



Home Allergies: Don't Let Your Home Make You Sick

William E. Walsh

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Your home can keep you healthy or make you sick. If you suffer from headaches, congestion, wheezing, or repeated sinus infections, your home may be causing your sickness. Its air may be contaminated by high levels of mold, pet dander or house dust mite. Breathing this air can make you feel tired, sluggish and drained of energy.

You do not need to suffer these illnesses. You can change your home or you can build a low-allergy home and William E. Walsh, M.D., a board-certified allergist, shows you how to make these changes or build this home. For over 30 years he has treated thousands of patients who live in moldy homes and he knows what makes a home sick. Following his advice, his patients have turned sick homes into healthy homes and he tells their stories as he shares with you the advice that they followed so successfully. From the home's location to the condition of the basement, from the kitchen to the bedroom, from carpeting to pets, you will examine a home through the eyes of an experienced allergist.

In *Food Allergy: The Complete Guide to Understanding and Relieving Your Food Allergies* (ISBN 047138268X), he taught you how to find the foods that make you sick and eliminate them from your diet. Now join him as he guides you to the healthy home. Learn how to keep your home's air fresh and invigorating so that you feel rested and comfortable, ready to take on the tasks of the day with enthusiasm.

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James Holmes:

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Richard Barbosa:

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