



# Creating a Healthy Home

**The Facts:** Illnesses and ailments are on the rise. Everyone knows someone who has cancer, depression, sleeping disorders, etc., etc. Allergies have increased; allergists claim 50% of illness is caused or worsened by indoor pollution. Asthma has doubled since 1980, most heavily for kids, while chemical sensitivity has grown to ~18% of the population. We know that if we eat right and exercise, then we will have better health and be more resistant to disease. However, we are missing something in the equation. We spend over 90% of our time indoors, and according to EPA, 65% our buildings are polluted, sometimes as much as 6 to 10 times higher than city pollution. Additionally, we compound the health effects by adding several sources of man-made electromagnetic radiation (EMR). Our buildings (homes and offices) are making us sick. So now, the equation becomes:

***Diet + Exercise + Healthy Home = Health and Well-being***

**The Good News:** We can do something about it. *Building Biology* is the study of how buildings affect our lives and environment, especially our health and well-being. It involves looking at a building from your perspective, how it affects you, how it makes you feel. The results have a proven track record based on thousands of surveys.

For more information, please contact Wings of Eagles Healthy Living at 931-670-3576 or [info@wehliving.org](mailto:info@wehliving.org)



## 7 Ways to good air quality:

- 1. Reduce dust mites and animal dander**
  - Wash sheets weekly in 130°F
  - Vacuum mattress, chairs and carpeting
  - Replace pillows every five years
  - Install solid surface floors in bedrooms
- 2. Control moisture sources**
  - Vent bathrooms, kitchens, clothes dryer, stove hood and toilets directly outdoors.
  - Fix water leaks and clean up after floods
  - Ventilate in cold weather
  - Dehumidify/air condition in warm weather (RH< 50%)
- 3. Eliminate combustion gases**
  - Use outdoor air supply for fireplaces, wood stoves
  - Use outside vented stove hood when using gas stove
  - Use sealed, power vented water heaters and furnaces.
  - Eliminate non-vented combustion sources
- 4. Eliminate toxic pesticides**
  - Eliminate highly toxic pesticides
  - Discard synthetics exposed to pesticides
  - Use least toxic controls ([www.biconet.com](http://www.biconet.com))
  - Reduce air concentration with carbon/zeolite
- 5. Eliminate volatile compounds**
  - Store toxic/volatile compounds out of the living space
  - Use safe paints and sealers (No VOC's)
  - Open windows to handle high polluting events, such as the use of home cleaning products, hobbies, painting
- 6. Reduce particulates**
  - Use a 3M Filtrete 1250 or better particle filter
  - Replace filters regularly.
  - Use hard floor surfaces rather than wall-to-wall carpet
  - Use a True HEPA filter equipped vacuum cleaner
- 7. Ventilation**
  - Provide a minimum amount of outside air by
  - Using whole house mechanical ventilation
  - Open a few windows.