

The Home Guide for Families  
with Allergies and Asthma

JEFFREY C. MAY

MY  
HOUSE IS  
KILLING  
ME!

FOREWORD BY

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*Johns Hopkins School of Public Health*

# My House Is Killing Me The Home Guide For Families With Allergies And Asthma

**Aaron Lubeck**



## **My House Is Killing Me The Home Guide For Families With Allergies And Asthma:**

**My House Is Killing Me!** Jeffrey C. May, Connie L. May, 2020-12-01 Whether you have allergies or asthma or you just want to avoid exposures to indoor contaminants and allergens this book will teach you how to have a healthier home In this thoroughly revised edition of My House Is Killing Me Jeffrey C and Connie L May draw on the dramatic personal stories of their clients to help readers understand the links between indoor environmental conditions and human health Explaining how air conditioning finished basements and other home features affect indoor air quality the authors offer a step by step approach to identifying controlling and even eliminating the sources of indoor pollutants and allergens This new edition includes more than 60 color photographs expanded coverage on the dangers posed by volatile organic compounds VOCs produced by such common items as paint carpet and household cleaning products up to date information on the potential risks of installing spray polyurethane foam SPF insulation completely new case studies of people who improved their indoor air quality by following the authors advice brand new chapters including Trojan Horse Allergens The Three Ps Pets Pests and People Indoor Air Quality in Multi Unit Buildings and Testing and Remediation Reading My House Is Killing Me lets you see your house the way an expert would Along with offering a wealth of practical advice and proven solutions for various problems the Mays include a glossary of terms and a list of valuable resources This book is a must for all home occupants as well as perfect for those contemplating moving to or purchasing a property **My House Is Killing Me!** Jeffrey C.

May, Connie L. May, 2020-12-01 Whether you have allergies or asthma or you just want to avoid exposures to indoor contaminants and allergens this book will teach you how to have a healthier home In this thoroughly revised edition of My House Is Killing Me Jeffrey C and Connie L May draw on the dramatic personal stories of their clients to help readers understand the links between indoor environmental conditions and human health Explaining how air conditioning finished basements and other home features affect indoor air quality the authors offer a step by step approach to identifying controlling and even eliminating the sources of indoor pollutants and allergens This new edition includes more than 60 color photographs expanded coverage on the dangers posed by volatile organic compounds VOCs produced by such common items as paint carpet and household cleaning products up to date information on the potential risks of installing spray polyurethane foam SPF insulation completely new case studies of people who improved their indoor air quality by following the authors advice brand new chapters including Trojan Horse Allergens The Three Ps Pets Pests and People Indoor Air Quality in Multi Unit Buildings and Testing and Remediation Reading My House Is Killing Me lets you see your house the way an expert would Along with offering a wealth of practical advice and proven solutions for various problems the Mays include a glossary of terms and a list of valuable resources This book is a must for all home occupants as well as perfect for those contemplating moving to or purchasing a property **My Office Is Killing Me!** Jeffrey C. May, 2006-04-30 Bacteria and mold may lurk undetected in carpets or in the heating or cooling system of your office or school When inhaled the by products of these

organisms can cause allergy and asthma symptoms Chemical vapors emitted by office furniture and equipment may also foul the air we breathe indoors causing headaches eye irritation or other symptoms Here the author of the best selling *My House Is Killing Me* and co author of *The Mold Survival Guide* turns his attention to indoor air quality in public buildings Blending his extensive professional experience with scientific explanations May helps us see these buildings through the eyes of a building scientist microscopist and organic chemist He offers a step by step approach to identifying controlling and often eliminating the sources of indoor air pollutants and allergens Whether it s a case of mold in an elementary school or inadequate ventilation in a high rise office building this valuable guide can help people cope when the air they breathe indoors is making them sick

**The Yeast Connection and Women's Health** William G. Crook, 2013-04-24 A growing number of women suffer from chronic health disorders that seem to defy treatment with problems ranging from vaginitis to migraines and depression Now hope is at hand in the completely revised and updated *The Yeast Connection and Women s Health* Included is vital information on prescription and nonprescription antifungals lifestyle changes dietary modifications and nutritional supplements all presented in easy to understand language with real examples of women who restored vibrant health to their lives

