

# House Beautiful

All you want from where you live

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ONLY £2.60

House Beautiful

**HOT TOPIC**

## Is your home bad for your health?

### Case study

#### 'Our allergies caused us to change our whole lifestyle'



Alison's company Allergymatters helps allergy sufferers to lead a normal life

As a little girl, Alison Beales had a constantly streaming nose, sore eyes and itchy skin. Family pets were thought to be one cause and her mother's dusty antiques another. 'It was like having hay fever all year round,' says Alison, now 38, from Kingston-upon-Thames. It wasn't until her three-month-old daughter showed allergic reactions that she was driven to find the cause, and discovered that dust-mite droppings were the most likely candidate. 'We bought allergy-proof bed covers, got rid of all the carpets, laid wood flooring and put in roller blinds,' Alison explains. She also invested in a dehumidifier and an air purifier, she steam cleans her home once a week and keeps household chemicals to a minimum. The results have been dramatic. 'There has been a massive improvement for both myself and my daughter,' she says. To share her knowledge, Alison launched Allergymatters, which gives advice on anti-allergen products. Call 0800 0528228 or visit [www.allergymatters.com](http://www.allergymatters.com).