

Ceramic Tile Flooring is Healthier than Carpet

Carpet is one of the main causes of indoor air pollution. A common health problem in a home is allergies. Carpets are a great environment for molds, mildew, and dust mites. In addition, the modern carpet in houses today are made of synthetic fibers dyed and treated with chemicals such as soil repellants, pesticides, and fungicides and fused to synthetic backing with chemical glues. These materials release hundreds of volatile organic compounds as it age in a process known as outgassing. Volatile organic compounds can be irritants, mutagens, and carcinogens. This is not the thing to have in your house.



Carpet retains what you and your family or guest has tracked into the house. It can be outside dirt from off the ground, lead dust found in flaking house exterior paint, bacteria, insects, garden and lawn chemicals, and other unhealthy debris. Also carpet can attract and retain hair, food crumbs, and dead skin.

Cleaning a wall to wall carpet to 100% clean is almost impossible. Have you ever tried one of those steam cleaners to clean your carpet and tried to clean the same spot over and over, only to see more dirt come out. Trying to clean the

carpet can come with problems. Vacuuming carpets can cause mold spores and dust to stir up. Shampooing carpets can leave the carpet damp which can cause more mold growth. The shampoo may even have toxic or irritating chemicals added.



On the other hand you can use ceramic tile to put on your floors instead of carpet. Ceramic tile is made of clay materials fired in a kiln. You can get tile sealed with non-leaded glaze, which is impermeable to mold and bacteria and is tolerated by chemically sensitive people. Ceramic tile is fused to the floor base with low toxicity thin set mortar and can be grouted with home-made free grout. 2/3 parts dry and clean sand mixed with 1/3 part Portland cement can be prepared and added to water to form a damp slow curing grout.

Ceramic tiles can be expensive due to the installation. They last long if maintained properly and can be affordable in the long run.

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