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**Protect Yourself and Your Loved Ones From Carbon Monoxide Poisoning**

**By edbishop**

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by: **edsbishop**

Carbon monoxide poisoning is responsible for at least 400 accidental deaths and over 5,000 people are treated in hospital emergency rooms per year.

Unfortunately, carbon monoxide poisoning is often misdiagnosed as flu, food poisoning, allergy/asthma or chronic fatigue syndrome.

Children, the elderly, individuals with respiratory problems and pets are at risk, even at low levels.

Symptoms of carbon monoxide poisoning are; headaches, nausea, drowsiness, vomiting, tiredness, pain, cramps and sleep disturbance.

Some people experience headaches and dizziness for almost 2 years prior to carbon monoxide poisoning diagnosis.

Carbon monoxide is a colorless, odorless gas that is highly toxic, making it impossible to detect with our senses.

Carbon monoxide is produced by incomplete combustion in household appliances like furnaces, boilers, water heaters, stoves, ovens, fireplaces as well as well as automobiles.

Tips to protect yourself and your loved ones:

- 1) Install carbon monoxide detectors in your home
- 2) Have your appliances (boilers, furnaces, stoves, water heater, fireplaces) checked and serviced by a reputable heating company.

## Protect Yourself and Your Loved Ones From Carbon Monoxide Poisoning

Be sure they are equipped with a professional carbon monoxide analyzer.

If they tell you they don't have one, find another company!

3 Do not use unvented appliances (kerosene heaters, barbecue grilles) in the house.

4) If you have a garage that is attached to your home click here.

5) Any time you strengthen the insulation properties or add a ventilation fan you should have your appliances checked to ensure the upgrades have not compromised the ability of the appliances to safely draft the combustion products from the house.

By following the above guidelines, the risk of carbon monoxide poisoning can be significantly reduced.

Go to

Ed Bishop is founder and president of Enhanced Living Inc., a Troy, NY–based design–consulting and contracting company specializing in high performance heating, ventilation and air conditioning systems . A pioneer in residential contracting, Ed is a thirty–year industry veteran trained in the "House Is A System" approach to HVAC design. He was formerly a building analyst instructor, providing certification training for New York's Home Performance with ENERGY STAR® program.

### **Carbon Monoxide Levels – How Much is too Much?**

**By Alexandria Haber**

#### **Carbon Monoxide Levels – How Much is too Much? by Alexandria Haber**

What is carbon monoxide?

Carbon monoxide or CO is a colorless, odorless and tasteless gas. Due to this fact, it is very hard to detect the presence of CO in your environment. It is, however, imperative that the CO levels in your home are carefully monitored. Even at relatively low levels, CO is poisonous because it rapidly accumulates in the blood thereby depleting its ability to carry oxygen. Extreme cases of CO poisoning result in death.

Where does carbon monoxide come from?

CO is a common by product of the combustion of fossil fuels. When properly installed and maintained, most fuel burning equipment (natural gas, propane or oil) will produce insignificant amounts of CO.

At what level does carbon monoxide become toxic?

For healthy adults, CO becomes toxic when it reaches a level higher than 50 ppm (parts per million)

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with continuous exposure over an eight hour period.. When the level of CO becomes higher than that, a person will suffer from symptoms of exposure. Mild exposure over a few hours (a CO level between 70 ppm and 100 ppm) include flu-like symptoms such as headaches, sore eyes and a runny nose. Medium exposure (a CO level between 150 ppm to 300 ppm) will produce dizziness, drowsiness and vomiting. Extreme exposure (a CO level of 400 ppm and higher) will result in unconsciousness, brain damage and death.

### How to avoid carbon monoxide poisoning

- have a qualified technician install and regularly inspect all fuel burning appliances
- regularly inspect fireplaces and chimneys to insure proper ventilation
- never use a gas or charcoal barbeque indoors
- never start a car or gas run lawnmower or snow blower in a closed garage.
- install a carbon monoxide detector in your home.

Alexandria Haber is a freelance writer and is the head researcher and content manager for

.

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