

What Might Be Getting Up Your Nose?

By Dr Peter Holsman

The following environmental medicine questions and information are based on the individual experiences of some of my clients. They have been useful for a number of people with nose congestion, sinusitis, snoring, sleep apnoea and recurrent coughing. Itchy eyes and skin rashes are some other possible symptoms. I appreciate that some of this information is controversial, however it is worth asking yourself if any of the following may be relevant.

Where have you been in the 24 hours prior to the symptoms developing or worsening?

The bedroom is especially important as your brain and body repair and regenerate while you sleep. A tidy clean room with fresh air and avoidance of fumes and smells is recommended.

What is in your bedroom that may adversely affect your health?

- Bedding will ideally be low allergy Dacron or cotton.
- Check your pillows and doonas: do they contain feathers, wool, synthetic fibres or cotton? When were they last aired in the sun?
- Synthetic bedclothes, flannel sheets, electric blankets and waterbeds may upset your body's natural electricity and energy.
- Stuffed children's toys, books, papers, photocopies, magazines and hot water bottles tend to give off potentially irritating or allergy causing fumes.
- What is in the EnSuite?
- Is the window open?

General sources of allergies and indoor pollution include :

- Incense, aromatherapy, scented candles,
- Aromatic compounds, such as in perfumes, deodorants, air fresheners,
- Pets e.g. cats, dogs, .. Flowers, pot-pouri, ..
- Dusty furniture or carpets
- Rising damp with secondary mould, leaking gas wall heaters or stoves,
- Polished floor boards, timber varnishes and furniture polishes may give off fumes especially on hot days. If this surprises you, then take a moment to look at scratches and indentations in glossy polished floorboards should confirm that varnishes are softer and less "inert" than you might otherwise expect.

- Cleaning products , personal soaps and shampoos , clothes soap , floor cleaners , ...
- Textas , paints , glues , chalk,...

Renovation and new home tips:

- Carpet should be 80% wool and 20% nylon with a commercial grade rubber underlay.
- Tiled floors and floating floor board timber laminates (HDF) are options.
- A water filter is often a good health investment. Please check with me for an appropriate filter.

Dr Peter Holsman is an accomplished medical practitioner and enthralling public speaker who enjoys helping people stay young and energetic. His entertaining and actionpacked presentations are for every one who wants to get the most out of life and for organisations that want to put life back into their people. For more information visit www.liveto100.com.au or phone Your Health Camberwell on 03 9882 5151.