

Your Healthy Home's Household Products

Our local stores are full of wonderful time saving products that make cleaning our homes easier and can certainly make them smell fresher. But product manufacturers are not required to list all of the ingredients used in commercial cleaning products because of trade secret provisions. The unidentified contents of these products may be affecting the health of you & your family!

Many common household products off-gas volatile organic compounds (VOC's) that often cause respiratory problems and exacerbate asthma. Often times homeowners believe they may be experiencing health problems due to mold, but after expensive testing find the problem to be VOC's.

Considerations –

1. Use products sparingly. More is not unusually better.
2. Consider using natural or homemade products that are proven to be safe.
3. Have a professional “Indoor Air Quality” test.
4. Test the home yourself. Go to www.homeaircheck.com

Now consider what actions may improve the indoor air quality in your home.