**Comprehensive Guide to Asthma** Selva Sugunendran, 2012-02-08 Natural Allergy Asthma Treatment The Symptoms of Asthma CAN be EASILY controlled through alternative natural methods If you don t believe it read more Advocates of Sickness based Health Care who treat symptoms and NOT the cause or prevention of the disease do not want you to know how life altering a solid treatment plan can be a treatment plan without the side effects of inhalers medications and expensive doctor visits Doctors do not want you to know that there are tons of proven methods for alleviating your symptoms and changing your entire life that DOES NOT incur high costs Using only inhalers and medications for Asthma makes big pharmaceutical companies richer Expensive medications are GENERALLY unnecessary So if a natural treatment is more effective and better for the body why aren t doctors prescribing Yoga and Acupuncture This is the very first question most people seeking alternative treatments ask Its fine to be sceptical but don t be brainwashed into believing what pharmaceutical companies tell you Doctors will not prescribe alternative treatments because doctors make too much money off of you Did you know that doctors get MONETARY benefits from drug companies the more they prescribe a certain medication It s true In the United States it is especially true Physicians and specialists get hefty bonuses or commissions based on how often they prescribe medication Every time you get an inhaler refill their pockets fill This is why it is even more important to seek the truth about using alternative natural treatments and how they can benefit you in more ways than you had ever dreamed of Okay so why aren t companies trying to profit off these so called treatments Major companies cannot and will not profit off of natural treatments because they work all too well Once a person is healthy and well they no longer have a need for the treatment or drugs or anything else They keep people on inhalers for Asthma and other medications so that they can continue to profit throughout the lifespan of the individual Shocking isn t it How do I know this information is

factual and truly works While not everything will work for everyone you can be guaranteed that this book will provide everything you need and more to get started with a lifestyle change These pages are packed with easy to read information and are easy to incorporate into your life They have been researched and proven by holistic doctors and conventional physicians alike They are well known in the world of asthma treatment and you should be satisfied Just read what Leslie from North Carolina says about NATURAL Asthma Cures and how she broke free from the doctors way of treating asthma When I was diagnosed with asthma I was afraid I would never be able to run again Running was my passion and I lived for the thrill of intense sports and activities I competed in high school for 4 years in cross country and had recently won a scholarship to UNC It was my dream coming true When the doctors told me I couldn't run again my entire world was crushed I cried for days until I found a solution This book provided me with endless resources I was so interested in reading the in depth articles inside that I forgot about everything else I chose a combination of the alternative therapies listed and started from there Yoga was one of the methods I chose and not only has it improved my Asthma condition but it has improved my running times too Amazing I will be forever grateful for this ebook Keep Running Always Leslie There are plenty of other people like Leslie that feel as if their entire world was thrown upside down Some people even have significantly more striking stories including life or death situations If you can handle the shocking reality of how rough asthma is and how seriously it can affect your life check out this story of a boy that nearly DIED from asthma compl [The Experts' Guide to Life at Home](#) Samantha Ettus,2011-12-07 Read a little learn a lot In the bestselling The Experts Guide to 100 Things Everyone Should Know How to Do the world's most knowledgeable experts provided unparalleled insights into mastering the little things in life that are often invariably the hardest to accomplish Now Experts Guide series creator Samantha Ettus once again brings together 100 renowned experts who share their proficiency and know how to show you not only how to make your home more beautiful but how to live more happily in it The first book to join three home related genres home improvement self help and interior design The Experts Guide to Life at Home is the ultimate must have guide to mastering your domain Divided into six sections To Nest To Protect To Improve To Beautify To Relax and To Enjoy 100 of the world's leading experts provide consummate insight into how to successfully accomplish everything from properly folding fitted sheets as taught by the world's leading computational origami expert to hanging holiday lights with guidance from the man who decorates the world renowned Rockefeller Center Christmas tree to carving a turkey with instructions from Oprah's personal chef The experts include Al Roker on how to Create a Family Barbecue Senator Dianne Feinstein on how to Prevent Identity Theft Joy Browne on how to Compromise Ina Garten on how to Host a Dinner Party Harvey Karp on how to Discipline Your Children Susie Coelho on how to Make the Most of a Spare Room Jorge Cruise on how to Incorporate Fitness into Your Daily Life Alexandra Stoddard on how to Lead a Happy Life The contributors to The Experts Guide to Life at Home range from instantly recognizable names like Rachael Ray and Leeza Gibbons to industry leaders like the CEO of AARP and the co creators of the hit TV show The

Amazing Race All have been chosen for inclusion because they are at the very top of their profession be it finance cooking relationships medicine security or even building the perfect snowman From the bedroom to the kitchen the kid s room to the basement the backyard to the front yard The Experts Guide to Life at Home makes it easy to read a little and learn a lot about making the most of your home Also available The Experts Guide to 100 Things Everyone Should Know How to Do

