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A Healthier Home Launches New Webinar on Sick House Syndrome Aug 8



"Sick House? Get Expert Advice About Where To Begin," a free webinar, will be hosted Rick Bayless, a national award-winning environmental home health pioneer, on Aug 8

ASHEVILLE, N.C. - July 31, 2024 - [PRLog](#) -- Area residents who feel sick or tired at home, but better when they're at work or outdoors, may have symptoms caused by living in a sick house. Called Sick House Syndrome, this area of concern is the subject of a new, free webinar, "Sick House? Get Expert Advice About Where To Begin," on Aug 8 at 4 p.m.

The live event is sponsored by [A Healthier Home](#), the region's leading environmental, green and healthy homes services provider. It will be hosted by owner and founder Rick Bayless, CIEC, BBEC, HHS, JS, a pioneer in the healthy homes movement.

Sick House Syndrome, also called Sick Building Syndrome, describes the experience of people who live, work, or study in a building with serious health issues as a result. It's a situation that's recognized by the National Institutes of Health.

[Learn more about sick house syndrome in the upcoming webinar.](#)

"Commonly, it's estimated that about 30 percent of all homes and buildings across the country may have sick house syndrome," says Bayless, referring to a number suggested by a 1984 World Health Organization Report.

In western North Carolina and surrounding areas of the southern Appalachians, that number may be increasing, he says. As temperatures rise and extreme weather events are more frequent, the places we call home are experiencing a perfect storm of increased heat and moisture.

"Mold overgrowth can result from conditions like these, which can definitely, negatively affect indoor air

quality," he says.

But mold is only the tip of the sick house iceberg, Bayless explains. Sick house syndrome can have more than one cause.

"In other words, every house is unique to where it sits and who lives in it," he says.

[See if your home and family are at risk for sick house syndrome](#)

"Unfortunately, people who live in a sick house tend to get sick themselves," Bayless says.

Rick Bayless is a national award-winning home healthiness consultant. He is owner and founder of [A Healthier Home, LLC](#), western North Carolina's leading environmental home health services provider. He is the host of the upcoming webinar, "Sick House? Get Expert Advice About Where To Begin," on Aug 8, at 4 p.m. Attendance is free; registration is required. [Sign Up Here](#).

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