



# Une maison saine et sans allergies (Les petits guides de l'habitat) (French Edition)

*Marcel Guedj*

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**Une maison saine et sans allergies (Les petits guides de l'habitat) (French Edition) Marcel Guedj**

Les matériaux modernes et l'évolution de notre mode de vie nous confrontent en permanence à de puissants allergènes qui se développent dans nos maisons.

Ce guide répond justement à cette problématique croissante qui touche aujourd'hui 18 millions de personnes en France. Il passe en revue les potentiels causes des allergies dans notre intérieur (acariens, humidité, produits de bricolage et d'entretien...). Puis il fournit, pièce par pièce, les solutions adaptées pour les éliminer.

Des conseils pour choisir les matériaux, aménager les chambres, se protéger contre les ondes électromagnétiques... aideront à se créer un espace de vie pur et sain.

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