



From Clean Air to Mindful Living:

GUIDE TO CREATING
A HEALTHY HOME

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Abstract

In Adelaide, fostering a healthy home environment is paramount for residents. With its temperate climate, emphasis on outdoor living, and commitment to sustainability, people in Adelaide prioritize clean air, eco-friendly practices, and holistic well-being. From green spaces to community initiatives, Adelaide thrives on promoting healthy living for its residents, making it an ideal place to cultivate a balanced lifestyle.

1. Introduction

"From Clean Air to Mindful Living: Guide to Creating a Healthy Home" is an insightful PDF that delves into the essential elements of fostering a harmonious living environment in Adelaide. This comprehensive guide explores practical strategies for improving indoor air quality, implementing eco-friendly practices, and cultivating mindfulness to promote overall well-being within your home in Adelaide.

2. Silent Signs Your Home Is an Unhealthy Place to Live

Maybe you occasionally slack on cleaning or wait too long to dive in. Or maybe you don't know that what you're doing—or not doing—is hurting you.

Home is where the health is...

We've all been there. Maybe you go a while between dustings. Let the dog sleep in the bed. Watch moisture bead up on the bathroom window. Sometimes these things are easy to ignore. Unfortunately, these innocent-seeming habits could be making you and your family sick.

Your home has too much moisture

While moisture in the home is normal—bathing, cooking, and even breathing all contribute—excessive moisture is not, according to expertmoldtest.com. Mold loves humid environments, and if there is excessive moisture in the home, it's bound to grow, especially in corners and ceilings. The CDC warns that mold can cause nasal stuffiness, throat irritation, coughing or wheezing, eye irritation, or, in some cases skin irritation.

You're vacuuming without a HEPA filter

Research from MIT reveals that air pollution causes about 200,000 early deaths per year in Adelaide, and it worsens asthma and allergies. That's why you may want to invest in a HEPA (high-efficiency particulate air) filter vacuum to prevent tiny particles of dust from being blown back out into your indoor air. "I tend to go toward whole-house filtration, so the first thing I'd recommend is installing a HEPA filter in your home's HVAC system," says James Sublett, MD, a former clinical professor and chief of allergy and immunology at the University of Louisville, in *Time*. Next up, when it comes to carpet or floors, make sure you're not making this vacuuming mistake.



You're forgetting to change the vacuum filter

If you're using a HEPA filter, you'll want to make sure you're changing it every six months or when you notice signs of wear and tear. This will ensure an effective filter, while also preserving the life of the machine.

You're not cleaning vents and ducts

Vents might not be in your line of vision quite like dirty dishes, but that doesn't mean they don't need cleaning too. Vents harbor a ton of dust from the air, and when you turn on the heat or air conditioning, all those dust particles are redistributed throughout your house. You can take off the vent cover and clean out the grime you can reach, but you'll want to enlist a professional to thoroughly clean your ducts. The pros use compressed air and air agitators to clear out hard-to-reach dust.

Your bathroom has poor ventilation

Are you keeping the window open or using the fan when showering? You should! Excess moisture can not only cause your paint and wallpaper to detach, but it encourages mold, which can thrive and multiply indoors, damaging your house and potentially your health, according to the EPA.

You're using the wrong household cleaners

As you spray cleaner around the house, it settles on all types of surfaces. Plus, you inhale it as you spritz. In a COVID-19 world, people are cleaning more frequently than ever. The right cleaners are crucial to not only protect against the virus but protect you from being exposed to the harsh chemicals. Further, common household chemicals—bath products, dish soap, bleach—can damage your airways and lungs. The Environmental Working Group's investigation of more than 2,000 cleaning supplies on the Adelaide market revealed that many substances in them are linked to serious health problems like asthma, allergies, and even cancer.

You're not dusting correctly

Vacuuming once a week and wiping down countertops means you're only making a dent in the dust around your house. It builds up every single day, and the more time you let go by without wiping it up, the more you're exposing yourself to harmful particles. Use a damp cloth to gather dust as opposed to using a duster (or a dry cloth), which, according to the Adelaide College of Allergy, Asthma, and Immunology, will only spread the dust around and trigger allergies. Also, be sure to dust from high to low.

You're ignoring your gutters

Leaky gutters are another cause of moisture buildup, allowing excess water into your walls, basement, or crawl space. If your gutters aren't covered, you'll want to make sure you clean them out regularly.

