



## Free and Easy Ways to Protect Your Family Today

We go the extra mile to protect the safety and health of those we love. But many of us don't realize that there is a world of silent killers and disease-causing agents lurking in our homes. Some threats you can't taste, smell, see, or even feel, but they can have a profound impact on you and your family's long-term health. The good news is that there are several easy and free things you can do today that will help keep these pollutants at bay.

**Purify the Air.** The greatest source of chronic chemical exposure comes from the air inside our homes. These chemicals and irritants are known to cause asthma, allergies, and lung cancer. Simple steps like the following will help improve your indoor air quality:

- Take off your shoes when entering your home. The majority of pesticide residue found in carpets is tracked in by outdoor footwear.
- Open your windows for at least an hour each day to let outside air in and pollutants out.
- Skip the scented dryer sheets and fabric softener; buy all-natural laundry products, like those from [Seventh Generation](#) or [Biokleen](#).
- Try using baking soda and vinegar to clean your kitchen and bathroom. Find more natural, inexpensive cleaning recipes [here](#).



**Minimize Radio Frequency Radiation.** Studies have linked radio frequency (cell phone and wireless) exposure to impaired cellular metabolism, DNA damage, infertility, and cancer. Young children are at highest risk for long-term health problems from this pervasive health threat. Switching from wireless to hard-wired devices is the best way to neutralize these exposures in the home but is not always practical. Following these suggestions will help minimize your exposure:

- Keep a safe distance from cell phones, cordless phones and wireless routers; turn them off when not in use.
- When you do use your cell phone, go outside (not in your car), keep away from children, and use the speakerphone function or a wired air-tube [headset](#).
- Avoid using microwave ovens, Bluetooth devices, cell phones and cordless phones whenever possible.

**Reduce Electrical Fields.** The human body is a sophisticated electrical machine. Artificial electrical fields interfere with the cellular and metabolic functions of the body. Take breaks from these fields at night when you're sleeping so you can repair and rejuvenate:

- Unplug your bedside lamps at night when not in use.
- Use a battery-operated alarm clock (not your cell phone) or move your electric alarm clock across the room away from your bed.
- Avoid using electric blankets or heating pads and clear away extension cords running under your bed.



**Stay Dry.** Indoor moisture and humidity can lead to problems with mold and dust mites. Here are a few simple tips to keep dry:

- Keep your bathroom fan on while showering or bathing and for at least fifteen minutes afterward. Also, use your range exhaust fan while cooking if it vents to the outdoors.
- Leave your bed sheets folded open in the morning for several hours to allow the bedding and mattress to dry out.
- Open the bedroom window a crack at night while sleeping. We generate a lot of moisture and carbon dioxide at night by simply breathing!



Improving your family's health doesn't have to be hard, complicated, or expensive. These are things you can do today, this very minute, and know that you are making a positive impact on your own health and the health of your children. For more ideas and information on how to protect your family, check out IBE's free informational classes online.

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