



The HEALTHY HOUSE Ltd
Relieving allergies since 1991

November Newsletter and Special Offers

Sale and Offers effective until Dec 31st 2008



post



If undelivered, please return to:
The Healthy House Ltd
The Old Co-Op, Lower Street
Ruscombe, Stroud, GL6 6BU

Dust Mite Proof Duvet - Tog rating 12

- ✓ The 12 tog is light weight, washable and suitable for the colder months
- ✓ Impermeable to dust mites
- ✓ Economical alternative to a dust mite proof duvet case
- ✓ **Special Offer 2 pillows (usually £9.99) for £5.00 with purchase of a duvet**



The 12 tog synthetic dust mite proof duvets are light weight and washable. The cover is Daltex Allershield and the filling is hollowfibre. This is a very economical alternative to a dust mite proof duvet case. Simply cover with your usual cotton cover. Wash at 40°C 3 to 4 times per year. Air dry or tumble dry on a cool setting. Benefit from our special offer on pillows when you purchase one of these duvets.

DMPDS12	12 tog Duvet Single	137x200cm	£24.95
DMPDD12	12 tog Duvet Double	200x200cm	£29.95
DMPDK12	12 tog Duvet King	220x230cm	£32.95
DMPP	Dust mite proof pillows x 2	48x74cm	£9.99
DMPPS	Special offer Dust mite proof pillows x 2		£5.00



The Healthy House 100% Cotton Dust Mite Proof Barrier Cases - Free AirCleanse with Sets

- ✓ Material tested at the Medical Entomology Centre in Cambridge
- ✓ Now available VAT exempt - save 17.5%
- ✓ Help alleviate the symptoms of dust mite allergy
- ✓ Ideal for people who are chemically sensitive or prefer natural bedding
- ✓ Completely encase the mattress, duvet and pillow

These pure Oeko-tex Standard 100 cotton dust mite proof barrier cases are unbleached and undyed and made exclusively for The Healthy House. Laboratory tests at the Medical Entomology Centre in Cambridge have shown the cotton to work as a barrier to the dust mite because of the density of the weave. All cases have zip closures with an additional flap for extra protection. The mattress case opens the length of one side and along the bottom making it easy to take on and off for washing. The duvet case opens the length of one side and the pillow case opens along the length of the pillow. For complete protection, we recommend covering the mattress, the duvet and the pillows (save on our bed sets) or use a dust mite proof mattress case, a dust mite proof duvet and dust mite proof pillows. Machine wash at 60°C 3 to 4 times per year. This material is densely woven and will crease when washed. It can be ironed whilst still damp or simply air dried or tumble dried on a cool setting and put back on to the bedding. Cover with your own cotton sheets. The bedding cases are available VAT exempt for sufferers of dust mite allergy. *Please see our website or phone us to request a VAT exemption form.



			ex VAT*	incl VAT
DCP	Pillowcase	50x75cm	£11.32	£13.30
Mattress Cases				
DCMC	Cot	60x122x10cm	£38.31	£45.60
DCMCB	Cot Bed	70x140x10cm	£42.85	£50.35
DCMS	Single	90x190x23cm	£50.94	£59.85
DCMD	Double	135x190x23cm	£68.72	£80.75
DCMK	King	150x200x23cm	£71.96	£84.55
DCMSK	Super K	180x200x23cm	£84.09	£98.80
Duvet Cases				
DCDS	Single	135x200cm	£54.98	£64.60
DCDD	Double	200x200cm	£69.53	£81.70
DCDK	King	235x220cm	£80.04	£94.05
DCDSK	Super King	265x220cm	£92.17	£108.30

FREE AirCleanse (usually £11.95) when you purchase a Cotton Dust Mite Proof Bed Set**
Special Offer - Cotton Bed Sets
SAVE 10% ON INDIVIDUAL PRICES AND GET A FREE AIRCLEANSE

The single bed set has one pillow case, one mattress case and one duvet case; the double, king and super king sets have two pillow cases, a mattress case and a duvet case. Always check dimensions before ordering.



			ex VAT	incl VAT
Cotton Dust Mite proof Bed Sets				
DCBSS	Single	with Free AirCleanse	£105.51	£123.98
DCBSD	Double	with Free AirCleanse	£144.80	£170.15
DCBSK	King	with Free AirCleanse	£157.17	£184.68
DCBSSK	Super King	with Free AirCleanse	£179.00	£210.33

**AirCleanse encapsulates and neutralises pollen, dust mite allergens and pet allergens in the indoor air. Please see the following page.