Your bedroom is musty

Although you vacuum and dust, you actually need to move your chest of drawers, desks, and other furniture to thoroughly clean. Pull your bed away from the wall, and you might be shocked to see just how much crud is collecting just behind your head. And remember to regularly wash your bedding—once every one to two weeks—and make sure you have a good mattress protector. Turn it every couple of months, and vacuum it when you do.

You wear your shoes inside the house

You wouldn't roll around a public bathroom, but nearly everyone would walk around one and then walk around their house in the same shoes. Given that you roll on your carpets with your kids or the dog and put your feet up on the coffee table, you might want to leave the shoes at the door. Researchers from the University of Arizona found that shoes can track in 400,000-plus bacteria per shoe, including *E. coli*, a strain that's known to cause nasty gastrointestinal distress.

You're surrounded by wind-pollinated plants

You may unknowingly be inviting allergens into your yard that cause your stuffy nose, watery eyes, sneezing, and breathing trouble. If you have allergies, the Old Farmer's Almanac recommends the following:

Large shade trees such as oaks, maples, and beeches

Most lawn grasses

Common weeds such as lamb's-quarter, pigweed, and ragweed

Goldenrod

You have too much stuff

You love throw pillows, coffee table books, and knick-knacks: All these things collect dust, dander, and pollen, and they can contribute to poor air quality in your home. Unless you plan on constantly moving and cleaning all of this, you should consider minimizing your furnishings and collections. Next, find out how often you should really be washing your bath towel.

You let your pet sleep in your bed

They're cozy, loving, and even help you sleep, but if you're walking your dog around the neighborhood, you can bet they're carrying a lot of dirt, germs, and even insects (think ticks) into your bed. Not only

that, but pet dander traps allergens, which means you're subjecting your sleeping space to those allergens. Check for these signs to make sure your healthy-seeming cat is not actually sick. Next, make sure you know these things you should be cleaning every day from now on.

3. Best Healthy Home Upgrades



There are countless articles and blog posts focusing on which home improvements in Adelaide will yield the greatest financial return on investment. But there's another way to look at the ROI conversation: Which home improvements offer the best potential for improving your personal well-being. Those include the five facets of wellness design: health and fitness, safety and security, accessibility, functionality, and comfort and joy. Given the increasing importance of wellness to homebuyers, they might also add to the salability of your home when you do choose to put it on the market.

Technology

The topic of technology for wellness – including air and water quality, tunable lighting, and acoustic comfort – are all gaining popularity. “The pandemic brought the interest level up even higher,” observes Josh Christian, CEO of the Home Technology Association trade organization. Covid made the need for healthy indoor air urgent. Wildfires add to that urgency, with their smoke and ash infiltrating homes in nearby regions, and pollution is an ongoing issue in some areas.

“In-room portable air purifiers have exploded in popularity,” Christian shares, “though many homeowners aren’t aware that their whole home can have pure air with specialized air filtration systems.” These installations can be done through home technology integrators, he adds. “A good system can improve the safety of people in a home.” Real-time monitoring capabilities for water quality are not as advanced, Christian notes, “but when water filtration is part of a smart home system, there is extensive testing done up front to identify the best solution for the specific location needs.”

Materials

This is a challenging topic, because so many products offer both wellness benefits like softness underfoot, flame retardants and antimicrobial protection, while unfortunately introducing chemicals that can be damaging to our bodies. “The chemicals that help make a product flexible, light, sturdy have major side effects on our health including cancers, decreased fertility in both men and women and other hormonal related health issues, thyroid disease and elevated cholesterol,” cautions Alison Mears, director of the Healthy Materials Lab at Parsons University.

Looking at one surfacing material you’ll find in every home: countertops, Mears suggests porcelain slab manufactured without lead or asbestos, and natural materials like wood and granite (that may require more upkeep). For flooring, she warns against one of the most popular materials on the market today: luxury vinyl tile. Toxic dioxins are released during their manufacture that an persist in the body for years after exposure, she reveals. “With links to cancer, reproductive disorders, and hormone disruption, they have been called the most toxic man-made substance ever created. [Vinyl] floors also contain phthalates, which are endocrine disruptors. It is important [to] seek healthier alternatives in linoleum, cork, natural rubber, or bio-based materials that avoid any inclusion of vinyl,” she recommends. Options Mears prefer include floating engineered hardwoods with natural finish, ceramic tiles without heavy metal glazes, linoleum and polished concrete with a nontoxic finish.

