

# The Everything Guide to a Healthy Home: All you need to protect yourself and your family from hidden household dangers (Everything Series)

Kimberly Button



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According to the U.S. Environmental Protection Agency, the air in our houses is up to *five times* more polluted than air outside--so it's clear that our homes have become fundamentally unhealthy places. But there is hope! With this guide, you'll learn the immediate changes that make your home--and your life--healthier and safer by neutralizing the toxins, radiation, and chemicals that threaten the average house.

# Inside you'll find:

- Instant-fix checklists that will immediately make your home, workplace, and school safer
- Room-by-room explorations of the most common and avoidable threats
- Special tips designed to protect vulnerable infants, children, and pets

With detailed checklists that are ranked by the projected health impact of making the fix, you'll be able to make real, concrete improvements to the health of your home. Whether you make every change or just a targeted few, the decisive steps in this guide will result in a safer, more comfortable, and more livable home for you and your family.



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