



# Allergy-Free Living: How to Create a Healthy, Allergy-Free Home and Lifestyle

*Peter Howarth, Anita Reid*

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Allergy-Free Living is the first guide to creating a healthy, non-toxic home and lifestyle. Without knowing it, we are often causing or exaggerating conditions such as asthma and eczema by the way we live our lives: dust and mould, family pets, indoor plants and seemingly harmless everyday products, such as cleaning products, can all trigger allergic reactions. Room by room and topic by topic, Allergy-Free Living explores the issues and provides a range of practical, easy-to-implement solutions as well as expert hints and quick-reference summaries. Each allergic problem has been set in its medical context, with symptoms, causes and solutions identified. With informative text and photographs, Allergy-Free Living is a revelatory and invaluable guide to just how simple and life-enhancing an allergen-free lifestyle can be. - Invaluable reference for sufferers from asthma, eczema, hay fever and other allergic conditions - Includes practical, medically endorsed advice for every room in the house, with ideas for making an allergen-free home look stylish and welcoming - An essential guide to non-toxic materials for home decoration and cleaning

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