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Top Tips to Make your Home a Healthier, Happier Place for all of the Family



As featured in...
theguardian
The Sunday Telegraph

Ensuring that your home provides a healthy environment to live, work and play can have a significant positive impact upon wellbeing and comfort, making it a happy, safe place for all of the family.

There are many small changes that you can make and solutions you can implement to ensure that your home supports a healthy lifestyle and protects your family from contaminants and other pollutants that can make their way into our homes.

Take a look at our top tips to providing a happy home here:

1. Healthy Hydration

Boosted immune systems, increased concentration and energy and healthy weight management are just some of the benefits your family will enjoy from drinking plenty of water.

Setting challenges for little ones to drink sufficient water per day and designing a chart together for them to colour in for every glass of water they drink is a fun way to encourage your children to stay hydrated.

Make sure your family gains the very best health benefits from drinking plenty of water by using a Doulton® water filter. Whilst removing contaminants, Doulton® water filters retain all of the naturally occurring, healthy minerals found in water.

2. Tap into Healthy Water

Doulton® water filters provide a highly effective barrier to contaminants that could be present in tap water, ensuring your whole family can be confident that the water you are drinking is clean, healthy and great-tasting.

Doulton® water filters remove >99.99% of contaminants including bacteria, cysts and particles whilst retaining the essential, naturally occurring minerals in the water which are beneficial to health.

3. Avoid Allergens

Having a clear out and de-cluttering your home is a great way to create a clean and comfortable environment for your family. Having a tidy home is especially important for those who are sensitive to allergens and dust mites, which are present in most homes.

Take one area of the home at a time, clear it completely and dust with a moist cloth to trap particles, rather than spread them. Dusting and vacuuming before popping everything back in its place is a great way to tackle causes of allergy symptoms.

Drinking plenty of water and staying hydrated can also help to manage allergy symptoms by regulating histamine levels, which play a major part in the body's response to an allergic reaction.

Chemicals, usually chlorine, which are added to water to keep it fresh can worsen allergy systems. Using a Doulton® water filter to remove disinfectants can help in the management of allergies, including asthma.

4. Reduce Waste

Single-use plastics often end up in landfill and our oceans, having a significant impact on our planet and wildlife. Removing plastic straws, plastic bags, single-use drinks bottles and avoiding excess packaging in the home is a great start towards becoming a healthy, sustainable home.

Introducing reusable products into your home and encouraging the family to practice a sustainable lifestyle will not only create less waste, save money and eliminate potential contaminants from your home, you'll be saving the planet too!

With plastic drinks bottles largely contributing towards plastic waste, installing a Doulton® water filter is an environmentally-friendly alternative to buying bottled drinks, helping to create less waste in your home.

5. Ditch the Bottle

With an average of 10 plastic particles present per litre of bottled water*, avoiding bottled water completely could reduce the level of micro-plastics that make their way into your home and family's lives.

Doulton® water filters offer protection against micro-plastics, which can also be found in tap water. Doulton® ceramic filter candles effectively remove micro-plastic particles down to 0.5 microns in size.

Avoid single-use plastics and invest in a water filter as a sustainable alternative to protect your family and their future.

Discover the Doulton Difference today: www.doulton.com

