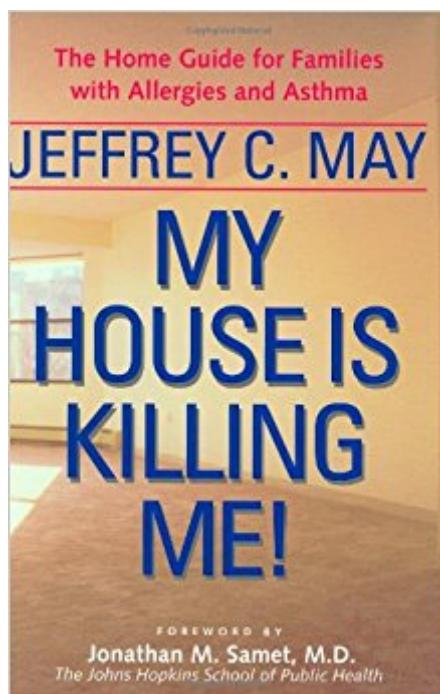


The book was found

# My House Is Killing Me!: The Home Guide For Families With Allergies And Asthma



## Synopsis

It's a world we barely see, but it is teeming with life. In the dust of a typical house, carpet beetles, mites, silverfish, and other creatures live and die, producing new generations every few months. Mold, bacteria, and yeast lurk undetected in heating and cooling systems. Debris dispersed into the air from these organisms can cause runny noses, itchy eyes, coughing, headaches, and breathing difficulties. Some people, especially those made highly sensitive by allergies, suffer from devastating health problems and the worry that, as one such sufferer lamented, "My house is killing me!" Scrutinizing house dust and air samples with a microscope, indoor air quality expert Jeffrey C. May has spent his career helping people identify what's causing their chronic health problems. In *My House Is Killing Me!* he draws on the dramatic personal stories of his clients' suffering and relief to help readers understand the links between environmental factors and problems like allergies and asthma. Explaining how air conditioning, finished basements, and other home features affect air quality, he offers a step-by-step approach to identifying, controlling, and often eliminating the sources of indoor pollutants and allergens. If we could see this contamination, May observes, the air would look as murky as stagnant water, and we would know not to breathe it. Reading *My House Is Killing Me!* lets you see your house the way an expert would. Just as he looks at spaces and systems during an indoor air quality investigation, May focuses first on the areas of daily life (bedrooms, bathrooms, kitchen), then looks into attics and basements (including heating and air conditioning), and finally moves outside to the garage and the exterior of a home. Along with offering a wealth of practical advice and proven solutions for various problems, he includes a glossary of terms and a list of valuable resources.

## Book Information

Paperback: 352 pages

Publisher: Johns Hopkins University Press; 1 edition (October 8, 2001)

Language: English

ISBN-10: 0801867304

ISBN-13: 978-0801867309

Product Dimensions: 6 x 0.9 x 9 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 35 customer reviews

Best Sellers Rank: #242,556 in Books (See Top 100 in Books) #4 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Asthma #26 in Books > Health, Fitness & Dieting >

## Customer Reviews

Asthma and allergy sufferers, this book is essential reading: it will answer all your questions about why you suffer in your own home and what you can do to prevent it. May, an air quality investigator and president of a home investigation company, takes you on a tour of your home, both interior and exterior, with a detailed description of the organic and inorganic substances that are making you ill. He covers every room, including the basement, attic, laundry room, garage, heating and air-conditioning system(s), and nooks and crannies that you probably forgot about. He explains how insects, molds, bacteria, yeast, dust, moisture, larvae, pet dander, fabric fibers, smoke, and many other agents can trigger an episode and how to eliminate them permanently. May provides actual stories from his many years of experience with the solutions he has recommended to his clients. Todd Schultze's *A Safe Haven?* (LJ 4/01/01) complements May's work with practical advice on ridding your home of toxic hazards like radon, asbestos, and lead. Both will serve for years to come as the definitive guides to establishing disease-free living environments. [See also John Bower's *The Healthy House*, LJ 9/1/00. Ed.] Irving Weintraub, Brooklyn Coll. Lib., N.- Irving Weintraub, Brooklyn Coll. Lib., NY Copyright 2001 Reed Business Information, Inc.

A friend of May's read a rough draft of his book on what is actually in a "clean" house, hoping it would put her to sleep. Instead, the pictures and text kept her awake all night. Chemical consultant May describes where and how the various parts of a residence can cause temporary or chronic illness for those with allergies or other sensitivities. Dust mites and other bugs, their fecal pellets and body parts, the skin scales of human inhabitants, and volatile chemicals are the major contaminants, and some elements of a house usually considered beneficial--finished basements, wall-to-wall carpeting, central air conditioning--can cause difficulties. One of the best single chapters is on cleaning processes and equipment; it reveals that "dry" steam, carefully used, is excellent. The "Recommendations" that conclude each chapter serve as review and highlighting of an information-packed text. A first-rate reference that is enjoyable to read. William BeattyCopyright Ã  © American Library Association. All rights reserved --This text refers to an out of print or unavailable edition of this title.

This is a very informative book and has helped me get rid of a few spots in the house that we

causing me sinus and other allergy issues. I have worked my halfway through it and I can attest that its going to be an invaluable reference for me. The issue I have is with the Kindle version which lacks ALL photographs that are referenced by the text in the Kindle Edition. Consequently I have dropped 2 stars until this issue is resolved. All in all please do get the book if you have to deal with Asthma and Allergy. Note to Author: The Kindle edition needs to be fixed so that the photos are visible.