Appliances

Danielson points to appliances as one category where technology has always been a trending topic; lately it’s been heavily focused on wellness. “From steam ovens that allow homeowners to effortlessly prepare healthy meals to high-capacity, sanitizing dishwashers with settings to eliminate 99.999% of food soil bacteria by adding a high-heat final rinse to sanitize dishes, appliance technology is becoming more sophisticated.”

She points to a new category too: indoor plant growers. “Herb growing cabinets have captured homeowners’ imaginations,” the retailer observes. “Imagine making a salad with farm-fresh micro greens or cooking a meal and having the ability to use fresh herbs available right in the kitchen. All organic greens offer superior flavor and the best nutrition.”

Fixtures and Faucets

“With the push for better health and wellness, home fixtures and faucets are now a great way to improve your overall well-being,” Danielson shares, pointing to the latest in water filtration systems and steam showers. The former will help ensure that the household is drinking clean water daily. “In addition to filtering out contaminants like lead or chlorine, these systems can also reduce smells and tastes that make your drinking water less desirable,” she says.

“Steam showers allow users to relax while enjoying aromatherapy benefits. They are especially beneficial for those with respiratory conditions or muscle tension as the warm steam helps open airways and decreases muscle soreness,” Danielson comments.

Lighting

The pandemic has definitely had an impact on lighting. “Homeowners clean the air with a ceiling fan that cools and circulates the air using ultraviolet technology, verified through independent laboratory testing to kill 99.99% of SARS-CoV-2 (causes COVID-19) and other airborne pathogens while safely neutralizing allergens, odors, and fumes,” Danielson says.

She also points to lighted exhaust fans as problem blockers: “By removing moisture and odors effectively with a lighted exhaust fan, homeowners can prevent mold, bacteria and fungi growth on surfaces in bathrooms, laundry rooms or other humidity-prone environments.”



Wellness Tips from the Pros

“When looking to upgrade your home in Adelaide in a way that promotes health and wellness, it’s important to visit reputable showrooms and work with a designer or contractor you trust,” Danielson recommends. “There are special certifications for wellness and universal design. For example, a certified universal design professional will help homeowners create an environment that emphasizes comfort and safety for all ages and abilities. Homeowners can ask the designer about their certification and determine if their specialty matches their wellness goals.”

Christian highlights the importance of working with professionals too. “Homeowners, architects, interior designers, and builders need a qualified home technology professional to consult about the latest in wellness tech,” he recommends and this consultation needs to start at the beginning of the planning process.

Mears keeps it simple: “Ask the questions: What is it made of? Do I need it?”

One of the happy coincidences of climate change action is that can create healthier home interiors too. This urgency is driving local, state and federal legislation and incentives to reduce fossil fuel consumption, as Mears points out. Since their byproducts go into surfacing materials like LVT, cutting back on their use could lead to healthier homes too. Cutting greenhouse-causing emissions helps drive incentives to swap gas cooktops with induction models. What’s healthy for the planet can be healthy for you and your home.

4. How to Improve Indoor Air Quality for Better Breathing

Better air quality comes down to filtering the air, introducing fresh air, and managing humidity.

You may not think much about the air quality inside your home if you are primarily asymptomatic. But the truth is air quality can have a much more significant impact on your health than you realize. Some symptoms of unhealthy indoor air quality include headaches, irritation of your ears, nose, and throat, and dizziness, among others—but more severe effects can include cancer and respiratory diseases.

A quality air purifier is one way to improve air quality in your home. Alternatively, you can get a cooling fan that also functions as an air purifier. However, you should keep a three-pronged approach in mind: Filter the air, introduce fresh air, and manage humidity, experts say. Here are 12 ideas for improving indoor air quality, whether you or someone in your home has allergies or environmental conditions outdoors are causing poor air quality inside.

Remove obvious air pollutants.

"In general, people spend about 90 percent of their time indoors, according to data from the Environmental Protection Agency. And the quality of the air we breathe that 90 percent of the time (or more) is crucial to our overall well-being," said Steven Haywood, MD, a former respiratory therapist turned board-certified emergency medicine physician with Summa Health in Akron, Ohio.

"The first step to better air quality is to remove anything from your home that is causing your indoor air quality to degrade," said Peter Mann, founder and CEO of Oransi, a North Carolina-based air purification company. This may or may not be easy. For example, if you have cleaning supplies, paint, or other chemicals in the house, simply move them to the garage and out of your main living area.

Bring in fresh air.

