



# Allergy Free Home: A Practical Guide to Creating a Non-allergenic Environment

*Vittoria d'Alessio*

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The industrialised world is facing an allergy epidemic. Almost unheard of 40 years ago, today it is estimated that one in three people suffers from some form of allergy. Reactions range from mild irritation of the skin and eyes to life threatening breathing difficulties and there is a large range of seemingly harmless triggers. There are a number of theories as to why this is happening, but so far no one knows for certain. What we do know is that the problem is getting worse and quickly. Allergy Free Home explains in simple terms what an allergic reaction is and why our bodies react this way. Taking a design approach the book shows how to take simple, practical steps to create a home environment with minimal exposure to allergic triggers.

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