

Cleaning Matters on Allergies and Asthma.



We all know that allergies and asthma rates are exploding. Why? Well after attending numerous seminars on the subject the main consensus seems to be that our 21st Century way of life is the biggest culprit.

Most of us now live in centrally heated double glazed houses that have become less well ventilated due to energy efficiency. Years ago we had draughty houses, open fires, frost or icicles collected on the inside window panes in winter. Living in those houses was a little uncomfortable but healthier due to adequate ventilation.

We all know someone who carries an inhaler and it is generally recognised that children suffer the most. Below are the facts on allergies that nearly all Scientists and Allergy Experts agree on.

1 The common house dust mite is the main culprit in causing household allergies.



The dust mite is distantly related to the spider family. It feeds on dead skin that we shed everyday. Found in bedding, carpets and upholstery their faeces contain a known allergen that attacks the lining of the lung and allows more allergen to attack the inner lining. This is what causes asthma attacks.

Getting rid of your carpets is the worse thing you can do. About 30 years ago the wooden floor industry in Sweden urged all Swedes to rip up their carpets and replace them with wooden floors. Citing a piece of research which claimed carpets were bad for you and caused household allergies. This research was funded by the wooden floor industry. Guess what happened next. Cases of Asthma and other household allergies increased 300% over the next 25 years and are still climbing. What timber floor companies did not tell you is that a properly fitted and a regularly professionally cleaned carpet actually reduces household allergies and allergy attacks.

It was proven by a leading Cambridge Entomologist Dr John Maunder that over time with proper professional allergen removal techniques the damage caused by dust mite allergen can be reversed.

We have published some booklets on the subject which if you request them we would be happy to give you FREE of charge with all in House Carpet Audits.