



The Healthy House
Relieving allergies since 1991

Guide to De-toxing your home



With the onset of a brand new year, most people's thoughts turn to how they are going to re-vamp their lifestyle, health or physical appearance in order to feel better. But many people forget that their own homes are a great place to start making some simple changes.

Making some small adjustments to your bedding, cleaning products, skincare regime or water can result in reduced allergy symptoms, increased energy levels and all-round better health.

From dust mite proof bedding and air purification systems to sophisticated whole house water filters, The Healthy House has everything you could possibly need to kick-start your home de-tox.



Whether you're an allergy sufferer or simply want to live in a cleaner, healthier environment, follow these top tips and you could notice a big difference in the way you feel!

Breathe easy

In the cold winter months, low indoor air quality can be a concern for many of us. When the central heating is on full whack and the windows are rarely opened, poor ventilation can raise the risk of respiratory discomfort and symptom flare-ups. Airborne mould spores, which can proliferate when the central heating first goes on in a damp house, or when plants are brought into the warmth indoors, can also cause unpleasant respiratory, dermatological, intestinal and even cerebral symptoms.

So if you suffer from respiratory allergies, [Multiple Chemical Sensitivity \(M.C.S\)](#) or simply want to breathe cleaner air at home, what can you do?

The first priority in the case of a mould issue is to tackle the mould itself by fixing any leaks and removing sources of humidity where possible. After the source of the mould has been removed (you may need to consult a professional to do this) then you can look at managing the levels of allergens in the home. A [dehumidifier](#) will remove the humidity that mould needs to live on.



Most people with an allergy to certain airborne particles, from pet dander to dust mite faeces, will benefit from investing in an [air purifier](#). Our range of air purifiers contains units with different filtration methods and capacities. Some of these units, such as the [Airfree](#) range, are air sterilisers and actually kill the allergens rather than filter them away. Other units such as the [Blueair](#) models with SmokeStop filters are particularly efficient at removing tobacco smoke, odours, chemicals and VOCs.

Our non-toxic, effective [allergy sprays](#) and home furnishing treatments can quickly denature allergens in the air, on soft furnishings in laundry and from pets.

Drink Up

A powerful [drinking water filter](#) will remove a variety of unwanted particles and chemicals.

All of our under sink filters remove chlorine, rust and particles, odour, oestrogens and organic compounds, pesticides and herbicides. We also have drinking water filters available that remove bacteria, cysts, lead and heavy metals, fluoride and more. See [this chart](#) explaining exactly what each filter removes.



Chlorine is the most common element that people like to remove from their drinking water. It is so common in our mains tap water that you may even be able to taste it. It is added to water as a disinfectant to kill bacteria. Although the quantities used in UK water are very small, we still do not know the effects of continuous consumption in the long term.

The most noticeable problem with chlorine in drinking water is the unpleasant taste. Filtering chlorine from your water at home enhances the taste of tea, coffee and soft drinks, along with plain water. Because chlorine is corrosive to organic matter, it may also affect tissues in the body.

Filtering your bathing water

Chlorine can be an irritant for sensitive skin, and many of our customers have reported much-improved eczema symptoms after using a bath or shower [dechlorinator](#). Removing chlorine can also help reduce irritation when showering or bathing in those with asthma or respiratory conditions. If you'd like to remove chlorine from your bathing water, browse our range of [bath and shower filters](#).

Spring Clean

If you take a closer look at the ingredients in many popular brands of cleaning products found in most domestic kitchens and bathrooms, you may be alarmed!

The toxic chemicals commonly found in big-name cleaning products can cause uncomfortable (and even dangerous) symptoms in those who use them on a regular basis. Certainly if you suffer from respiratory allergies, M.C.S. or sensitive skin, we would recommend that you look for more natural, gentle cleaning products to use on both your home and your body to avoid any potential health hazards that could result from long-term usage.

[Read more](#) about the chemicals that may be lurking in your cleaning and household products, such as petrochemicals, formaldehyde, ammonia and more. Each product that we stock has been carefully selected for its suitability to the allergy market, and we would never stock a product that we did not believe was safe and gentle to use.



If you react to fragrances then take a look at our [fragrance free cleaning category](#) and for those with a little more space, looking to make savings on bulk purchases, do check out our [refills and bulk buying](#) range.

If you are chemically sensitive or have a respiratory condition, traditional solvent-based wall paint can worsen your symptoms by emitting volatile organic compounds (VOCs). You may feel better using [Ecos](#) paints and varnishes, available in a unique range of decorative finishes. It's the only range of totally solvent-free paints available anywhere in the world today and has been independently tested to reveal 0.0% VOCs.

Sleep tight

Getting a good night's sleep is vital in order to deal with the daily challenges in our hectic lifestyles. If you have allergies and sensitivities, interrupted and disturbed sleep may be all too familiar to you. Similarly, if you have [dust mite allergy](#), you may find that mornings are particularly difficult, waking up coughing and wheezing or sneezing.

Allergy UK estimates that the average bed houses over 10,000 house dust mites, resulting in over two million allergenic droppings!¹

Most dust mite allergy sufferers benefit from encasing their bedding using dust mite-proof [barrier cases](#), letting the bed 'air' throughout the day to help kill off mites, washing bedding at high temperatures and avoiding using bedspreads and padded headboards. Dust mites love humidity, so a [dehumidifier](#) can help reduce their numbers. Selected [air purifiers](#) are also ideal for dust mite allergy sufferers as they filter away or sterilise the allergenic droppings.

If you have M.C.S, you may sleep better on [organic](#), unbleached bedlinen and an [organic mattress](#). For those who are looking for organic certification our organic products have been made with materials grown without the use of chemical sprays and have undergone strict testing procedures throughout the manufacturing process. Most cotton has been sprayed with insecticides and pesticides, dyed using heavy metals and then often treated to make it "easy care", crease resistant and easy to iron. This treatment contains chemicals, which can offgas whilst you are sleeping. Whether or not you are chemically sensitive, this is an unwanted pollutant that may affect your long-term health.

Similarly, our organic mattresses (0% finance available) are handmade and certified by The Soil Association, with every process inspected and verified - the ultimate choice for anyone who wants to sleep on completely organic natural materials. The materials used are created by traditional farming methods avoiding the use of highly toxic fertilisers, pesticides, herbicides and fungicides, so no 'off-gassing' as you sleep.



¹ Allergy UK (<http://www.allergyuk.org/allergies-in-the-home/bedroom>)



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About The Healthy House

The Healthy House was established in 1991 to offer safe and beneficial products for people with allergies and chemical sensitivities. We are always happy to help you with information, advice and products.

Between us and our friendly staff we suffer from a wide range of allergies and sensitivities so if you do not find the information you are looking for on our website please contact us as there is usually someone available to speak with you who will have experienced a little of what you are going through.

The Old Co-op, Lower Street, Ruscombe, Stroud, Gloucestershire GL6 6BU

Tel: 01453 752216 or 0845 450 5950 (local rate call)

Email: info@healthy-house.co.uk

Website: www.healthy-house.co.uk

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