



Hacking Indoor Air Quality, 27 Tactics to Quickly Improve the Air You Breathe Ev

By Brady Nelson Rrt

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 88 pages. Dimensions: 8.0in. x 5.2in. x 0.2in. Apply These 27 Tactics To Make Massive Changes in Air Quality and Lung Health. . . This book contains proven steps and strategies on how to make small changes in your life to improve the quality of the air you breathe. Most people know about the dangers of outdoor air pollution, especially in the city. While outdoor air pollution is a problem in most areas, the EPA reports that indoor air quality is worst in many homes. Since related studies report that most people spend 90 of their time indoors, this can mean trouble. Indoor air pollution can cause many harmful side effects. Headaches, fatigue, irritation of the eyes, throat, and nose, and dizziness are common symptoms. In many cases, eliminating the exposure to poor quality air stops the symptoms. When long-term exposure occurs, severe conditions can result. Some of the risks include heart disease, certain types of cancer, and respiratory conditions. The good news is that it is never too late to start improving your quality of life by improving your indoor air quality. Even if you have a...



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