



The Sick House Survival Guide: Simple Steps to Healthier Homes

Angela Hobbs

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Curtains that make you sick? Electricity as a pollutant?

More people suffer from indoor pollution—from chemical sensitivities—than diabetes nowadays, often with little help from the medical profession stuck with outdated research from the 1980s. Sufferers are frequently diagnosed with "anxiety" or allergies, and returned to the very environments that have made them sick in the first place.

The Sick House Survival Guide tells the story of how indoor pollution from a newly renovated house brought the author's regular, healthy life to a standstill—and how she successfully overcame it. In the first part, Angela Hobbs relates her downward health spiral, followed by that of her children. In desperation, she invented her own systematic search for answers, and eventually triumphed over this invisible monster. Part Two ties together existing research into the interaction of chemicals, hormones, and electromagnetic fields (EMFs), and outlines a series of interactive steps that readers can follow to identify problematic environments and transform their sick house into a healthy home. These include:

- Keeping track of environments that make you sick
- Discovering sanctuary spots where you can sleep
- Isolating foods that burden your system
- Dealing with your tap water
- Purifying your air
- Lifting the burden of synthetic fabrics
- Reducing your exposure to EMFs.

Part Three then discusses some of the measures being taken by other countries to mitigate the dangers of chemicals and electromagnetic fields.

Of vital interest to parents of asthmatic children, siblings of chronically fatigued adults, or spouses of chemically sensitive seniors, *The Sick House Survival Guide* will also be essential reading for victims themselves.

Angela Hobbs is a teacher and mother of two. A recovered victim of indoor pollution now passionate about the safety of the home environment, she lives in Calgary, Alberta.

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