

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!

You Can Recover From Chemical Sensitivities And Allergies

By Beverly Hartsfield

I used to have severe reactions to fragrances and many other chemicals in our air. I was practically allergic to everything, including lots of foods and pollen. For a while there, I was housebound.

First, I bought an air purifier that had a filter made with coconut shell carbon and zeolite. It helped dramatically. I filtered my water for drinking and bathing too.

Next, I eliminated household chemical cleaners, pesticides, all lawn care chemicals and replaced with healthier alternatives. I found natural body care products.

Then, I realized that chemical sensitivities are developed because the immune system is being compromised. I had to start from there and rebuild it with food.

If you give anything the right nourishment, it will naturally heal itself, be able to resist disease and fend off toxins much more easily.

No drug or chemical will do that for you. Even if pharmaceuticals give you relief, until you rebuild your immune system, you will just continue to develop other problems. You have to do this the old fashioned way.

My old fashioned recipe for creating health:

Try to stop focusing on the disease and concentrate on creating health.

Start with your colon. Take fiber, cut out processed food, sugar, and high glycemic carbohydrates. NO artificial sugar... use Stevia. Drink lots of water, plain clean water.

Eat lots of cultured vegetables, kefir and drink probiotic liquids every day. Get rid of all soy, eat and cook with coconut oil and take cod liver oil free from soy or synthetic ingredients. All organic vegetables, butter, protein etc.....and so on.

You Can Recover From Chemical Sensitivities And Allergies

It worked. I am 98% better. Most, if not all of my pollen and food allergies are gone as well. Physically, I am getting stronger than I ever imagined. I have my life back.

Concentrate on creating health instead of analyzing the disease or the chemical toxin. Until you work on the real problem, your immune system, more health issues will just come knocking on your door. Eating nourishing foods and concentrating on health, instead of the disease, are my solutions.

You can recover your health and be strong again. I am living proof.

Beverly Hartsfield

Beverly Hartfield lives in the Portland, OR area and runs the website

<http://www.earthincommon.com>

Beverly is not a doctor or a medical professional, just someone who completely recovered from immune dysfunction, allergies, mercury toxicity and chemical sensitivities using nutrition.

Do You Really Need An Air Purifier?

By Jason Uvios

As people world over are crusading against air pollution outdoors, only a small percentage is yet aware of how serious air pollution indoors is an issue. As amazing as it may seem but pollution levels inside your home are actually higher than what they are outside. And it is not high marginally. They can be anything between 2 and 10 times higher than the outdoor levels. The problem is further compounded by the fact that we spend about 90% of our entire day indoors – either at home or at our workplace, or somewhere else. So we are breathing in polluted throughout the day. And our respiratory tract seldom is being treated the way it should be.

As awareness increases many are investing on air purifiers for their homes. But very few buyers actually know what kind of purifier will solve their problem. In fact, very few are aware as to the kind of problem they have.

Suppose your problem is just allergies, then you can afford to have a basic purifier for milder forms of allergies but have to invest on an advanced purifier if the allergic reactions are serious. People with light allergies can be comfortable with an economic air purifier, but those with serious problems might find the same purifier completely ineffective. The choice of the purifier also depends on the nature of the allergy one has and how sensitive the individual is to the allergens.

However, a person suffering from multiple chemical sensitivities or asthma will require a much more sophisticated air purifier. For a person suffering from asthma, he is directly affected by any gas or odors in the air. So only those purifiers which are able to cleanse the air of gases and odors will be

You Can Recover From Chemical Sensitivities And Allergies

effective for the individual.

People with multiple chemical sensitivities react to almost anything and special care should be taken to choose the air purifier for such individuals. They can react to even the glue on the HEPA filter. Or may be the out gassing from plastic parts. For such conditions extra powerful gas filters need to be used. It is a different thing to control odors from food which can be tackled with basic gas filters. But if someone reacts to cigarette or cigar smoke, then he will need a very powerful gas filter.

You can further increase the effectiveness of the air purifier by ventilating your room properly. With exchange of air between the inside and outside of your house, much of the pollutants in the air inside get transferred outside and also more fresh oxygen makes its way inside. This also helps the air purifier by significantly reducing its load. It can now concentrate on the much finer particulates present.

So before you choose a purifier, make sure you are certain about your needs.

Jason Uvios writes about on Do You Really Need an Air Purifier? to visit :-

<http://www.airpurity-now.info>

,

<http://www.airpurifiersusa.info>

and

<http://www.airpurifiers-forall.info>



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!