However, Mann says that improving the air quality in your home can be as simple and quick as opening ventilation windows. Sometimes, that's not always practical, depending on the weather, humidity, pollution, pollen levels, and other local factors outside. However, if you can, anytime you feel the air is stuffy inside, just open up a window for a while and let some fresh air in!

Update your thermostat.

"A thermostat that can push air around your home when you're not using the heat or AC is ideal. Look for one with a circulating mode," says HVAC professional Joseph Wood, founder of Boston Standard, a heating, air conditioning, and plumbing company.

Some circulating thermostats will run your indoor fan for 20 minutes every hour, while others may allow the fan to run continuously at a reduced speed for constant airflow. If you have a smart thermostat, you may also be able to turn on the fan manually from your phone when you need some extra circulation.

Run bathroom or kitchen exhaust fans.

Running a bathroom or kitchen exhaust fan may sound extreme (and maybe a little annoying, as the sound can be grating), but this step can help improve indoor air quality by removing stale, humid air from the home.

"This feature will constantly draw air out of the home, thereby drawing fresh air in to replace it," Wood said. If you don't want to run the exhaust fan constantly, focus on running it for an extra 20 minutes after a shower or when your home needs a refresh.



Maintain your dehumidifier.

Moist air can be great for indoor air quality, but too much of a good thing can have the opposite effect. Ideally, you want to maintain an indoor relative humidity between 30 and 50 percent.

"Take care of your dehumidifier, and keep it clean and running throughout the humid season in your area," Wood said. For example, in the Northeast, April through October would make sense; it would be sensible for people in Adelaide to run dehumidifiers all year long to remove sticky air.

Add humidity in winter.

"Keeping your home at an ideal humidity level will help you maintain a healthy air environment. In the summer, you will likely need a dehumidifier to help. However, a humidifier is beneficial during winter when the air is typically dry. So whether moist air is delivered via a portable or professionally installed system, humidifiers are recommended to help improve overall air quality," Wood said.

Buy a quality air filter.

"It makes sense that higher-quality air filters will capture more particles. However, the catch is that smaller particles will cause the filter to clog faster, requiring more frequent replacement," Wood said.

He recommends changing your air filter every 30 days or so (or if you have a larger capacity filter, every six months). Keep replacement filters on hand so you have them when you need them.

Limit scented items.

We hate to break it to you, but Mann says that those scented candles, air fresheners, diffusers, etc., that you love can contribute to the poor air quality inside your home. Some scented products contain harmful volatile organic compounds (VOCs)—such as formaldehyde, benzene, and toluene—that can be hazardous to your health.

Excess exposure to harmful VOCs can cause headaches and irritation to your eyes, nose, and throat. Many cleaning, disinfecting, cosmetic, degreasing, and hobby products contain VOCs, too. Avoid these products whenever possible, and when you can't, ensure you thoroughly ventilate your home.

Get houseplants.

Air-filtering indoor plants aren't only a great way to add life and visual interest to any space—they may also help to increase oxygen inside your home and purify the air. They do this by helping to filter the pollutants that originate from inside your home.

"Some plants are able to filter out harmful chemicals and VOCs from wood, cleaning products, furniture, trash, carpets, natural gas, and more," said Dakota Hendrickson, co-founder of Filti, a filtration technology company based in Kansas City, Mo.

Examine your air ducts.

"Keeping air ducts clean is important for air quality inside your home. Some common signs that your air ducts need cleaning include visible dust build-up on the ducts or furniture, as well as an increase in allergy flare-ups," Hendrickson said.

Because this job requires some complex cleaning equipment, it's best to leave this job to a professional. In the meantime, be sure to clean and dust all your registers and grilles.

Check cooking vents.

"Whether you have a hood or a microwave with a carbon filter above your range in the kitchen, ensure the vents are working and that you clean them and the filters regularly," Hendrickson said. This is especially important if you have a gas range, as carbon monoxide can be emitted into the air when burners are on.

Clean your floor coverings.

"Carpet and rugs add coziness to a home, but they're also a top source for collecting pet dander, dirt, pollen, and more—particles that can be kicked up with every step. Make sure you clean them regularly to help minimize build-up," Hendrickson said. Self-cleaning robot vacuums are great for those looking for a low-maintenance option.

You may also want to consider implementing a no-shoes household to further prevent build-up. For those with allergies, it's also a good idea to switch to materials like alternative down in such things as comforters and cooling pillows, to cut down on potential allergens.