Order now 0845 450 5950 or www.healthy-house.co.uk

Indoor Allergy Range

- ✓ Denatures the dust mite and dust mite residues in beds, carpets and furnishings
- ✓ Controls allergens in the air, in the wash and on furnishings
- ✓ Effective on pet allergens, pollens and mould
- ✓ Completely safe - no insecticides



Our very popular range of allergen sprays do not contain insecticides or propellants that might cause problems. The range has been developed by the manufacturers of PetalCleanse and we have had excellent feedback on them for denaturing the allergens that are the most common cause of eczema and asthma in humans and dogs. Tests have been carried out at Smallburgh Laboratories and Reading Scientific Services.

HomeCleanse®

HomeCleanse is an acaricide and pet and dust mite allergen denaturer. It comes in an aluminium spray bottle. The active ingredients are eucalyptus oil, ylang ylang and quaternium salts. Spray furnishings and pet bedding once a month. Tests show that the allergen reduction will be over 75% depending on the thoroughness of application. The spray is non staining and safe for natural and synthetic soft furnishings. (We suggest using a test area first to test for colour fastness).



FabricCleanse®

FabricCleanse is a liquid solution to be used as an acaricide and pollen, mould, pet and dust mite allergen denaturer. Added to the water for both hand washing and machine washing, FabricCleanse kills 99.9% of dust mites and reduces allergens by over 90%. The key ingredients are eucalyptus and benzyl benzoate. The solution is effective at temperatures as low as 30°C and is suitable for synthetic and natural fibres. The liquid should be added to the washing powder at the start of the washing cycle. The benzyl benzoate is washed out of the fabric in the rinse cycle.



AirCleanse®

AirCleanse encapsulates and neutralises pollen, dust mite allergens and pet allergens in the indoor air. It comes in the form of a spray. The active ingredients are eucalyptus oil, ylang ylang and quaternium salts. Recommended use is to spray the air in the room twice a week for the first three weeks and once a week thereafter. Tests show that the average reduction in airborne allergens is 86% and the minimum is 75% which should make a significant difference to anyone reacting to allergens in the air.



HC	HomeCleanse	250ml	£11.95
FC	FabricCleanse	300ml	£11.95
AC	AirCleanse	250ml	£11.95

Dust Mite (Pollen, Pet, Mould) Allergy Pack

- ✓ One AirCleanse, One HomeCleanse, One FabricCleanse
- ✓ Neutralises dust mite, pollen, pet and mould allergens on furnishings and in the washing
- ✓ Natural and easy to use
- ✓ Save 10% on individual prices



A brilliant aid to combating dust mite and other indoor allergens. For dust mite allergy we recommend that you combine the use of these sprays with dust mite proof bedding.

		usually	pack price
DMAP	Dust Mite Allergy Pack	£35.85	£32.26

The Saltpipe™

The Saltpipe is a handy porcelain pipe filled with salt from the Transylvanian Praid salt mine. The salt is inhaled into the lungs inducing natural self-cleansing mechanisms that flush away the impurities from the surface of the cells. It has been very popular with sufferers of asthma, bronchitis, rhinitis, pollen or other allergies of the respiratory tract and has also been used to help relieve the symptoms of hay fever, colds and smoking related respiratory problems. Recommended use is for 15-25 minutes per day. The salt will be effective for approximately 5 years.



"I felt the inconvenient accumulations in my respiratory tract dissolve and leave. This year I haven't needed to take antibiotic medications. I just recommend the use of this pipe to everyone, because it simply changed my life." K.H.

SP	Satpipe	£29.95
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PetalCleanse® for allergy to dogs and cats

- ✓ Effective in reducing symptoms in over 90% of pet allergic people
- ✓ Removes the pet allergens that cause rhinitis, asthma, eczema and hives in humans
- ✓ Save £2.00 when you buy two bottles

Pets can cause breathing difficulties, wheezing and coughing, streaming and puffy eyes, hives and skin irritations, asthma and eczema. PetalCleanse effectively reduces symptoms in 90% of pet allergic people. Simply apply the safe surfactant based lotion once a week to the pet's coat and it will remove pet allergens. It may give immediate relief for contact allergies but usually takes up to 3 weeks to reduce the build-up of airborne allergens in the home, though if you combine the use of PetalCleanse with AirCleanse this will speed up your recovery time. Very useful products for pet allergy.



PCC	For Cat/Small Animal		£10.95
PCC2	For Cat/Small Animal x2	Save £2.00	£19.90
PCD	For Dog		£10.95
PCD2	For Dog x2	Save £2.00	£19.90

"It's my lifeline! I couldn't continue with my streaming eyes and wheezy chest. Now I use PetalCleanse." J.B.

