

**hhr.** HealthyHomeRestoration

# IS YOUR HOUSE MAKING YOUR FAMILY SICK?

**Warning Signs That Your House  
is Making Your Family Sick and  
What You Can Do About It**



# TABLE OF CONTENTS

## **1 Introduction: Could Your Home Be the Problem?**

- Overview of unexplained illnesses linked to home environments.

## **2 Chapter 1: The Vacation Factor**

- Why You Feel Better Away From Home
- The Home's Hidden Hazards
- Real-Life Example: The Mystery of the Sick Family
- How to Tell If Your Home Is Making You Sick
- Steps You Can Take Today to Start Fixing the Problem
- Why Acting Now Is So Important

## **3 Chapter 2: The Select Target Factor**

- Why One Family Member is Always Sick
- Why Only One Person is Affected
- Common Triggers in the Home
- Real-Life Example: A Child Who Couldn't Stop Coughing
- How to Identify if One Person Is Being Affected
- What You Can Do Today

## **4 Chapter 3: The Undiagnosable Cause Factor**

- When You've Tried Everything and Nothing Works
- Problems with Traditional Solutions
- The Six Critical Zones of Your Home
- Real-Life Example: The Cost of Overlooking the Big Picture
- Why a Holistic Approach Matters
- How to Get Started

# TABLE OF CONTENTS

## **5 Chapter 4: What You Can Do About It Today!**

- Recognizing the Warning Signs
- Focusing on High-Risk Areas
- Real-Life Example: The Source Everyone Missed
- Getting a Holistic Home Assessment
- Addressing the Root Causes
- Committing to Long-Term Maintenance

## **6 Conclusion: Taking Back Control of Your Health and Home**

- Summary of Key Steps
- Final Call to Action for a Holistic Home Assessment

# Introduction

## COULD YOUR HOME BE THE PROBLEM?

Have you ever wondered why your family seems to get sick more often than others? Or why do you feel fine on vacation, or even at work but not when you're at home?

You're not alone. Many families deal with unexplained illnesses, allergies, or fatigue, only to discover that their home is the root cause. This eBook will help you identify the warning signs, uncover potential culprits, and show you how a holistic approach to your home can solve problems others might overlook.

## Chapter 1: The Vacation Factor

### WHY YOU FEEL BETTER AWAY FROM HOME

Have you ever noticed how amazing you feel when you're on vacation? Maybe your head is clearer, your sinuses aren't bothering you, and you feel full of energy. Then you come back home, and suddenly, it's like your health takes a turn for the worse. Your fatigue returns, the headaches come back, and your breathing seems heavier. What is going on?

You're not imagining things. In fact, this experience is more common than you think. The problem isn't you—it's your home. The truth is, many homes harbor hidden environmental factors that can severely affect the health of those living inside them. And it's often these unseen dangers—like mold, poor air quality, or radon—that can cause you to feel better when you're away but make you feel sick when you're at home.

# WHY THIS HAPPENS: THE HOME'S HIDDEN HAZARDS

When we think about health and our homes, we often only focus on visible problems, like cracks in the walls or a leaky roof. But what about the invisible dangers that might be lurking in the air we breathe or in the spaces we can't easily see?

There are several hidden factors in your home that could be making you sick, even if you don't realize it. These include:

- **Mold Spores:** Mold is a sneaky problem—it can be in places where you don't always see it, like in crawl spaces, behind walls or cabinets, or under floors. Even if you don't see it, mold spores can affect your health and trigger symptoms like headaches, sinus congestion, or fatigue.
- **Radon Gas:** Radon is an odorless, colorless, and radioactive gas that seeps from the soil into your home. You might have never heard of radon, but it's actually the second-leading cause of lung cancer in the United States and the leading cause of childhood leukemia. If your home has a basement or crawl space, you could be unknowingly exposed to radon even if you tested when originally buying the home.
- **Volatile Organic Compounds (VOCs):** These are chemicals released by common household products like paints, certain plywood, cleaning supplies, furniture, and even carpets and hardwood. When VOCs are released into the air, they can trigger headaches, dizziness, or breathing issues.