**The Mold Survival Guide** Jeffrey C. May, Connie L. May, 2004-05-14 The image was shocking a couple wearing protective suits and masks in their own home The accompanying USA Weekend story documented the mold related headaches fatigue and respiratory problems that forced Melinda Ballard and Ron Allison to abandon their dream house leaving all their possessions behind Another family was so terrified that they had their mold filled house torn down Mold growth threatens property managers and builders as well as home owners and renters Legal settlements in some mold cases have reached the millions and home insurance rates are skyrocketing Some people argue that mold concerns are exaggerated others are convinced that mold growth is destroying their health In The Mold Survival Guide a prominent indoor air quality professional teams up with a writing specialist to describe mold to explain where and why it flourishes in homes and to offer advice on how to eradicate mold while minimizing health risks The book includes a chapter by two physicians who explain how exposure to mold can affect health With clear scientific explanations and expert advice The Mold Survival Guide is a valuable resource for anyone worried about a common household problem that can have serious consequences

*Jeff May's Healthy Home Tips* Jeffrey C. May, Connie L. May, 2008-06-30 Designed for people concerned about the air quality in their home this step by step guide covers the nooks and crannies of indoor air pollution from what to look for to how to fix it Jeffrey May and his wife Connie May draw from their professional expertise and previous books *My House Is Killing Me* *My Office Is Killing Me* and *The Mold Survival Guide* to create a friendly easy to use workbook complete with mini case studies diagnostic exercises illustrations and recommendations The Mays describe the health problems that can be caused or exacerbated by such airborne contaminants as fungi mold mildew moisture and odor Their warmth humor and conversational banter are welcome antidotes to the scare tactics of unsavory remediators Jeff and Connie give people the knowledge they need to address serious problems without getting ripped off Readers can check visual symptoms of their home s problems using the book s illustrations and photographs get easy to follow instructions in diagnosing addressing and monitoring problems find out whether professional help is needed get advice on choosing the right professional and consult thorough resource sections for further information and assistance From waterproofing basements to checking home heating and cooling systems for leaks and contaminants *Jeff May's Healthy Home Tips* helps renters and homeowners alike make sure that their homes are clean and healthy places to live

*The Thriving Child* Erica Reid, 2012-05-08 Discover the true story of a mom s thoughtful health journey and learn how these lessons can help you and your family live a more balanced enjoyable life It took months of doctors visits and several illnesses for Erica Reid to uncover that her young son had multiple

allergies and serious asthma Her daughter who had been experiencing skin irritation since birth was diagnosed with food allergies as well Thus began a cautious thoughtful journey to more doctors and led the author to totally re vamp her family s diet detox her home and as her children grew older coordinate healthy routines for school and travel Along the way Reid developed complementary child rearing strategies promoting respect responsibility creativity spiritual balance and love From health and nutrition to discipline and spirituality Reid schooled herself in every area that is part of creating a totally healthy environment in which a family can flourish The Thriving Child also includes in depth advice from doctors and celebrity mothers Living with Allergies Paul M. Ehrlich,Elizabeth Shimer Bowers,2008 Explores the causes treatment and implications of living with allergies **Supporting Children with Asthma** Hull Learning Services,2013-11-19 Off the shelf support containing all the vital information practitioners need to know about Asthma this book covers What to do if a pupil has an attack Staff responsibility and school policy Subject specific do s and don ts Specialist careers advice Detox Your World Shazzie,2012-07-17 In this complete detox guide Shazzie identifies the most dangerous toxins in your environment and provides detailed detox plans and over 100 raw food recipes to help you stay clean and healthy If you ve eaten a typical Western diet whether meat based or vegetarian all your life you will eventually start to feel under the weather depressed overweight or ill By lightening your diet and shedding the toxins accumulated from your environment you can alleviate and even remove these problems from your life You will be amazed at the results Enthusiasm for life Deep happiness and bliss A clearer and calmer mind More energy than you had as a child Natural weight loss and maintenance Flawless skin great muscle tone and a younger appearance Literary Research and Canadian Literature Gabriella Reznowski,2011-02-07 Canada s rich literary heritage dominated by a multicultural and multilingual presence reflects the country s unique history and experience In addition an emerging body of new writers is redefining both the geographic and metaphorical boundaries of Canadian literature Coupled with the propagation of digital technologies Canada s burgeoning publishing industry presents unique challenges for both the introductory and seasoned literary researcher Literary Research and Canadian Literature Strategies and Sources provides researchers with the tools to navigate Canada s multifaceted literary scene This guide addresses the tools and best practices for selecting and evaluating print and electronic sources related to the extensive and varied literature of Canada Beginning with an overview of the strategies needed to conduct online research individual chapters examine general literary reference materials relevant online library catalogs including national and union library catalogs scholarly journals archival collections microform and digital collections periodicals literary magazines newspapers and reviews and Web and electronic resources Special topics discussed include little magazines scholarly gateways and cultural resources The guide culminates in a chapter that illustrates the application of the strategies explored to solve a research problem The strategies discussed within the guide are applicable to both canonical and lesser known authors therefore making this work relevant to anyone interested in researching Canadian literature *Extreme Weather Hits Home*