Pet Allergy Pack

- ✓ One AirCleanse, One HomeCleanse, One PetalCleanse
- ✓ The easiest way to reduce pet allergy
- ✓ Neutralises pet allergen throughout your home
- ✓ Neutralises and removes allergens on your pet
- ✓ Save 10% on individual prices



If you suffer from cat, dog or other animal allergy this pack could really help you. It enables you to neutralise the pet irritant while it is in the air and once it has settled on sofas and chairs - perfect if your pet is always lounging on your favourite sofa.

		usually	pack price
PAPC	for Cat/Small Animal	£34.85	£31.37
PAPD	for Dog	£34.85	£31.37

Premi-air HM688S - with Free Replacement Filter

- ✓ Washable pre-filter to collect larger particles
- ✓ Multi-stage filtration includes HEPA to remove 99.99% of particles down to 0.3 microns and carbon filter to remove odours
- ✓ Ioniser can be on or off



This old favourite is ideal for use in a small bedroom, office or living area. Can be placed vertically or horizontally.

- Room size: 12m²
- Quiet on low setting
- Replace filters annually
- Measures 30x30x17.5cm
- One year guarantee
- 3 speed settings
- 1, 2, 4 and 8 hour timer
- Max power consumption 40w
- Weighs 2.7kg

HM688S	HM688S HEPA Air Purifier with FREE replacement filter	£59.95
HM688SH	HEPA/Carbon Filter	£14.99

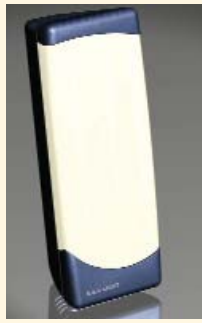
FURTHER INFORMATION & ORDERING

For our complete range of products, carriage charges (standard £4.50), terms and conditions or further information, please contact us for our current catalogue or visit our website on www.healthy-house.co.uk. VAT exemption forms for the dust mite proof bedding and light boxes, and rental forms for the light boxes will need to be downloaded or requested by phone. Please telephone us to order or order online on our secure website. Please contact us if you would prefer no more mailings.

Order now 0845 450 5950 or www.healthy-house.co.uk

LitePod

- ✓ For mild S.A.D. or lack of energy
- ✓ 10,000 lux at 30cm
- ✓ Treatment time 45-60 minutes at 50cm
- ✓ LitePod can also be used as a work light
- ✓ Special Offer Save £10.00 (ex-VAT)



The LitePod is small, discreet and perfect for use at home or in the office. It fits neatly between a keyboard and monitor or on the counter top in the kitchen. Simply using it every day will supplement light, increase energy levels and counteract the symptoms of mild S.A.D. The LitePod is supplied with 2x24w daylight tubes. It can be used horizontally or vertically, measures 38x12.5x12.5cm and weighs 1.5kg

"I wanted to thank you for a great product. ...I've not even used it for a week and the changes are remarkable. I used to be a living zombie, feeling tired all the day. But no more. I'm also more cheerful and I have the feeling I can take on more work. Thanks a lot, this is truly a life saver..." F van H.

		ex VAT*	incl VAT
LP	LitePod	£105.00	£123.38

Light boxes may:

- ✓ Alleviate tiredness
- ✓ Increase energy levels
- ✓ Ease anxiety problems
- ✓ Help with sleep problems
- ✓ Increase libido
- ✓ Help with jet lag
- ✓ Help with fatigue
- ✓ Help with post natal depression
- ✓ Help with low mood
- ✓ Reduce carbohydrate cravings
- ✓ Help with depression caused by S.A.D.
- ✓ Help acclimatise to shift work

Light Box Rental - Try before you buy!

- ✓ Renting lets you try light therapy to see whether your symptoms are caused by S.A.D.
- ✓ You benefit from one month's rent against the purchase price if you then decide to buy
- ✓ Minimum rental period is now one month

We offer a selection of light boxes on a rental basis for anyone who wants to rent for a few months or try before they buy. Each box is charged at a monthly rate. The minimum rental period is now one month and if you decide to purchase the box you will get the first month's rental deducted from the purchase price. At the end of the agreed period please return the light box to us undamaged and in its original packaging. (We can arrange to have it picked up and charge you at cost.) Payments for rentals will only be accepted by credit card and any damage will be charged against your card at cost. Please see Catalogue 19 or our website for full details on light boxes.



