



Is the Air in Your Home Making Spring Allergies Worse?

Sticky, black, *alive* – not the description of anything you want growing in your home. Just the thought is enough to make you cringe. But it's even worse when you realize the culprit isn't just in your house... it's in your air. Every breath is an invitation for infection, allergies and inflammation. And since you have to breathe, there's only one course of action – total annihilation.

Ok, so maybe that sounds just a tad overdramatic. The fact remains that mold and dust mites that thrive in high humidity can be the cause of many breathing symptoms, especially for those suffering from allergies and asthma. Basements are notorious for mold and dust mite problems, but they can strike anywhere – bathrooms, bedrooms, inside walls. All it takes are the right conditions. So...

How do you fix high humidity?

- First, know what your humidity levels *should* be. It's best to keep the humidity level in your home between 35-40%. Over 40% encourages dust mite and mold growth.
- According to the American Lung Association, the most effective ways to control humidity and remove excess moisture and pollution levels from your home, apart from source control, are the ventilation and filtration of circulating air. (That's just a fancy way of saying the air should be clean and able to move around freely.)

Gadgets and Gizmos

New technologies such as air exchangers that include HEPA filtration are the most recent innovations. These systems offer the best of both worlds: fresh air through ventilation and high quality air by trapping up to 99.97% of airborne allergens.

Plus, it reduces excess humidity by – basically – dumping moisture-filled air outdoors several times a day. Getting rid of the extra moisture doesn't just help eliminate mold and bacteria-friendly environments – unpleasant odors disappear (like your teenager's Everest-high mountain of laundry. Actual clothes remain - sorry!),

This is especially helpful to asthma sufferers and those with seasonal allergies since families can control the quality of the air in every room of the house, not just certain ones. So don't let the creepy crawlies invade your home – or your air. [Schedule a free Healthy Air Review.](#)