

Continued from page 3.

HOW HEALTHY IS YOUR HOME?

By Dr. James Denito D.C.

Ever wonder if your health is affected by your house and household items? There is much scientific study and evidence showing how your home may be hazardous to your health. Let's start with the chemical aspect.

Different parts of the nation have varying degrees of Radon gas concentrations that emit from the soil. Dallas-Fort Worth is fairly close to a region of concentrated ground elements producing high Radon emissions. The high-tech airtight homes are most susceptible to these gases. Also, cracks in foundations, basements (we know that's no problem), and porous soil all contribute to Radon leaks. Other hazards are glues in the plywood floors/walls, chemical treated wood in frame structures, various paints, wallpapers and pastes, carpet chemicals, materials and dyes in rugs, curtains and furniture. Again, an airtight home is most likely to be a health problem when significant levels of these chemical elements can be found. Salvation comes from the fact that most household and construction material go through a period called outgassing, where natural evaporation occurs and the majority of fumes dissipate. An example is to see how long that "new car" smell lingers in a brand new automobile. New homes need several weeks of good airflow for this cleansing to occur. There are several good books available on how to build a healthy home, if you're interested.

Mental health can be affected in various ways from household surroundings. The colors in a room can definitely produce different moods. Sunlight, or lack of it, must also be considered.

See **A HEALTHY HOME?** ON NEXT PAGE.

It's a fact that moderate, daily sunlight contributes to better eyesight, better hormone balance, and maintenance of vitamin D and calcium levels. Air ionization, which is the ratio of positive to negative air ions, is now recognized as a significant factor in certain individuals health. Too little negative ions and you may feel irritable or tired and depressed. New homes with large amounts of synthetic materials, and systems of forced air heating/cooling always lack sufficient negative ions. Air ionizers are a good solution, plants and good humidity also help.

Health effects from everything I have covered so far could be as minor as diverse allergy symptoms, to full blown diseases such as cancer. An important variable, is, of course, the resistance of the individual.

Structurally, our bodies need help also. The spinal mechanics are less strained when we have a padded-carpeted floor, or wood to stand on. Just see how tired you get when walking on cement in a mall or store. Our chairs, couches, beds and pillows must properly support the spine to prevent back problems and related health loss. Ask a Chiropractor about proper furniture and the relationship of human structure to overall health.