

ASTHMA BEGINS AT HOME

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By
Rosie Gordon

PREFACE

Millions of people are sick with allergic asthma, despite the millions of pounds that are ploughed into researching it each year. Why?

I have written this in order to get Nell Nockles' research through to the general public. It's our belief that we could and should be saving lives now, through simple changes in the home. But, in a world dominated by pharmaceutical companies, it's not surprising that 'Angry from Surrey' isn't getting much attention.



If Nell hadn't stumbled on a discovery about her bedroom and the damage it was doing to her health, I am not sure she'd still be here. It's our duty to pass on all the subsequent research she has done to you, so that you can improve your health and, most importantly, that of your children. We have seen great health improvements in children and family life following Nell's simple methods. Remember, the information in this book is based upon the independent research of someone who has experienced serious asthma. Much of the information is from other studies, government funded or independent, that we have dug up.

Many of you will already know that you are allergic to the house dust mite and other things, and have some idea about how to clean up your environment. This book is designed to enlighten you a little further; to help you **really** understand asthma and the damage it does. It is also designed to help you educate your children about making healthier life choices. I know you want to learn this stuff – we get hundreds of enquiries from allergy sufferers and worried parents through our website. I hope this book inspires you to do more research, taking control of your own healthy, active life.

I'm not pretending to be a doctor, nurse or scientist. These are the people whom you should always consult for medical advice. Equally, I am not a 'quack'. I'm simply questioning the cynicism that many people have towards alternative approaches (anything not endorsed by pharmaceutical companies, if we're being cynical). Why NOT do your own research and keep an open mind?

In the UK, our government is now keen to focus on educating people about controlling health problems by taking more responsibility for their lifestyle. This is because it has realised that the spending on medication is running away with us. In a sense, we need to get 'back to basics' and take more responsibility for preventing health problems ourselves.

Maybe, if we can break the cycle of ill health - which comes about through lack of education, rubbishy chemical food, stuffy, humid homes and our modern sedentary lifestyle - future generations will see a decline in asthma and allergy levels. The world will be richer on every level. We need to stop depending on drugs and help ourselves a little.

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