

WITH NICOLE BIJLSMA

CLEVER
CLEANING
TIPS

PHOTOGRAPHY: GETTY IMAGES

**Key things to remember:**

1. The vacuuming should be done by somebody who doesn't have allergies.
2. The most effective way to reduce the dust load in carpets is to vacuum for four minutes per square

metre, followed by one minute per square metre.

What to look for in a good vacuum cleaner:

- A HEPA filter to remove allergens.
- A motorised head to

dig into the pile of the carpet and rugs.

- A carbon filter to remove pet odours and chemicals in the dust.
- Sufficient suction capacity to remove dirt from the carpet.



A GOOD VACUUM MEANS A HEALTHY HOME

I can't figure out if my obsession with vacuuming is from the joy I get when I hear the dirt travelling up the hose or knowing what contaminants are being removed.

Household dust contains a plethora of agents from allergens such as pollen, dust mites and fungi to chemicals like pesticides, flame retardants and dry cleaning solvents, as well as particles such as food debris, insect parts, dirt and fabric fibres. The dust in older homes (pre-1980s) may also contain lead from paint and asbestos fibres if they've been disturbed during renovations. Most household dust, however, consists of skin cells (dander) from people and pets, which is the ideal food for dust mites – an allergen that affects up to 25 per cent of the world's population.

Infants and children are particularly vulnerable as their breathing zone is closer to the ground where most of these contaminants are located. In fact, the average home may accumulate up to 18kg of dust annually in carpets and rugs, and certain chemicals potentially found in that dust (such as lead and some fire retardants) have been classified as neurotoxins and linked to neurobehavioural disorders in children, including attention deficit hyperactivity disorder and dyslexia. This means that how you deal with dust is a crucial part of establishing a healthy home.

WHY YOU NEED A HEPA FILTER

Vacuum cleaners that are not fitted with a HEPA (high-efficiency particulate air) filter will blow most of these contaminants back into the indoor air mass, where they may trigger an allergic response in susceptible people.

HEPA filters capture contaminants at 0.3 microns in size, which includes most allergens including house dust mites, pet dander, pollens, mould (fragments and their spores), bacteria, as well as asbestos fibres and tobacco smoke. To give you an idea of how effective this is, consider that a human hair is about 80 microns in diameter. If you have carpets or rugs, the vacuum cleaner should also have a motorised head to dig into the pile, otherwise you'll only be removing the top layer of dust.

Due to the explosion in allergy incidents in the past 30 years, HEPA filters are now commonly available in vacuum cleaners at prices from about \$300.



RED DIAMOND PROMOTION

Go Vita has your *gut health* covered

AT GO VITA, WE ARE PASSIONATE ABOUT YOUR HEALTH AND VITALITY BECAUSE WE KNOW, IF YOU ARE HEALTHY AND WELL, YOU CAN ENJOY YOUR LIFE TO THE FULL!

Your digestive system breaks down the food you eat and absorbs the nutrients into your bloodstream. For some this process isn't always smooth, and digestive discomfort may occur. Thankfully, by watching what you eat and drink and by exercising regularly you can help take care of your digestive system. Also Go Vita stocks a range of foods and health supplements to help support a healthy digestive system.

Fusion® Health Probiotic Advanced is a multi-strain probiotic (with HOWARU® strains) containing 30 billion friendly bacteria in each capsule. Probiotic Advanced promotes gastrointestinal health, helps reduce abdominal discomfort and bloating, helps restore and maintain healthy gastrointestinal flora and also supports a healthy immune system. Look for it in the fridge at Go Vita.

Nutra-Life Gut Relief is a pleasant-tasting formula that combines aloe vera, glutamine, globe artichoke and slippery elm to help maintain healthy digestive function. May also help manage medically-diagnosed Irritable Bowel Syndrome (IBS), and may help relieve indigestion, flatulence and heartburn.

Vital Greens is one of the first products in the market to offer pre and pro-biotics, multivitamins, greens and herbs to provide a complete, better absorbed, daily supplement to help improve general health, in particular digestive health. Vital Greens for "more betterness"!

NutriVital Apple Cider Vinegar is raw, unfiltered and unpasteurised. It comes from the juice of organic apples grown in Californian orchards and fermented to form cider vinegar. A tablespoon straight or diluted in water, can be taken daily as a traditional remedy to help your digestive system run smoothly.

To decide which product is best for your situation, talk to a Go Vita health specialist who will be happy to advise you.

Always read the label. Use only as directed. If symptoms persist see your healthcare professional. CHC approval does not cover food products.



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