This book first got me really serious about getting leather (or vinyl) furniture and getting rid of all carpet in my home and do hardwood floors throughout, not to mention it makes a house look gorgeous in my opinion. That way, allergens are MUCH easier to clean off solid surfaces instead of going down into fabric. Everything else (rugs, curtains, pillows) you can wash! Gorgeous house, better health! Win win!

I had purchased a copy of this book several years ago but never had time to read it until I retired. I read the book this spring and what an eye-opener. Yikes! I recently purchased another copy of the book to gift to my son and his wife so they become aware of air flow, dampness, mold, and so many other issues relating to owning a house.

The funny thing about the book is that the title sounds very alarmist. And while it does tell a few horror stories, most of the book is about providing information. It is far less sensationalistic than the title implies. I read it first as an education about air quality. Then we used it to recommend solutions in an air quality crisis. Now I use it mainly as a reference guide when I have a question and can't remember something. I originally purchased this book a few years ago when I was having problems with allergies and found problems with the HVAC system in our home. Thanks to implementing key parts of his advice, our air quality significantly improved as evidenced by our health issues subsiding. We were spending time at doctors offices weekly or every other week. After we fixed some of the problems in our house (using the book's advice), we found ourselves rarely at the doctor (a few times per year). No more ear tubes for the kids either (we had gone through 4 sets already). I have lent this book and recommended this book to friends. We recently moved and find ourselves needing to make minor changes to improve the air quality in our new (yet older) home. This book is a great reference----I break it out and remind myself what things to consider and where problems can occur (as well as ways to solve the problems). As an added bonus, it helps to be better educated about air quality when dealing with HVAC, insulation, and other service

professionals----you can select the companies more effectively, and make decisions more easily.

How often can one book help out in all those ways? Great book. Worthwhile purchase.

My son was diagnosed with asthma and I decided to do what I could to help him through housekeeping and house improvements. This book was the place I started. After reading through this book and looking at the pictures I was able to make a list of things I wanted to do and the order they needed to be done. It made a huge difference for our family. The pictures only add to the text and help to clarify what the author is discussing. The text is clear and easy to read. The directions are simple and informative. WELL WORTH THE MONEY!! I did not find this book to be overwhelming or full of too much information. Rather it was a perfect book for home owners who suffer from allergies or asthma.

Comprehensive review of the art and science of indoor air quality investigations presented in a style the non-technical layperson can understand. If you want to learn about the hidden allergens that may be lurking in your home, read this book. If you are an IAQ practitioner and want to improve your practice, you too will find this a very worthwhile read.

Please see what I wrote about the other mold book I bought at the same time. I suggest anyone buying "My House is Killing Me" to buy "The Mold Survival Guide" at the same time. Both these books will help with many aspects of home awareness. Many people have no idea that the air they breath in their own house can be so contaminated.

his 2001 book by Jeffrey May, an expert in the field of quality air management is a terrifically fine ready for anyone concerned about mold in their home. It kept my interest as well as any Robin Cook novel! He includes spectacular microscopic pictures of all types of mold and really provides detailed information regarding mold in all areas of the home from attic to garage with lots of focus on air conditioning, heating systems and basements. Mr. May has clear expertise in the field and as a medical professional I greatly appreciated his clear, even handed writing, examples and detailed action plans for moldy situations... A highly recommended read.

[Download to continue reading...](#)

My House Is Killing Me!: The Home Guide for Families with Allergies and Asthma Allergies: Fight Them with the Blood Type Diet: The Individualized Plan for Treating Environmental and Food Allergies, Chronic Sinus Infections, Asthma and Related Conditions The Whole Family Guide to

Natural Asthma Relief: comph Drug Free solns for Treatment Prevention Asthma Allergies ABC of Asthma, Allergies and Lupus: Eradicate Asthma - Now! House Plants: A Guide to Keeping Plants in Your Home (House Plants Care, House Plants for Dummies, House Plants for Beginners, Keeping Plants in Your Home, DIY House Plants Book 1) A Parent's Guide to Asthma: How You Can Help Your Child Control Asthma at Home, School and Play Tiny Houses: Minimalistâ€¢s Tiny House Living (Floor Plans Included) (tiny house construction,tiny homes,tiny house design,small houses,small homes,tiny house building,tiny house lifestyle,micro homes) Food Allergies: The Complete Guide to Understanding and Relieving Your Food Allergies Hidden Food Allergies: The Essential Guide to Uncovering Hidden Food Allergies-and Achieving Permanent Relief Allergies: Fight them with the Blood Type Diet: The Individualized Plan for Treating Environmental and Food Allergies, Chronic Sinus Infections, ... Eat Right 4 Your Type Health Library) Allergies At School: Ways to increase the safety and awareness of life-threatening food allergies at school The American Lung Association Family Guide to Asthma and Allergies Asthma Allergies Children: A Parent's Guide Allergies & Asthma (Young Adult's Guide to the Science of Health) What Your Doctor May Not Tell You About(TM) Children's Allergies and Asthma: Simple Steps to Help Stop Attacks and Improve Your Child's Health The Juice Lady's Remedies for Asthma and Allergies: Delicious Smoothies and Raw-Food Recipes for Your Ultimate Health Live Free from Asthma and Allergies: Use the BioSET System to Detoxify and Desensitize Your Body The Allergy Book: Solving Your Family's Nasal Allergies, Asthma, Food Sensitivities, and Related Health and Behavioral Problems Healing the New Childhood Epidemics: Autism, ADHD, Asthma, and Allergies: The Groundbreaking Program for the 4-A Disorders Answers for the 4-A Epidemic: Healing for Kids with Autism, ADHD, Asthma, and Allergies

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)