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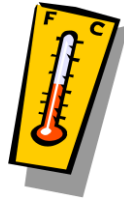
*Celebrating the healing power of nature*

## Reduce Household Pollutants

Toxins have a cumulative effect on the body. The greater the exposure, the greater the chances of tipping the balances into allergies and sensitivities. There are test kits available on the market to test for household pollutants. They test primarily for formaldehyde, carbon monoxide, and nitrogen dioxide, and range in price from \$35 to \$135. There is a carbon monoxide only detector for as little as \$3.00

### What you can do to reduce pollutants in your home and office:

1. Maintain good ventilation to allow any household toxins to dissipate into the outside air, and to allow the outside air to dilute any toxins remaining indoors.
2. Maintain temperature at 65°F (+/- 2°F). Maintaining your house at this temperature will reduce evaporation and therefore reduce the concentration of gases.
3. Maintain humidity at 50% to reduce house mite proliferation.



4. Leave shoes at door. This will reduce by a factor of 10-20 toxins that get tracked in to your house from outside – especially lead, dust, pesticides, etc.

5. Clean your home and household items such as comforters, pillows, etc. 1-2 times per week. This will limit harboring areas for dust, dust-mites, and toxic gases. Replace non-removable carpeting with wood or tile floors and throw rugs.
6. Seal off sources of out-gassing. Most new carpets, for example, outgas formaldehyde.
7. Filter all public (tap) water to remove toxic particles, chemicals, and microorganisms.
8. Use non-toxic solvents and cleaning supplies to reduce exposure to toxins.
9. Increase use of full spectrum lights to reduce strain on the eyes and to increase UV absorption.
10. Reduce the use of microwave and electric blankets to reduce electromagnetic exposure from leaking microwaves and wire induction.



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*The information contained in this handout is for educational purposes only and should not be taken as medical advice. Always visit with your primary care practitioner before changing or starting any treatment.*



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References:

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