

## Your Pillow Probably Contains Dust Mites and Fungi!

People with inhalant allergies are usually know that their mattress and pillows contain dust mites, but most do not know that there are also full of fungal spores, in fact millions of fungal spores.

A recent report stated that dust - mites in mattresses and pillows eats the fungi. Then, the fungi eat the dust mites' feces along with human skin scales, creating a eco-system inside our pillows.

A test was don't at a laboratory that studied samples of 10 pillows, both feather and synthetic, that had been in use for 1 1/2 to 20 years. They identified four to 16 different fungal species per sample. Several thousand spores of fungus per gram were detected. Each pillow studied contained a substantial fungal load. The synthetic pillows contained an even higher number of spores.

The fungus *Aspergillus fumigatus* was the species most prevalent in pillows, especially synthetic pillows. Aspergillus is a very common household fungus. It can be found in compost, house plant pots, computers, the air we breathe, basements, and many spices.

Aspergillus can be troublesome for people with compromised immune systems, asthma, and allergic sinusitis.

Researchers at the University at Buffalo and the Mayo Clinic have shown that chronic sinusitis is an immune disorder caused by fungus, opening up a promising new avenue for treating this ubiquitous and debilitating condition, for which there is no FDA-approved therapy.

Results of their research suggest that common airborne fungi lodge in the mucus lining of the sinuses in most people, but initiate an immune response only in individuals prone to chronic sinusitis. The immune response causes the fungi to be attacked, which leads to damage of the sinus membranes, resulting in full-blown symptoms.

Nature's Rest Classic Loft Pillows are, Naturally, Dust-Mite and Fungi Resistant and The Most Comfortable and Supportive Pillows on The Planet!

Please Contact your local Healthy Home Sleep Gallery for all the details.