Even if you feel fine while you're away, these contaminants can build up in your home and affect your health. When you leave for a while, the air quality improves, and you feel better. But when you return, those hidden contaminants get stirred up, and you start feeling sick again.

## REAL-LIFE EXAMPLE: THE MYSTERY OF THE SICK FAMILY

One family in the Raleigh-Durham area experienced this very issue. They noticed that when they went on vacation, they felt great—no headaches, no tiredness, and no coughing. But the moment they returned home, their symptoms came back with a vengeance. They chalked it up to “just stress” or “lack of sleep” from the hustle and bustle of daily life, but when it persisted, they started to wonder if their home was to blame.

A professional home assessment uncovered the issue: their crawl space, which had been sealed years ago, specifically to try and improve the home, was harboring mold spores that had spread into the home’s air system. The mold spores are invisible to the naked eye but had been circulating through the home, making the family sick. Once the problem was addressed, the family started feeling better almost immediately.

It turns out, their health was being impacted by something they had no idea was there and had taken steps they thought would eliminate it, and it was a problem that had been festering for years.

## HOW TO TELL IF YOUR HOME IS MAKING YOU SICK

If you’re starting to suspect that your home could be the culprit, there are several signs to look for:

- **Headaches, Fatigue, or Respiratory Issues:** If these symptoms improve when you leave your house and worsen when you return, it’s a sign your home’s air quality might be contributing to your health problems.
- **Unexplained Odors:** A musty or damp smell in the air can indicate hidden mold growth, especially if you can’t pinpoint the source.
- **Seasonal Symptoms That Don’t Go Away:** If you find yourself feeling sick or congested during certain months or seasons and nothing you do seems to help, the air quality inside your home could be the issue.

# STEPS YOU CAN TAKE TODAY TO START FIXING THE PROBLEM

- **Track Your Symptoms:** Start keeping a log of how you feel when you're at home versus when you're away. Are your symptoms more pronounced when you're inside? Do they disappear when you take a trip? This can help you identify if your home is the source of the problem.
- **Inspect Your Home:** Pay close attention to areas in your home that could be harboring mold or moisture, such as crawl spaces, basements, attics, and even bathrooms. Musty smells, damp walls, or visible mold are clear signs that something needs to be addressed.
- **Consult a Professional:** If you suspect your home might be making you sick, it's time to call in a professional for a thorough inspection. Look for an expert who takes a holistic approach, someone who will look at the entire home, not just isolated areas, to find the root cause of the problem.

A professional home assessment should look beyond the obvious, investigating all the areas that could be contributing to poor air quality, including crawl spaces, HVAC systems, basements, attics, and any spaces prone to moisture.

## WHY ACTING NOW IS SO IMPORTANT

If left untreated, the issues causing health problems in your home can worsen over time. Not only can these health problems continue to affect your family, but they can also lead to more serious conditions like chronic respiratory issues or long-term fatigue.

Even worse, ignoring these issues could lead to structural damage in your home. Moisture can weaken the structure of your house over time, causing expensive repairs down the road. But the good news is that these issues can be resolved, if you take action today.

If you suspect your home is making you sick, don't wait to get answers. Take the first step by tracking symptoms, inspecting your home, and consulting a professional. This should give you a clue that your house might be affecting your health in ways you don't fully understand. Start looking at your home differently, take the necessary steps, and get a professional assessment to get your health—and your home—back on track.

## Chapter 2: The Select Target Factor

### WHY ONLY ONE PERSON?

This is a common question: why is only one person affected while everyone else seems fine?

