



"Leave me be, honey! Just think of how great it'll be to have spider kebabs at the BBQ"

HOUSE OF HORRORS >

HOME TEAM
Our expert Edwin Cheng is the founder of holistic housekeepers, Ecoverve.

They Know Where You Live

Invisible menaces lurk in every corner of your home – and they might just be killing you softly. It's time to fight back!

WHERE Bed, sofa, carpet, shelves, in the air
WHAT Dust Mites
 These microscopic arachnids (think tiny spiders) are 1/3 of a millimetre in length and invisible to the naked eye. Normal cleaning procedures, such as vacuuming and dusting do not eliminate them. Children are particularly susceptible to the health hazards from inhaling the allergens found in the faecal matter, secretions, shed (moulted) skins, and the exoskeletons of dead dust mites. Dust mites live, thrive, and breed, in the micro-habitat that we create while

sleeping in our beds. The hazards that the presence of these invisible buggers present range from mild irritations (itching, sneezing, puffy, wheezing, sinus aches) to potentially lethal symptoms (asthma, bronchitis, hay fever).

WHERE Bathroom, potted plants, garden, wardrobe, storeroom
WHAT Mould
 Moulds or fungi tend to grow on any wet surface, indoors or outdoors. The body of the mould produces spores or seeds, large amounts of which can

be found in the air, especially when it is damp, foggy, or during the rainy season. Indoor moulds congregate in bathrooms and a "musty" smell often radiates from affected areas. On indoor plants, it is often the mould overgrowth – and not the flowers – that cause allergy. Respiratory problems, such as cough, sneezing, wheezing, infection, and difficulty in breathing are some of the effects of allergic reaction to mould. Watery, reddened eyes, nose and skin irritation, headaches and fatigue are also symptoms.

WHERE Homes with pets, especially litter boxes, kennels
WHAT Dander
 The "dander," or skin shedding of an animal is more potent in causing allergic reactions than its fur or hair. In addition to the skin sheddings and fur, allergic reactions can occur to the saliva and/or urine of cats, dogs, and rodents.

WHERE Bathroom, kitchen, cleaning areas
WHAT Toxins
 Yes, your house could be a bio-hazard zone. Studies show that many common chemicals found in the average home can be harmful to people—especially babies and young children. More alarming is the fact that almost 75% of these toxins are actually in the very products we use to clean our homes, like soaps and detergents. Children play on the floor, where toxic vapour and dust accumulate, and it doesn't help that they're constantly stuffing their grubby fingers in their mouths. The National Skin Centre has also identified 7 different skin diseases that are associated with using household cleaners and soaps. It is stated that 1 out of every 3 households in Singapore are at risk from toxic allergens found in the cleaners and detergents.

For enquiries on Ecoverve's eco-friendly and hypoallergenic housekeeping services, call 6549 7452 or log on to www.ecoverve.com.sg

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number, in millions, of doctors visits each year attributed to allergic rhinitis