John Banta,2007-11-01 We know how to prepare our homes for each seasonal change but do we know how to prepare for climate change Violent weather events like floods tornadoes ice storms and hurricanes only tell part of the story Climate change is frequently more subtle but its effects on our homes and properties can still be devastating Nearly 50 percent of North America has a potential for structural damage from shifting moisture in expansive clay soils a condition that is already costing billions of dollars each year Humidity is projected to increase trapping moisture in wall cavities and resulting in deterioration As the climate changes and moisture levels adjust there are a number of proactive steps that can be taken to prevent or lessen expensive repairs Extreme Weather is the only book of its kind that shows how to protect your home or business from climate change by focusing on the following areas Risk and causal assessment due to region and soil Extreme weather s rapid and slow effects Site foundation wall and roof considerations and modifications Insurance options Anticipated changes for the United States Canada and Mexico Our homes are one of the most expensive investments we will ever make They are also our refuge from the elements and we must protect them so they can protect us This book is a valuable resource for all property owners John C Banta is an indoor environmental consultant with twenty years of experience in building biology building science and indoor environmental quality *Green Restorations* Aaron

Lubeck,2010-01-01 Some 40 percent of North Americans live in homes built prior to 1940 and when it comes time to remodel or restore our older homes homeowners and contractors can find themselves lost in a morass of wildly divergent information and opinion With *Green Restorations* author Aaron Lubeck brings his expertise as a restoration contractor and preservation consultant to this first of its kind guide leading the reader through the steps for restoring historic building using sustainable practices and green building techniques In a readily accessible room by room and system by system format *Green Restorations* covers rehabilitation and remodelling questions applicable to old homes focusing on the core techniques and debates often seen in practice Here you ll find the answers to restoration questions such as Is sealing my old crawl space a good idea Should I replace or rehabilitate my windows Are there historic aspects of my home I need to preserve and what can I change What are the cultural environmental and financial implications of my proposed changes Do residential historic tax credits apply to my home and how can I access them Written in such a way as to be accessible for homeowners but technical enough for contractors this book will appeal to anyone trying to green an older home while preserving its historic and cultural significance *This Cold House* Colin Smith,2021-05-04 A witty erudite and accessible guide to creating an environmentally friendly home without sacrificing comfort Jeffrey C May author of *My House Is Killing Me* Does turning the thermostat down on a winter s night offset the costs of reheating the house in the morning What will best prevent energy loss new windows or insulation in the attic Is heating oil cheaper than natural gas In *This Cold House* Colin Smith blends science with anecdote and example to help homeowners identify heating and cooling priorities and choose the most appropriate methods tools and equipment Basic equations allow you to estimate possible savings in annual heating and cooling bills and



determine payback times for improvement projects Practical and entertaining This Cold House illuminates the concepts behind energy efficiency and translates them into ideas you can use whether you live in a castle igloo or house Packs in important insights and is a pick for any general interest lending library catering to homeowners and those concerned with energy savings and the environment Midwest Book Review Smith has a wonderful way with words and his storytelling is superb This guy sure knows how to hang an analogy on a scientific principle to make it delightfully understandable Dan Holohan heatinghelp com

*Helping Yourself Help Others* Rosalynn Carter, Susan K. Golant, 2023-07-17 In *Helping Yourself Help Others* former first lady Rosalynn Carter draws upon her own experiences and those of hundreds of others to offer reassuring practical advice to caregivers Long before the COVID 19 pandemic inspired national conversations about the vast undervaluing of unpaid caregiving the dangers of burnout and the merits of self care for relief Rosalynn Carter was shining a light on these matters and everything else that caregivers confront

