



How Indoor Air Quality Affects Your Health: And What You Can Do About it

By Manfred Kaiser

Michelle Anderson Publishing, Australia, 2003. Paperback. Book Condition: New. 229 x 127 mm. Language: N/A. Brand New Book. Health professionals have found that the air people breath in their homes is likely to be two to five times more polluted than the air they inhale outside. Indoor air is ranked in the top five environmental risks to our health. Air pollution is a major environmental health problem causing severe allergies like asthma, multiple chemical sensitivity, legionnaire s disease and a host of other medical problems. This book talks about the dangers in our homes and how we can reduce them and, therefore, increase the quality of air that we breathe. Did you know that poor indoor air quality can cause: Rhinitis, nasal congestion, nosebleeds, sore throats (pharyngitis), wheezing, worsening asthma, difficulty breathing (dyspnoea), severe lung disease, eye irritation, headaches or dizziness, lethargy, fatigue, malaise, nausea, vomiting, loss of appetite, mental (cognitive) impairment, personality change, rashes, fever, chills, rapid heart rate (tachycardia), retinal haemorrhage, muscle pain (myalgia) and hearing loss? Contents include: building components, furnishings, dust mites, cockroaches, moulds, cooking methods, tobacco smoke, cleaning chemicals, perfume, room deodorisers and many more. Formaldehyde, for example, is a toxic gas released from adhesives...



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