

Indoor pollution can make you sick

Question: I feel tired and sluggish and get sick every winter when I am home.

Any suggestions of why I get like this and when only at home?

Answer: Sick houses make sick people. I am constantly getting feedback from patients that as soon as they turn their heat on in the winter they start sneezing or their eyes itch. If you have forced hot air make sure your filters are changed and your vents are cleaned. Airborne mold, bacteria, and viruses love to live in moist environments. When the heat is turned on they are blown into your living environment.

Indoor pollution is everywhere, not just in your home. It is in your office, restaurants, stores where you shop ... everywhere. You are exposed to it in multiple ways everyday from cleaning agents to laundry detergents, from dust mites in bedding to fleas on your animals and the chemicals it takes to kill them!

Add in second-hand smoke, perfumed products, scented candles, mold, dust, and dirt and you have plenty of pollutants in your daily life to deal with.

Indoor pollution in the winter affects your health with reactions of allergies, asthma, colds, flu, headaches, chronic fatigue, bronchitis, ear infections, and even lung cancer. Toxic fumes and chemicals present an endless laundry list of potential problems in your home environment.

How can you avoid all this? A good start is to eliminate the source of pollution (i.e. stuffed animals, carpets, cigarette smoke, and toxic chemicals) and eliminate the use of toxic cleansers.

If you are unable to change your environment, improve your ability to adapt to your environment with chiropractic.

Quote of the week: *“Men are all alike in their promises. It is only in their deeds that they differ.”* - Moliere