

Energy efficient homes trap allergens inside

You may be sharing your bed with 10 million dust mites, according to the Mayo Clinic. The right air cleaner can relieve the problem

Today's homes are energy efficient and airtight. That saves energy and reduces the cost of heating and cooling. But there is a downside for people with allergies and breathing conditions. Because today's homes are so airtight, dust mites and other allergens can't get out.

According to www.MayoClinic.com, you may be sharing your bed with between 100,000 to 10 million dust mites that eat dead skin cells and nest in bedding, fabric, carpet and furnishings, leaving behind feces that mix with dust and become airborne. That's a huge problem for people who are allergic to dust mite residue.

"When you wake up and your nose is stuffy and you are sneezing, that is your body defending itself against intruders," explains Darrell Weeter, president of FiltroPur Allergy Relief Center. "Dust mites are among the worst, but your house also can be full of pollen, mold, fungi, pet dander, bacteria and viruses."

Is your family inhaling them? There is a quick and easy way to find out.

Using a special laser-monitoring tool, FiltroPur can test the levels and types of allergens in your home in just 15 to 20 minutes. After analyzing your air, your FiltroPur technician will review tips for improving your home's air quality.

The U.S. EPA recommends the use of an air-cleaning device to purify the air in your home. But be careful about which device you use, Darrell cautions. Many of the air cleaners on the market may not be as effective as you think. And some, like ozone-generating air cleaners, may actually be hazardous to your health.

"The idea is to reduce the airborne contaminant level in your home to below your tolerance level," Darryl explains. "What we want is for you and your family to experience clean air that will let you breathe better, sleep better and live better."

You can schedule your free indoor air quality inspection by calling FiltroPur, at 440-546-0041.