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

Health Matters, Cleaning House, reducing household pollution

By Kristin Parker

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Health Matters:

Cleaning House, reducing household pollution

Do you ever wonder what cleaning your house can do to your health, and the health of your children? Those chemicals in your cupboards may be causing your children to get sick and causing you to have long-term side effects, such as respiratory problems and other ailments in the future. More and more people are developing cancer for reasons unknown, and the environment has a definite impact on people's health. Could the two be connected?

Those name brands that you find at the grocery stores have side effects on your health. Many of the chemicals have hydrochloric acid and sodium hydroxide in them. These are very harmful to children, even fatal if swallowed. Contact with skin could cause children to have burns, may even turn them blind if they splash some in their eyes. Do you really want to risk your children's health, or even their life, buying the cheaper brands? Most young children cannot read the warning labels on the back of the products, telling them that it can seriously harm them. There are serious risks in buying these items.

If these chemicals are used poorly and adults do not read the instructions, there are serious consequences. Not diluting the products could lead to disaster and if they are in contact with food, you and your children are digesting the chemicals as well. That could lead to some serious health problems that may affect the internal organs, like the stomach.

Besides the obvious problems that these store bought chemicals can cause, they are poisoning the environment. These products can harm your lungs, by the toxic fumes that they give off when being used. Those particles can stay in the air a long time. Have you ever cleaned the bathroom, and felt that you couldn't breathe, because the smell of chemicals was so strong, that you had to open a window. Well your children inhale that too, so if it's bad for you then it's twice as bad for them, because of their heightened senses. More and more children today are suffering with asthma and other respiratory disorders, and a major cause of that is their environment. The air is dirty partly due to germs, which are not completely removed with household name brands; they are just masked with smells of ammonia

and chlorine. None of the cheaper brands are environmentally friendly, they are harmful to the environment, and when mixed with water is still harmful to our health.

There is a solution to being more environmentally friendly and preserving your health and the health of your family with cleaners, that can make you breathe more easily.

For more information about these products, contact Kristin Parker

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My name is Kristin Parker, and I have been writing some articles on health and nutrition. I have experienced a company called Shaklee that offers wonderful products that can help your health

tremendously. I want to share that with people. I also want to open people's eyes about health through these articles. I want to help people improve their health.

Air Purifiers And Air Filters Can Help The Health Of Allergy and Asthma Sufferers

By S.A. Smith

Indoor air pollution in the form of dander, dust and pollen particulate matter can be a real irritant for suffers of asthma, allergies and other respiratory conditions. In addition to removal of all direct irritant sources and minimizing the irritant containment materials in your house, you should also consider the indoor ventilation and filtration system of home.

Environmental control is the key to reducing exposure to indoor and outdoor allergens. Keeping a clean house free of dust, dander, smoke, pollen, and other airborne particulate matters will help to reduce the irritation and effect on family members with respiratory difficulties. Air cleaners, filters and hepa filters can play a role in helping to control or reduce the exposure to indoor and outdoor allergens.

Several health authorities have recognized that certain types of air filtration systems can be beneficial in reducing the amount of airborne particulates in a room. The American lung association recommends using a hepa air filter purifier for the bedrooms of asthma suffers. The Mayo clinic recommends an air particle filter for household ventilation systems. Ionic filters and hepa filters have been endorsed or recognized by the Asthma and allergy foundation of America (AAFA) and the British Allergy Foundation seal of approval.

Selecting the wrong type of filtration system could exacerbate the problem by agitating and circulating the existing particulate matter throughout your house, so it is important to do your research thoroughly. Ionic air filters do not create high airflow patterns to clean the air and simply rely on negative ion attraction to collect the airborne particulate matter. They have demonstrates to have decent capture rate of airborne allergens and irritants like pollen, dander, tobacco smoke and dust and can help improve the quality of your indoor air environment. You can read more the ionic air filtration process at:

Air filtration systems should not be considered as a solution for any respiratory condition, nor as a reason to ignore sound medical advice and guidance about the removal of irritant sources and allergen habitats from your household. They are also not a substitute for thorough and regular cleaning of your household environment. Selecting the right air purifier system can help complement and enhance your efforts to reducing airborne particulate matters, as well as maintain a healthier indoor breathing environment.

S.A. Smith is a freelance editor, writer, and contributor to the Air Purifiers Review resource site, and can be reached at

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