



DR. SHANNYN FOWL, ND
Naturopathic Medical Doctor

5575 Lake Park Way

Suite 114

La Mesa, CA 91942

Phone: 619/772-1164

Fax: 619/463-8986

www.journeyofhealth.org

Check List to 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 are primarily for formaldehyde, carbon monoxide, and nitrogen dioxide, ranging in price from \$35 to \$135. There is a carbon monoxide only detector for as little as \$3.00

1. Maintain good ventilation to allow household toxins to dissipate into the outside air, and to allow the outside air to dilute any toxins remaining indoors.
2. Maintain temperature at $65^{\circ} \pm 2^{\circ}$. Maintaining your house at this temperature will reduce evaporation and therefore reduce the concentration of gasses.
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 are tracked-in from outside, especially lead, dust, pesticides, etc.
5. Clean home and materials such as comforters, pillows, etc. 1-2 times a week. This will limit harboring areas for dust, dust-mites, and toxic gasses. 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.

References:

May, Jeffery. My House is Killing Me (Baltimore: John Hopkins University Press, 2001)
Dadd, Debra Lynn. Home Safe Home (New York: Penguin Putnam Inc., 1997)
Berthold-Bond, Annie. Better Basics for the Home (New York: Three Rivers Press, 1999)