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To: jhusband@thermalsealexperts.com
Subject: Medications

I have been on three inhalers for asthma for 20 years. I always had some symptoms - a little wheezing especially during the winter, sudden coughing so that I always carried lozenges in my pocket, and a productive cough which would tell me that I had to increase one of the inhalers to twice a day.

I have lived in my new home for one year. About six months ago, I ran out of the Intal, a steroid inhaler, and did not replace it. Previously, when I ran out of that one, I would notice an increase in coughing within two days. Not this time, so I got the approval of my doctor to stop it.

Three months ago I ran out of the Atrovent and also noticed no difference. Amazing! I am down to taking one inhaler, Advair, once a day. Occasionally I forget it. I would expect to get some symptoms but now I don't. I have had no wheezing over the winter even with increasing exercise. I have had no productive cough for months, and I carry lozenges but hardly ever use them. I have had no coughing spells for months.

There is nothing else in my life that has been changed except living in my new home. It is very comfortable and seems very tight. I think the environment where I live has made the difference.

Martie Weatherly