**Integrative Environmental Medicine** Aly Cohen, Frederick S. vom Saal, 2017-02-10 At no other time in human existence have there been so many environmental changes Over 87 000 chemicals are now commercially available in the U S almost all of which have not been tested for safety particularly in young children and the growing fetus The number and quantity of chemicals has continued to increase since World War II and so too has the incidence of many chronic health problems such as Type 2 Diabetes obesity thyroid disease asthma allergy autoimmune disease autism ADHD and several cancers Many studies have revealed that exposure to chemicals and radiation in our everyday environment may increase risk for these conditions Integrative Environmental Medicine examines the history and changing landscape of our environment in the U S and shares up to date research and information on ways to reduce exposures and reduce health risks This text explores the unique properties of many chemicals and their ability to deceive the human body s normal workings affecting everything from thyroid and autoimmune disease risk to cancer development to developmental issues in children and even the development of diabetes and weight gain through gut bacteria manipulation We discuss topics of improving regulations and appropriate testing for chemicals remediation of environmental catastrophes and designing healthier products for the future Finally we discuss best practices for clinicians to ascertain exposure history and teach patients how to avoid harmful exposures and help their bodies eliminate contaminants through better dietary and lifestyle practices Throughout this book we share vetted practical resources and tools including websites phone apps physician and patient hand outs to help healthcare practitioners facilitate healthier choices for themselves and their patients This text is unique in that it offers tangible practical information that can easily be integrated into the daily work flow of patient clinical care

**The 7-Day Allergy Makeover** Susanne Bennett, 2014-03-04 A top allergy specialist provides a simple holistic program that helps a broad range of allergy sufferers heal themselves naturally THE 7 DAY ALLERGY MAKEOVER is written for people who want to take an active role in their own healing The book lays out action oriented step by step instructions on uncovering the root cause of allergies and makes simple but

specific changes that can stop allergy symptoms from recurring What began as a mother s desperation to save her son has led to a comprehensive program that helps a broad range of allergy sufferers heal themselves naturally As an allergy specialist Dr Susanne Bennett sees roughly 100 patients a week from children to movie stars They come to her after exhausting every resource doctors medicines creams shots you name it They suffer from hives sneezing headaches asthma muscle aches swelling and digestive problems and more THE 7 DAY ALLERGY MAKEOVER based on 23 years of Dr Bennett s clinical experience is an easy to implement and transformational plan for eliminating allergies from your life forever Each chapter in THE 7 DAY ALLERGY MAKEOVER focuses on a different aspect of health and environment for a person suffering from allergies nutrition air quality living environment water body hygiene and emotional and mental stresses

**Asthma Begins at Home** Rosie Gordon,2007 There is a mass of medicine based information about asthma yet the disease continues unabated It is time for another approach and this book develops this by concentrating on causes in the home The approach is practical and down to earth backed up by in depth research clinical trials and medical guidance the book discusses why asthma is on the increase and how we can reduce its devastating effects It is a highly personal book based on the experience of one UK family that has challenged medical thinking about this topic

## Reviewing **My House Is Killing Me The Home Guide For Families With Allergies And Asthma**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**My House Is Killing Me The Home Guide For Families With Allergies And Asthma**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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### **My House Is Killing Me The Home Guide For Families With Allergies And Asthma Introduction**

In this digital age, the convenience of accessing information at our fingertips has become a necessity. Whether its research papers, eBooks, or user manuals, PDF files have become the preferred format for sharing and reading documents. However, the cost associated with purchasing PDF files can sometimes be a barrier for many individuals and organizations. Thankfully, there are numerous websites and platforms that allow users to download free PDF files legally. In this article, we will explore some of the best platforms to download free PDFs. One of the most popular platforms to download free PDF files is Project Gutenberg. This online library offers over 60,000 free eBooks that are in the public domain. From classic literature to historical documents, Project Gutenberg provides a wide range of PDF files that can be downloaded and enjoyed on various devices. The website is user-friendly and allows users to search for specific titles or browse through different categories. Another reliable platform for downloading My House Is Killing Me The Home Guide For Families With Allergies And Asthma free PDF files is Open Library. With its vast collection of over 1 million eBooks, Open Library has something for every reader. The website offers a seamless experience by providing options to borrow or download PDF files. Users simply need to create a free account to access this treasure trove of knowledge. Open Library also allows users to contribute by uploading and sharing their own PDF files, making it a collaborative platform for book enthusiasts. For those interested in academic resources, there are websites dedicated to providing free PDFs of research papers and scientific articles. One such website is Academia.edu, which allows researchers and scholars to share their work with a global audience. Users can download PDF files of research papers, theses, and dissertations covering a wide range of subjects. Academia.edu also provides a platform for discussions and networking within the academic community. When it comes to downloading My House Is Killing Me The

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