***The answer lies in individual sensitivities.***

Some people are more vulnerable to environmental factors like mold spores, poor air quality, or volatile organic compounds (VOCs). For example, children, the elderly, and those with pre-existing conditions like asthma or allergies often have heightened reactions to pollutants that others in the same house might not notice. Recent research has shown that the ability to detox from these harmful pollutants and especially mold spores is actually based on your personal genetics and approximately 20% of the population has this genetic mutation. (bad grammar, sorry but this is important to work into this document as it is the most common problem for people that have been fighting this for years and are now seeing a functional doctor that has tested them and found this genetic problem)

### WHAT'S HAPPENING IN YOUR HOME:

There are several hidden triggers that can affect one person more than others:

- **Mold Spores:** Invisible to the eye, these particles can trigger a variety of symptoms, including sinus infections, coughing, or even skin rashes. Mold can hide in crawl spaces, walls, or HVAC systems, silently impacting sensitive individuals.
- **Mycotoxins and MVOC gases:** These are invisible airborne contaminants that come from areas that can harbor moisture and mold growth (like the soil under your home) but they are not detected in most mold testing like mold spores can be.
- **Radon Gas:** While exposure to radon may not cause immediate symptoms, it's a long-term health risk. A family member with weakened lungs or a history of respiratory issues could feel its effects sooner.
- **Air Circulation Issues:** Poorly sealed ducts or improperly maintained HVAC systems can circulate contaminated air, but only certain people might notice the symptoms.
- **Chemical Sensitivities:** VOCs released by household cleaners, furniture, and paints might irritate one family member more than others.

## A FAMILY'S STORY:

### A CHILD WHO COULDN'T STOP COUGHING

Take the example of a family in Greensboro. For years, their young daughter had constant sinus infections and allergies. They tried everything from doctor visits, allergy medications, air purifiers without success.

Eventually, they called in a professional for a holistic home assessment. What they found was shocking: their sealed crawl space, which they thought was protecting their home, was actually the source of mold spores being pulled into their HVAC system. These spores were circulating throughout the home, and their daughter was the one most affected.

After modifying and correcting the sealed crawl space and thoroughly cleaning the ducts, their daughter's health improved dramatically. For the first time in years, she went months without getting sick.

# HOW TO TELL IF SOMEONE IN YOUR HOME IS BEING AFFECTED

It's not always easy to connect the dots, but here are some signs that one person's health issues might be linked to your home:

- **Persistent Symptoms:** Chronic sinus infections, headaches, or respiratory issues that don't respond to treatment.
- **Worsening Symptoms at Home:** If the person feels better when they're outside the house, it's a red flag that your home environment might be the problem.
- **Unexplained Allergies or Irritations:** Skin rashes, watery eyes, or coughing that don't seem to have an obvious cause.
- **Medical "Mysteries":** If your doctors can't pinpoint a reason for their symptoms, it's worth investigating your home.

## WHAT YOU CAN DO TODAY

If you suspect that one family member is being affected by your home's air quality, here's how to start addressing the problem:

1. **Religiously Track Their Symptoms:** Keep a journal of when their symptoms are worse and where they spend the most time in the house.
2. **Focus on High-Risk Areas:** You need to start paying close attention to spaces like crawl spaces, attics, and HVAC systems, these are often the sources of mold or other air contaminants.
3. **Consult a Holistic Home Expert:** Many traditional inspectors focus on just one area, like suspected water damage or the HVAC system. A holistic inspection evaluates the entire house to identify hidden problems that could be affecting your family's health.

-

## WHY IT'S WORTH INVESTIGATING

When one person is constantly sick, it doesn't just affect their health—it impacts the entire family. Relationships can become strained when one person feels unheard or when others don't understand the severity of the issue. Parents might argue about the best course of action, or siblings might resent the extra attention being paid to the sick child.

Ignoring the problem can also lead to long-term consequences. For example:

- Medical bills can pile up as you try to treat symptoms without addressing the root cause.
- The affected family member might develop chronic health issues, like asthma or severe allergies.
- The emotional toll can create stress and tension in the household.

## REAL SOLUTIONS, NOT TEMPORARY FIXES

The good news is that this problem can be solved—but only if the real issue is identified. By focusing on a holistic evaluation of your home, you can uncover hidden problems that might otherwise be missed.

## A HOLISTIC HOME ASSESSMENT INCLUDES:

- A thorough evaluation of crawl spaces, attics, HVAC systems, and other high-risk areas.
- Identifying sources of mold spores, VOCs, or other pollutants.
- A plan to fix the problem at its root, ensuring that your home becomes a safe and healthy space for everyone.

