



CLEANING OUT ASTHMA

● Cleaning the house was always a chore for Lauren Carr but it was also a health risk for her child.

Whenever she scrubbed the bathroom or cleaned the kitchen benchtops with her assortment of chemical products she noticed her daughter India, 4 (pictured), would soon suffer asthmatic wheezing.

"She would have shortness of breath, tightness in her chest, wheezing and her skin was also red and flaky," Carr says.

"When we stopped using the chemical products, there was a massive difference in her symptoms. The skin rashes stopped altogether and her asthma symptoms have reduced by more than half."

India used to suffer asthma attacks every day when she was diagnosed at 18 months. When she was 20 months Carr enforced an action plan in the house, throwing out all of her chemical bathroom and kitchen cleaning products after searching for solutions on the internet and switching to Enjo, Australia's leading environmentally friendly cleaning brand.

India now suffers mild asthma symptoms about once a fortnight. Carr has since had another child, one-year-old Quinn who does not have allergies.

Tweed Hospital pediatrician Dr Daniel Golshevsky says there was a peak in hospital admissions for children suffering asthma during winter.

"It's important to do things to reduce the sometimes deadly effects of the condition," Dr Golshevsky says.

"The important thing to remember is that it is treatable. The main ingredients in many household cleaning products are ammonia and phosphates which can be harmful when inhaled, especially for asthmatics and children."

