# Clear Air, Clean Water: Helen Christoni on Reducing Household Pollutants

written by Dr. Ronald Hoffman | August 11, 2026

Did you know your indoor environment could be up to 100 times more polluted than outside? Environmental and wellness expert Helen Christoni breaks down the essentials of air and water purification to maintain your health. Learn how to create a safer space for you and your loved ones. Check it out!