# ONE PERSON'S HEALTH IS EVERYONE'S CONCERN

If one person in your home is constantly unwell, don't dismiss it as bad luck or a quirk of their health. Your home might be playing a bigger role than you realize. By investigating the issue and addressing the root cause, you can improve not just their health, but the overall well-being of your entire family.

## NEXT STEPS:

Take the time to schedule a professional home assessment. A holistic approach will uncover the hidden factors affecting your family's health and provide actionable solutions to restore your home to a place of safety and comfort.

## Chapter 3: The Undiagnosable Cause Factor

### WHEN YOU'VE TRIED EVERYTHING AND NOTHING WORKS

Few things are more frustrating than dealing with ongoing health issues when you've already tried "everything." You've seen doctors, replaced your HVAC system, tried air purifiers, and maybe even called in inspectors or contractors. Yet, nothing changes.

The symptoms persist, the health problems linger, and you're left wondering: What is causing this?

This is a common experience for homeowners facing hidden environmental hazards. The problem isn't you. The problem is the traditional approach to inspections and solutions, focusing only on one piece of the puzzle while ignoring the bigger picture.

# THE PROBLEM WITH TRADITIONAL SOLUTIONS

Most inspectors or contractors would focus narrowly on specific issues, like moisture levels in your crawl space or visible signs of mold. While these are important, they only address part of the problem. A home is a complex system, and air quality issues often stem from multiple interconnected factors.

Here's why these traditional solutions would often fall short:

1. **Single-Focus Inspections:** Most professionals are trained to look for specific issues, like water damage or visible mold. If the problem doesn't fall neatly into their area of expertise, it goes unnoticed.
2. **Overlooking Hidden Areas:** Key areas like attics, HVAC systems, and unconditioned spaces are often ignored because they don't show obvious signs of damage.
3. **Misdiagnosing the Cause:** For example, a sealed crawl space might seem like the right solution, but improper techniques that are common in the industry can actually worsen air quality by trapping mold spores or radon gas inside your home.

## A HOLISTIC SOLUTION: EVALUATING ALL SIX ZONES OF YOUR HOME

To truly solve the problem, you need to take a step back and look at the entire home as a system. A comprehensive evaluation involves assessing six critical zones, each of which can contribute to air quality and health problems:

1. **Foundation:** Crawl spaces, basements, or slabs can be a major source of mold, bacteria, and radon gas. Even small issues, like an improperly installed vapor barrier, can lead to serious air quality problems.
2. **Attics:** Your attic might not have visible mold, but it can act as a collector for airborne pollutants, like pollen and mold spores, which settle over time and affect your home's air quality.
3. **HVAC Systems and Ductwork:** Mold can grow inside ducts, and poorly sealed HVAC systems can pull in contaminated air from crawl spaces or attics, distributing it throughout the home.
4. **Unconditioned Spaces:** Areas like garages, utility rooms, or storage spaces are often overlooked but can harbor pollutants that seep into your living areas.
5. **Air Infiltration Points:** Gaps around windows, doors, siding and brick, or even through the subfloor of your home, can allow outdoor contaminants to enter your home.
6. **Water Damage Zones:** The majority of the industry focuses on this, and even though it can be a major problem, it is commonly the least likely source and the relentless search is often why finding the real problem can be such a challenge. Each of these zones plays a role in your home's overall air quality. Unless they're all evaluated together, the root cause of your health issues might never be found.

## REAL-LIFE EXAMPLE: THE COST OF OVERLOOKING THE BIG PICTURE

One homeowner in North Carolina called in multiple inspectors over the course of two years, trying to figure out why their family was constantly sick. Every professional they hired focused on one aspect of the house: one checked for moisture in the crawl space, another tested the HVAC system, and another looked for visible mold.

Each inspection came back inconclusive, and the family was left with no answers—just mounting frustration and medical bills.

When a holistic home assessment was finally conducted, the real problem became clear. The sealed crawl space, which was meant to protect the home, had been improperly installed, trapping moisture and mold spores. Additionally, the attic had accumulated years of airborne pollutants that were being pulled into the home by the HVAC system.