Rental per month	Treatment Time	ex VAT*	incl VAT
D105R	20-30 minutes	£42.00	£49.35
D104R	20-30 minutes	£36.00	£42.30
D103R	30-40 minutes	£32.00	£37.60
LPR	45-60 minutes	£19.00	£22.33
P/p			£7.50

*Please see our website or phone us to request a VAT exemption form.

Airfree Air Sterilisers

- ✓ Best for mould
- ✓ Destroys viruses and bacteria
- ✓ Completely silent in operation, maintenance free
- ✓ New metal versions now available



Tests have proven that the Airfree destroys 99.99% of microorganisms that pass through the ceramic core and reduces dust mite population by combating a certain mould needed by dust mites to break down their food. The Airfree's are suitable for continuous use in one room. They are not designed to be moved around. They sterilise the air and are perfect for removing viruses. They will reduce ozone by 26%, (this is given off by photocopiers and fax machines). Convection draws in particles which are then incinerated in the ceramic core. Sterilised air is then cooled before being released back into the room. Within 14-21 days the level of microorganisms and allergens will have been reduced by 85% and from then on are kept to a minimum. Run in a ventilated room for the first 2 days to get rid of the new smell.

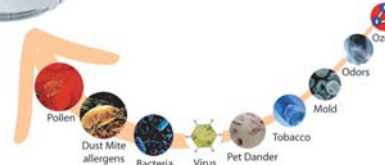
Purified Air



Sterilized Air Outlet
The purified air is released back into the environment.

Thermodynamic Sterilizing System (TSS®)
99.99% of all microorganisms are destroyed at high temperature (400°F).

Dimmer Adjustable Anti-Stress Light.



Airfree P60, P80 and the Platinum P125 Airfree Metal Wallmounted Units

The Airfree's are easy to use and energy efficient. The internal chamber of the P60, the P80 and the P125 is metal with an outer covering of hard ABS plastic. The units measure 26.5cm high by 21.5cm in diameter and weigh approximately 1kg. They have an exclusive dimmer controlled blue anti-stress light which is ideal for children's rooms to use as a night light. The P60 is suitable for a room up to 24m², the P80 for a room up to 32m², and the P125 for a room up to 50m². Power consumption on the P60 and P80 is 45w and on the P125 is 50w. The P60 and the P80 are both white and the Platinum P125 is a silver grey.

With the same capacity as the Airfree P80, the new metal units are designed to be wall mounted and come with an adjustable LED night light. They measure 26.5x17x11cm and weigh 1.3kg. Particularly suitable for those sensitive to hard plastic.

You will find further information on how these units work on our website with an enlightening video and results of the 'Strawberry Test'. These units are ideal for both dust mite and mould allergy.



P60/P80



P125



WM203/WM200

Airfree

"As a Physician specialising in allergy and environmental medicine, I am very impressed with the Airfree Air Steriliser for the purpose of removing moulds and their spores from the air we breathe... Overall I feel the Airfree has contributed greatly to the reduction in the mould count in parts of my house... I can wholeheartedly recommend this machine for anybody with a serious allergy to mould and other airborne allergens."
Dr Diana Samways

P60	P60 (White)	up to 24m ²	£149.95
P80	P80 (White)	up to 32m ²	£169.95
P125	P125 (Platinum)	up to 50m ²	£199.95
WM203	Wallmounted (White)	up to 32m ²	£229.00
WM200	Wallmounted (Stainless Steel)	up to 32m ²	£239.00

Order now 0845 450 5950 or www.healthy-house.co.uk

Shower Filters for high or low pressure

- ✓ Effectively remove chlorine and some other contaminants
- ✓ Control some bacteria such as algae and fungi
- ✓ Prevent inhalation of harmful chlorine fumes

These shower filters fit easily onto most shower heads between the shower hose and your existing shower head. They use KDF 55 filter media made of high purity copper and zinc alloy. Please specify whether your water is on tank (low pressure) or mains (high pressure). Replace your shower filter annually (12,000 litres).



RST	Low Pressure for Tanks	£49.95
RS	High Pressure for Mains	£49.95

Bath and Shower Set - Save £10.00 on individual prices

Combining a Crystal Ball with a Shower Filter gives you chlorine free bathing at a more than 10% saving. Once you've tried it you will never want to go back to bathing in chlorinated water. Please state whether you require a shower filter for tank (low pressure) or mains (high pressure).

