

Old Paint. It contains volatile organic compounds that evaporate and spoil the air. This applies even to paints with tightly closed lids. Therefore, it is better to dispose of the remnants.

Old Carpets. They are an excellent breeding ground for dust mites. They can cause allergies, asthma, and other respiratory problems. If you constantly feel nasal congestion and have chronic allergies, the cause may be an old carpet.

Air Fresheners. Most of these products contain chemicals that irritate the respiratory tract and cause allergies. For example, phthalates and other fragrances can lead to coughing, headaches, and hormone level disruptions. It is better to replace air fresheners with natural ones (like essential oils) or ventilate the room more often.

Paraffin Candles. Burning them releases toxic substances. It is especially dangerous to use such candles in poorly ventilated rooms. It is better to choose candles made from soy wax or beeswax.

Old Upholstered Furniture. Over time, the foam inside it breaks down and releases formaldehyde, a toxic substance.

Cleaning Products with Aggressive Chemicals. Even after cleaning, the substances in them evaporate and worsen air quality. This can lead to headaches, allergies, and skin irritation. It is better to switch to natural products like vinegar, baking soda, or eco-friendly products.

Old Books and Paper. They accumulate dust and can become a source of mold. If the pages of books are covered with mold, moisture stains, or if the books themselves are falling apart, it is better to throw them away.

Synthetic Bath Mats. These mats do not ventilate well and can retain moisture for a long time. As a result, they create an excellent environment for mold growth. Choose mats made of bamboo or cotton. They dry faster and are easier to wash.

Old Bedding. If your mattress is over eight years old and your pillow is over two years old, they almost certainly harbor allergens.

Plastic Food Containers. This applies to those that become scratched or change color over time. Cheap plastic also contains bisphenol A (BPA) and phthalates. They can harm health by affecting hormonal balance and causing chronic diseases. Buy glass or ceramic

containers. They are safer and last longer.