Keep air-polluting DIY projects outdoors when you can.

Some of your everyday activities or favorite hobbies could be making the air quality in your home take a nosedive. Sanding, painting, paint stripping, and even cooking can fill your home with many pollutants.¹ When you can, take these DIY projects outside. If you can't take your project outdoors, be sure to allow greater ventilation within your home by opening windows.

5. How to Install an Air Filter



Install a new return air filter in your furnace to improve indoor air quality and prevent costly HVAC repairs.

Regularly replacing your home's air filter is crucial to maintaining a clean and healthy home. Failure to do so can compromise the indoor air quality. Plus, staying on top of changing the return filter is essential to maintaining your HVAC system, as these systems rely on the filters to remove dust and debris that would otherwise end up inside the units, leading to costly repairs.

Here, we explain how to install an air filter, including how often to change your filter and the proper placement of the filter in the return duct.

Before You Begin

Before you head to the hardware store to pick up a pack of replacement air filters, locate your current filter and measure its dimensions to ensure you buy the correct size.

When you find the return duct that holds the filter, you might discover you have a washable air filter. If so, you only need to vacuum it, wash it with water and vinegar, let it dry, and then place it back in the duct.

[The 7 Best Furnace Filters of 2024](#)

Why You Should Change Your Air Filter Regularly

Air filters are essential for maintaining your home's air quality, as they remove dust, dander, dirt, pollen, and other allergens. Additionally, they protect the expensive components that make up your home's heating and cooling system by capturing dust and debris moving through the ductwork.

Here are some signs that you aren't changing your air filter often enough:

- Your air conditioner coils are freezing up.
- Airflow from the vents has decreased.
- The air from your vents has an odd smell.
- Your electrical bill has increased.
- Dust is accumulating around vents and coils.
- The filter is discolored.
- The filter is excessively dirty or clogged.
- You're struggling with allergies more severely.
- Your HVAC system isn't running efficiently.
- Your indoor air quality is suffering.

What You'll Need

Equipment / Tools

- Step ladder (optional)
- Vacuum with brush attachment
- Microfiber cloth

Materials

- Compatible replacement air filter
- Instructions

How to Install an Air Filter

Follow these steps to change the air filter in a central air conditioner system.

Turn Off the Unit

HVAC systems shouldn't run without a filter in place. Consult your system's manufacturer's instructions for the correct procedure for turning off the unit while changing the filter. In many cases, you can turn off the system at the thermostat.

Locate the Return Air Duct Grille

Look for a large air duct grille located along a wall or on a floor. Some homes may have more than one.

Remove the Old Filter

Unlatch and open the grille covering the return vent, and then remove the old filter. Set it to the side to ensure your replacement fits before throwing the old filter away.

Clean the Grille and the Duct

Take time to thoroughly clean the slats of the grille and the inside of the duct to remove any dust or buildup. Start with a vacuum with a brush attachment, and then wipe down the area with a microfiber cloth.

Install the New Filter

Place the new filter inside the duct. To determine which way the air filter goes, look for arrows on the side of the filter. These arrows should align with the direction of the airflow.



Close the Grille

Close and latch the grille after the new filter is in place.

Locate the Air Handler Cabinet

Some systems might have a filter located in the air handler cabinet. This filter is often reusable but may be disposable.

Slide Out the Air Handler Filter

Unlike the return vent filter, which sits at the front of the vent, the filter in the air handler typically slides into the cabinet and is accessible by removing a cover.

Replace the Air Handler Filter

If the air handler filter is reusable, wash it, let it dry, and then slide it back into place. If it's disposable, slide a compatible air filter into the air handler and slide the cover back on. The arrows on the filters should face the furnace.

How Often to Replace Your Home's Air Filter

Some people should replace their air filters every 30 days, while others can wait six to twelve months before installing a new air filter. A few factors influence the frequency with which you should change your home's air filter, including:

Location. Your home's location influences how often your air filter needs to be replaced. Dusty, dry areas require more frequent air filter changes.

Pets. The presence of pets in your home is a critical factor in determining how often your air filter should be replaced.

Filter type. Some air filters last longer than others. Fiberglass filters last around 30 days, while pleated air filters last up to six months. Always check the label for the air filter's expected life span.

Allergies. If you or anyone in your household struggles with allergies, changing your air filter more frequently can help combat allergens in your home.