BSST	Bath and Shower Set for Tanks	£79.90
BSS	Bath and Shower Set for Mains	£79.90

Bio-Protective Products

- ✓ Mobile phone protection so discreet no one will know you are using it
- ✓ Neutralises harmful electromagnetic frequencies
- ✓ Specialised products for particular types of equipment
- ✓ For electromagnetic and geopathic stress



E-422 Green8 Small for mobile phones and E-425 Green8 Small Double Pack for mobile or DECT phones

Designed to be used in mobile phones, on DECT (digital cordless phones) and on baby monitors. The Green8 Small enables trouble free phone use without the discomfort of fatigue, lack of concentration, warm ears and the other detrimental effects caused by frequent mobile phone and DECT phone use. The tiny 8 fits into the battery compartment of your mobile phone, is unseen and does not affect reception or ease of use. For a Blackberry we advise using two of the small Green8s. For DECT cordless phones please attach one Green8 foil at the back of the base station and one to each handset. The foil measures 4.0x2.0cms. If this is too large for your phone you can carefully cut around the 8 making sure you do not damage it. The effective radius is up to 2 metres. **Save almost £10.00 on the double pack.**



E-422	Green8 Small	£25.30
E-425	Green8 Small x2	£40.70 Save almost £10.00

For our full range of electromagnetic protection products please see our website or Catalogue 19.

Pyramid Ioniser - Save 15%

Positively charged air attracts and holds suspended dust particles, which can cause fatigue, headaches, allergies and irritation of the eyes and mucous membranes. The Pyramid Ioniser produces negative ions which restore the electrical balance by neutralising positive ions. The dust particles can no longer remain airborne and fall to the floor. This unit incorporates five high output ionisation streams which help clear the air of smoke, dust and pollen. The unit measures 11.5x11.5x8cm and has a 5m range. It should be placed on a washable surface. Now available in black or white.



		Usually	Special Offer
PIB	Pyramid Ioniser Black	£23.50	£19.95
PIW	Pyramid Ioniser White	£23.50	£19.95

The Crystal Ball Bath Dechlorinator

For a relaxing bath without the irritation of chlorine. An ingenious invention - when water comes into contact with the media inside the ball, chlorine is changed at molecular level into zinc chloride which is a harmless compound. Simply turn the bath on and hang the ball on the bath tap spout to allow incoming water to flow over the ball. After filling the bath swirl the Crystal Ball through the water for about 5 minutes. By doing this chlorine and chloramine should have been reduced by 90%.



Always remove the ball before adding bath oils. The ball also contains 29 grams of virgin crystalline quartz. This helps 'energise' the water by reducing the water's surface tension. This helps increase the sudsing and lathering of soaps and shampoos. The media inside the ball will last up to one year (approximately 200 baths). Replace the filter bag once a year.

"At last! No more filling my bath with moisturisers and covering myself with oils. I can now bathe without any fear of dry, flaking skin." A.B.

CBD	Bath Dechlorinator	£39.95
CBDRB	Replacement Bag	£32.50



Q-Link Pendants

- ✓ Improve energy, stamina and muscle strength
- ✓ Protect against the effects of electromagnetic radiation from mobile phones and computers
- ✓ Help improve sleep patterns

Q-Link pendants strengthen and balance your body's energetic system, boosting your resilience to all kinds of stress. Scientifically tested and endorsed by top practitioners, wearers report having improved focus and concentration, increased ability to cope with stress, enhanced mental and physical performance, improved sleep, reduced anxiety, reduced effects from exposure to electromagnetic radiation from mobile phones, computers and air travel, increased blood oxygenation and improved exercise recovery rates.

All cells in your body resonate together and create your own personal biofield. When this biofield is distorted by different stressors symptoms occur. When you wear the Q-Link pendant the healthy resonating frequency that is emitted normalises your biofield. The Q-Link works like a master tuning fork, constantly reminding the body of its healthy frequencies.

The Q-Links are available in the New Design (White, Black and Blue), the Titanium, the Original Design Silver and the Silver Pebble. We now offer a 90 day money back guarantee on all Q-Links. If you do not feel you have benefited from it, it may be returned for a refund. It must be in saleable condition and in its original packaging. A £6.00 restocking charge will be applied. The Q-Links contain no batteries and need no maintenance. They are person specific and, once worn, should not be used by anyone else. Please note that occasionally symptoms may worsen when first wearing the Q-Link. This is a normal reaction and may mean you need to acclimatise gradually to the Q-Link by wearing it for longer periods each day.

QLNW	Q-Link New Design White	£75.00
QLNB	Q-Link New Design Black	£75.00
QLNBL	Q-Link New Design Blue	£75.00
QLT	Q-Link Titanium	£157.00
QLOS	Q-Link Original Silver Polished	£125.00
QLSP	Q-Link Silver Pebble Polished	£225.00
P/p	DD Special Delivery	£5.50

Order now 0845 450 5950 or www.healthy-house.co.uk