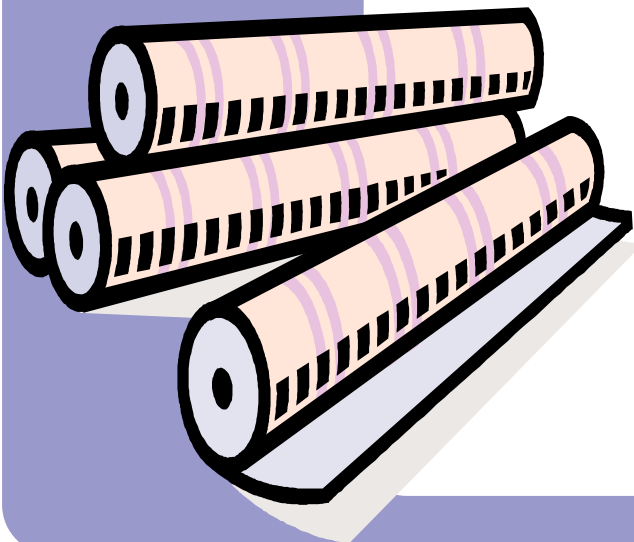


Better Living: A Safer Home

“Mylar blankets can be used to wrap mattresses to seal in molds, fire retardants, and other chemicals.”



The most challenging aspect of living with multiple chemical sensitivity (MCS) or toxic chemical injury is securing chemical free housing. Even when all traces of previous occupants air fresheners, fragrances, and laundry products have been removed, the house itself may still be leeching volatile organic compounds that often evade our sense of smell, but impact our health.

Many woods, including those in cupboards, contain formaldehyde. Carpets contain glues and other synthetic materials. Paint, flooring, HVAC materials, baseboards, trims, and other building materials may present problems as well. Furniture is yet another concern with formaldehyde, foam cushions, and other synthetic materials.

Despite all of these challenges, there are low cost ways to help seal in the gases and reduce the amount present in the air we breathe. Besides air filters, three such products are Mylar, Denny Foil, and AFM Sealer.

Mylar

Mylar is most often found in

camping supply sections of stores in the form of a Mylar emergency blanket for about \$1.99. Essentially, Mylar is an aluminized blanket. It is used for camping and emergencies, as it has a propensity for retaining heat when one wraps in it and also can be used as a shelter to reflect heat. It resembles a thin shower curtain of reflective aluminum.

Mylar blankets can be used to wrap mattresses to seal in the molds, fire retardants, and other chemicals. They can also be used to cover chairs when in public, to hang on walls to prevent vapor escape, and to wrap boxes and other possessions to protect them. The uses are endless.

A few sources for purchase include:

<http://www.survivalinstinct.com/sur1.html>

<http://www.amazon.com/Emergency-Mylar-Blanket-Blankets-EB-10/dp/B000FETSDQ>

Denny Foil

Denny Foil is an impermeable vapor barrier used in building to seal off-gassing materials via a hermetic seal. It comes in a roll and can be used to cover the floors, walls, and ceilings to prevent VOC off-gassing. It is much sturdier than Mylar and resists tears better too... for a bit more cost.

A few sources for purchase include:

**“As with any
new
product,
please test
it first...”**

EL Foust Co, Inc.
754 Industrial Drive, PO Box 105
Elmhurst, IL 60126
800-353-6878
sales@foustco.com
<http://www.foustco.com>

Denny Sales Corp.
3500 Gateway Drive
Pompano Beach, FL 33069
800-327-6616

AFM Safecoat Sealer

AFM Safecoat is a sealer that can be used on walls, floors, carpets, cabinets, and furniture. It dries clear and is unnoticeable while it works to prevent off-gassing. The company also sells environmentally responsible, sustainable and non-polluting paints, stains, wood finishes, sealers, and related green building products. AFM products

do not contain toxic ingredients such as solvents, heavy metals, chemical residuals, formaldehyde, or other harmful preservatives.

AFM Safecoat
619-239-0321
Toll Free Voice Mail - 800-239-0321
<http://www.afmsafecoat.com/products.html>

Disclaimer

As with any new product, please test these before you use them, as sensitivities may vary. Though most with MCS tolerate the products discussed in this article, some may have adverse reactions. We will not be held responsible for their use, misuse, or any damages sustained. Neither MCS America nor Lourdes Salvador has financial interest in any of these products. No fees have been collected for product advertising.



We Put Your Health First!

At Safecoat®, protecting personal health has always been our first priority. That's why for over 25 years we've been working to develop the safest, highest quality and least toxic paints and building products. Today AFM Safecoat is the leading provider of environmentally responsible, sustainable and non-polluting paints, stains, wood finishes, sealers and related green building products.