Once these issues were addressed, the family's health improved dramatically. What they needed all along wasn't another narrow inspection—it was an evaluation of the entire house.

## WHY A HOLISTIC APPROACH MATTERS

A holistic home inspection looks at your house as a system, identifying connections between issues that might seem unrelated at first. For example:

- A mold problem in your crawl space could be affecting your HVAC system, which then circulates the contaminated air throughout your home.
- Air infiltration from a poorly sealed home's exterior might be introducing outdoor damp air into the home that is creating hidden problems

By evaluating all six zones of your home, a holistic approach ensures that no stone is left unturned. This is the only way to truly identify the root cause of health issues and prevent future problems.

## WHAT YOU CAN DO TODAY

If you've already tried everything and still don't have answers, it's time to take a new approach. Here's how to get started:

1. **Stop Chasing Symptoms:** Don't waste time and money on piecemeal solutions that only address part of the problem.
2. **Look Beyond the Obvious:** Even if you've had a crawl space or HVAC inspection before, remember that most inspections don't evaluate all six zones of your home properly.
3. **Schedule a Holistic Home Assessment:** Choose a professional who specializes in whole-home evaluations. This ensures that every potential issue is identified and addressed.

## WHY YOU SHOULDN'T WAIT

Every day that passes without identifying the root cause of your home's air quality problems is another day your family's health is at risk. Chronic exposure to mold, radon, or VOCs can lead to long-term health complications, including respiratory issues, fatigue, and even serious illnesses like lung cancer.

Additionally, unresolved problems in your home can lead to costly repairs down the road. Mold and moisture can weaken your home's structure, while improper air sealing can increase your energy bills.

## FINAL THOUGHTS: THE ANSWER IS CLOSER THAN YOU THINK

When you've tried everything and nothing has worked, it's time to stop guessing and start addressing the root cause. A holistic home assessment can uncover hidden issues that traditional inspections miss, giving you the answers you've been searching for.

Your home should be a place of safety and comfort, not the source of your family's health problems.

## **NEXT STEPS:**

Schedule your holistic home assessment today and take the first step toward creating a safer, healthier home for your family.

# Chapter 4: What You Can Do About It Today!

## **TAKING BACK CONTROL OF YOUR HOME AND YOUR HEALTH**

Realizing your home might be making you or your family sick can feel overwhelming. Questions like “Where do I even start?” or “How can I be sure what's causing this?” often come to mind. The good news is that there's a clear path forward, and it begins with understanding the problem and taking decisive action.

This chapter focuses on actionable steps you can take to understand the scope of the issue and resolve it for good.

### **STEP 1: RECOGNIZE THE SIGNS**

Every home gives off signals when something is wrong, but these signs aren't always obvious. Learning to recognize them is the first step in protecting your family's health.

## HEALTH-RELATED CLUES

- **Recurring Symptoms:** Does someone in your home experience frequent headaches, sinus infections, or fatigue?
- **Unusual Patterns:** Do symptoms improve when you're away from home, only to worsen after you return?
- **Allergy-Like Reactions:** Are there respiratory issues, skin irritations, or watery eyes that seem to have no clear cause?

## ENVIRONMENTAL RED FLAGS

- **Musty Odors or Damp Air:** This could indicate hidden mold or moisture problems in areas like crawl spaces or basements.
- **Visible Water Damage:** Even small water stains or damp spots on walls can point to larger issues behind the scenes.
- **Temperature or Airflow Issues:** Uneven cooling or heating in your home may suggest problems with your HVAC system or air circulation.

## STEP 2: FOCUS ON KEY PROBLEM AREAS

Once you recognize the signs, the next step is identifying the potential sources of the problem. Not all areas of your home carry the same risk, so it's important to prioritize the ones most likely to contribute to poor air quality.

### HIGH-RISK AREAS TO INSPECT:

- **Crawl Spaces:** Often overlooked, crawl spaces are a leading source of mold, radon, and moisture issues. If improperly sealed or ventilated, they can silently harm your family's health.
- **Attics:** Attics may not seem like a health risk, but they can collect airborne pollutants such as mold spores and pollen, which settle over time and seep into your living space.

