



# Wenn wohnen krank macht: Schadstoffe erkennen, beseitigen, vermeiden (German Edition)

*Thomas Schmitz-Günther*

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Gesunde, reine Luft in der Wohnung???? Eher nein, denn Möbel, Baustoffe, Elektroartikel, Zimmerpflanzen, Textilien, Schuhe, Kinderspielzeug und Putzmittel sorgen für einen bunten Schadstoff-Cocktail. Symptome wie Kopfschmerzen, Allergien, Schwindelgefühl, Abgeschlagenheit, Konzentrationsstörungen, Schleimhautreizungen sind mögliche Folgen von schadstoffbelasteter Luft im häuslichen Bereich.

Dieses Buch hilft dem Laien, potentielle Gefahren erkennen und möglichst realistisch einschätzen zu können. Es bietet einfache, gut umsetzbare Lösungsvorschläge, nennt die Gütesiegel und wie verlässlich sie sind und nennt Adressen von Baubiologen und Labors.

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