

Whole House Humidifier Miracle

One of my Reflexology clients has a long and horrible history of sinus congestion, chronic sinus infections and allergies. In addition, he developed Meniere's disease a few years ago. The dizziness and frequent and sudden losses of balance forced him out of his job at a manufacturing facility onto social security disability.

Regular Reflexology sessions reduced his symptoms but could not clear them. During our sessions, we discussed many different things. I commented frequently on the dry skin of his feet and legs. It was itchy so he usually had patches scratched raw and I worried about infection. We talked about how moister air could improve his breathing so he started running a couple of room humidifiers.

He realized that the humidifiers helped but it was time consuming to keep them filled and running and they were not maintaining a consistent humidity level from room to room in his house. He contacted his plumbing and heating contractors and had a whole house humidifier connected to his forced air furnace.

The results are amazing. His constantly stuffy nose started to clear immediately and improved steadily. The pressure in his sinuses is gone. He says he is sleeping sounder and longer than before. His eyes no longer feel dry and itchy. His allergy symptoms have decreased dramatically. He also feels less pressure in his ears and has experienced less dizzy spells lately.

Six weeks later the difference in his skin texture is wonderful. His legs healed and no longer feel like alligator hide. I thought his face looked fine before but now his skin looks smoother and he has a pinker color with no darkness around his eyes. Better oxygen supply, more rest and no longer fighting constant infection has dramatically changed his appearance. I am envious!

In addition, he improved the health of his house. He says that it took several weeks for his furniture and the structure of his house to replenish the moisture that had dried out over the years, but he started noticing differences. The floors and stairs no longer squeak and all the doors open and close smoothly and consistently and, best of all, static electricity does not shock him anymore.

Plumbed directly into his water supply and drains, he says the system draws fresh water as needed and immediately drains any excess. There is no standing water to grow bacteria or fungus.

I am so impressed! I would love to have the same benefits but, because my house has hot water radiators instead of air ducts, I do not know if it is possible. I am going to talk to my plumbers about it.

I sincerely recommend that any one with forced air heat add a whole house humidifier. I believe your body and your house will be grateful.

Patricia Kenworthy ©March, 2007