

# Health & Home

## Interior Design With Your Health In Mind

### Who We Are & What We Do

Health & Home is an interior design-based business that seeks to help others create healthy homes by minimizing toxins, optimizing design and maximizing health.

We do so by addressing the design of the space, the decor and the products used, so our clients can live their healthiest life!

Research has shown over and over again that our interior environment significantly impacts all aspects of our health both negatively and positively depending on how we design and use them. From the negative things like weight gain, cancer, depression, chronic disease, and anxiety to the more positive things like better sleep, stronger immune function, quicker healing, healthier eating, and scientifically measurable perceived happier lives – all are greatly impacted by how we create and live in our spaces.

While we know that all to be true – we also know that our home environments are not being created this way, so we decided to do something about it by creating Health & Home, the first of its kind to look at interior design with your health in mind!

SCAN TO VISIT THE SITE & LEARN MORE ABOUT OUR STORY, WHAT WE DO, OUR SERVICES & THE SCIENCE BEHIND IT ALL



### The Health & Home Podcast

The Health & Home podcast is a podcast where our founder & lead designer, Haley James, interviews doctors, designers, architects, practitioners and patients to discuss the impact our homes have on health and explore practical, easy-to-implement, science-based ways to create healthy spaces.

SCAN TO LISTEN TO THE PODCAST NOW →



### Our Approach



#### Minimize Toxins

We work to minimize the amount of toxins in the materials your house is built, designed, decorated and filled with in order to prevent short & long term illness.



#### Optimize Design

We build, design, decorate and help you fill your home with products in a way that encourages healthy habits that support your short and long term health goals.



#### Maximize Health

By minimizing toxins to prevent illness and optimizing design to promote healthy living, we are able to help you and your loved ones maximize your health!