6. A DIY Guide On How To Clean Air Ducts Yourself

Cleaning the air ducts is highly important as it impacts the air you breathe. It ensures the heating system lasts longer because the absence of dirt keeps components working properly. People with allergies certainly benefit from this. However, it is crucial to use the right method, as the wrong one can worsen things. You might dislodge the debris and allow the allergens to enter your home. If you are doing this first time, chances are you may also cause permanent damage to the HVAC systems by using the wrong procedure. So, it is essential to learn an adequate DIY method that involves the use right tools and steps. Sure, you can hire budget bond cleaners in Adelaide when you are about to leave your rental property. But for routine cleaning, it is essential to learn about the process. Here is a DIY guide on cleaning air ducts. Use it to get the perfect results.

1. Power Down The HVAC System

Start by completely turning off the heating, ventilation, and air conditioning (HVAC) system. Start with the thermostat, power it off and confirm it is not set to activate through the cleaning process. Find the primary circuit breaker for the system and turn it off to avoid accidental activation while doing your work on the ducts. Check and confirm that the system's components, including the cooling and heating functions, are entirely off. These preventive measures are important to ensure safety. During the cleaning process, they will also prevent the potential circulation of dust, debris, and other harmful particles.

2. Access And Examine The Ductwork

Systematically remove the vent covers or grilles by making use of screwdrivers so that you can access the air ducts. Take your time to examine the ductwork visually. Check for any substantial accumulation of debris, mould growth, or visible indications of damage like cracks, gaps, and disconnected ducts. Observe spots that might require special attention during the cleaning procedure. It is vital to conduct an extensive inspection to learn about the actual condition of ducts. Most professionals who offer services like best bond cleaning Adelaide never skip this step.

3. Gently Vacuum The Surfaces

Gently vacuum the duct's interior surfaces using a vacuum cleaner that has attached brush and hose extensions. Initiate from the vent openings and take a slow approach when moving along the ductwork. Pay special attention to spots like corners, as they are likely to have debris. Utilise a soft-bristled brush to remove tough dirt and dust. Be gentle to minimise the chances of causing any damage to the ducts. It is highly recommended to cover the supply registers with paper towels to avoid dislodged debris from making its way to your living area.



4. Wipe Down The Vent Covers

After removing the vent covers and grilles, clean them using a mild cleaning solution and microfibre cloth. The solution can be prepared using a few drops of mild dish soap and added to a bucket filled with warm water. Next, follow these steps:

Soak the vent covers in the solution.

Follow up by thoroughly wiping them to get rid of any accumulated dust, grime or tough residue.

Pay special attention to grooves on the covers because these spots will likely shelter hidden dust.

Finally, thoroughly rinse with clean water and let the vent covers air dry entirely.

Due to its effectiveness, this procedure is often used for budget bond cleaning Adelaide.

5. Tackle Mould Or Mildew

If you find any mould or mildew within the ducts, take essential precautions and use a disinfectant. You can prepare the disinfectant by mixing water and vinegar. Use a cloth or spray bottle to apply the mixture to the affected spots. Let it sit there for a few minutes and follow up with gently scrubbing and wiping the area clean. Widespread mould growth is difficult to deal with, so it is ideal to hire professionals for the job. Furthermore, once the cleaning is done, check the area for any visible signs of moisture buildup to minimise chances of future mould growth.

6. Inspect And Replace The Air Filters

Checking and changing air filters within your HVAC system are critical steps when it comes to maintaining clean air ducts and keeping indoor air quality at its best. Dirty or clogged filters block optimal airflow but also make way for dust accumulation and debris within the ducts. After a while, such contaminants can circulate across your home, aggravating respiratory issues and allergies. By

doing routine check-ups and replacing the air filters when needed, you substantially minimise the amount of airborne particles entering the ductwork. For ideal frequency, it is best to take a look at the manufacturer's instructions. According to experienced bond cleaners Adelaide, this step improves air circulation efficiency in your home, enhancing indoor air quality.

Cleaning air ducts yourself is not an easy task. It requires the use of proper tools, methods, and attention to detail. You can keep your home environment healthier by following the steps mentioned in this article. Do not forget to hire professionals for more significant issues like extensive mould growth.

7. Conclusion

In conclusion, "From Clean Air to Mindful Living: Guide to Creating a Healthy Home" serves as a valuable resource for individuals seeking to transform their living spaces into sanctuaries of health and wellness. By implementing the strategies outlined in this guide, readers can embark on a journey towards a happier, more balanced lifestyle within their homes.

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