma is often diagnosed when you cannot control your breathing. You may wheeze, have a dry cough, a feeling of tightness in the chest, and shortness of breath. This is due to a narrowing of the air passageways to the lungs. This can be brought on by a tightening of the muscles, swelling, and inflammation. Asthma is normally triggered by an allergy or certain activities that irritate the lungs. When you are having an allergy attack, your airways may constrict and you may have difficulty breathing. These symptoms can be even more severe when you have asthma. Your chest may feel heavy and you may need oxygen support or an inhaler to open the airways to your lungs.

To help prevent or lessen the severity of your asthma attacks, you may need to do a lot of cleaning. It may be advisable to invest in an air filter that removes any mold spores found in a room. You will want to eliminate any dust lying around. Dust is one of the primary triggers that cause full-blown asthma

"3 Vital Steps To Prevent Your Lungs From Being Your Furance Filter This Fall"

attacks. You may need to ensure that you do not have any dust mites or bed bugs in your room. You should also try to eradicate any harmful food allergens.

You can avoid ingesting a food allergen by checking food labels and reading ingredient lists. This is one way to help reduce the liklihood of an asthma attack from a food allergen. You may also want to clean your air conditioner and heating ducts. You can have this done professionally in order to reduce the mold spores and pollen in the air. You will want to consult your doctor about your allergies if you suffer from asthma. You should make your doctor aware of any allergies you think you may have developed, but takes on special importance if you are asthmatic.

If you know that you have allergies and you suffer from asthma, it is vital that you take precautions such as cleaning your home, as well as avoiding certain areas and activities that you know to trigger your asthma. Prevention of an attack is the best course of action. However, if you do suffer an attack, there are inhalers and injections available that can help you stay calm while the asthma attack is occurring.

Dorothy Miller contributes to several online magazines, such as

and



This Free E-Book has been brought to you by Natural-Aging.com.



100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!