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Organic Bedding Benefits Allergy Sufferers by Cozy Earth

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Many people suffering from allergies and a wide range of degenerative diseases have yet to explore the connection between their disease and the bedding they are using. Sadly, many of us who are most in a need of healing are often sleeping on bacteria-ridden comforters and pillows, and in synthetic (polyester) sheets, and quilts which can trigger allergic reactions such as asthma, eczema and rhinitis. These products are a recipe for sickness and are stressful to our body and long-term stress leads to sickness, in one form or another.

The other problem with synthetic substances is that the chemicals in them vaporize, especially when exposed to bodily heat. What this means is that while we are trying to rest and heal, we are actually breathing in and absorbing through our skin, traces of chemicals that can make us ill.

Eco-friendly comforters- Great news for allergy sufferers

Eco-friendly comforters, such as cotton, bamboo and silk, are what our body loves. Here are the bedding solutions for those seeking an all natural alternative: Organic products such as silk comforter sets, bamboo sheets breathe wonderfully well, while providing snugness and warmth. Our body likes to be surrounded by organic products, which allow it to heal itself, naturally. Organic comforters induce a healthy sleep environment giving our body a chance to repair, replenish and renew. It also helps us to maintain a healthy heart and cardiovascular system, improve stress coping mechanisms, enhance brain function and restore hormonal balance and strengthen our immune system.

It is surprising to what extent organic bedding is healthier for us than down feather, cotton, or synthetic bedding. Yet many of us just do not get the suggested amount of sleep needed each night to perform our best during the day. It is during sleep that our body is best able to heal itself of the dayâ€™s stressful influences. In order to do that, it needs a sleeping environment that is as free from chemical pollutants as possible. It is a simple fact that our body responds well to natural substances that have no chemical content or additives.

Eight hours a day, seven days a week, bedding is the most often used product you will ever purchase to get a good nightâ€™s sleep. With so many wonderful organic comforters now on the market, there is no excuse for having bedding that is not made from organic, natural products. Good health is our greatest asset. Natural comforters might cost a little more, but the extra cost is far outweighed by the wonderful benefits to our health and sense of wellbeing.

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Cozy Earth - About Author:
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