- **HVAC Systems and Ductwork:** Your HVAC system can distribute contaminants throughout your home if it isn't sealed properly or if mold has developed inside the ducts.
- **Basements:** Water damage and moisture in basements create ideal conditions for hidden mold growth, even if the basement looks “dry” on the surface.
- **Unconditioned Areas:** Spaces like garages, utility rooms, or storage areas can harbor pollutants that eventually migrate into your main living areas.

## REAL-LIFE EXAMPLE: THE SOURCE EVERYONE MISSED

A homeowner in North Carolina experienced constant fatigue and headaches. They hired multiple inspectors to evaluate the crawl space, replace the HVAC system, and even test for radon, but the issues persisted. Finally, a holistic inspection revealed the real problem: mold spores hidden in their attic insulation were being drawn into the home through poor air circulation. By addressing the attic and improving ventilation, they eliminated the issue and felt immediate relief.

This story highlights why it's essential to evaluate all areas of your home—not just the ones that seem obvious.

## STEP 3: GET A HOLISTIC HOME ASSESSMENT

Many homeowners waste time and money on isolated solutions that fail to address the root cause. That's why a comprehensive, whole-home assessment is critical.

A holistic inspection goes beyond traditional methods by evaluating how different areas of your home interact to affect air quality and health.

## WHAT TO EXPECT FROM A HOLISTIC HOME ASSESSMENT:

- A detailed evaluation of all six key zones in your home (crawl spaces, attics, basements, HVAC systems, unconditioned areas, and air infiltration points).
- Identification of hidden issues, such as improperly sealed crawl spaces, moisture in walls, or pollutants in the air system.
- A clear, actionable plan to resolve the root causes of poor air quality.

## STEP 4: ADDRESS THE ROOT CAUSES

Once the problems are identified, the focus shifts to fixing them. The goal isn't just to provide temporary relief but to solve the issue at its source.

## COMMON FIXES THAT WORK:

- **Crawl Space Sealing:** Ensuring that vapor barriers, vents, and insulation are properly installed to prevent moisture and mold growth.
- **HVAC Cleaning and Maintenance:** Removing contaminants from ducts and ensuring the system isn't circulating polluted air.
- **Moisture Control:** Waterproofing basements, improving drainage, and addressing leaks to eliminate conditions that encourage mold growth.
- **Radon Mitigation:** Installing systems to safely reduce radon levels in homes with high exposure.

## WHY ROOT CAUSE SOLUTIONS MATTER

Quick fixes might seem appealing, but they rarely address the full scope of the problem. For example:

- Sealing a crawl space improperly can worsen radon or trap moisture.
- Cleaning an HVAC system without addressing the source of the contaminants means the problem will return.

Comprehensive solutions save you time, money, and frustration in the long run.

## STEP 5: COMMIT TO LONG-TERM MAINTENANCE

Fixing the problem is only the beginning. Maintaining a healthy home requires ongoing attention to ensure the issues don't return.

### YOUR LONG-TERM PLAN FOR A HEALTHY HOME:

- **Schedule Regular Inspections:** Have your home evaluated annually to catch potential problems early.
- **Monitor Indoor Air Quality:** Use radon detectors or air quality monitors to stay informed about your home's environment.
- **Stay Proactive:** Keep an eye out for new odors, moisture, or changes in health symptoms that might signal a developing issue.

Your home should never be a source of illness or stress. With the right steps, you can transform it into a place of safety, comfort, and health for your family.

By recognizing these signs, addressing high-risk areas, and committing to holistic solutions, you're taking back control of your environment and protecting the people you care about most.

### YOUR NEXT STEP:

Schedule a holistic home assessment today and take the first step toward a healthier, safer home. Your family deserves nothing less.

# YOUR NEXT STEP:

**Schedule a holistic home assessment today** and take the first step toward a healthier, safer home. Your family deserves nothing less.

**SCHEDULE YOUR EVALUATION**