

## Drab garden? Get over it – with a bridge

By Kathy Moran

(HIT)-Garden bridges can be traced to the earliest civilizations, where they decorated landscapes from the stately grounds of ancient Roman and Greek aristocracy, to the exotic water gardens of Japan and China. They were built as much for decoration as for practicality, and, in many cases, were designed to be in harmony with the surrounding plant life and the water.

There has always been a certain mystique about water, with different cultures using it to symbolize life, rebirth, purification, immortality, tranquility, and more. Its ability to induce feelings of serenity and contentment, while rejuvenating the spirit, has made it central to the gardens that have been used as places of meditation in many civilizations. The bridge has always been equally important in the scheme of the landscape, as the vantage point from which to enjoy the full splendor of the scenery.

The irresistible allure of water has caused another renewal, in the current resurgence of interest in water gardens, which are springing up in backyards everywhere. Consequently, the garden bridge is also riding a new wave of popularity. Even if you don't have a pond, stream, or creek, an attractive garden bridge will add a whole new dimension to your landscape. As a decorative accent in your flowerbed, along a path, or across your walkway, it will instantly bridge the gap between an ordinary backyard, and a picturesque haven.



Today's bridges come in a wide variety of styles, including enchanting single and double rail bridges, charming picket and half-picket rail bridges, elegant plank bridges, and captivating covered bridges. In addition to aesthetics, the quality of your bridge is important, as it will have to endure the elements. Good garden bridges will weather the seasons in style for years, while retaining their beauty and structural integrity. Look for handcrafted, decay-resistant cedar and treated pine bridges, as well as an assortment of incredibly durable, maintenance-free vinyl bridges.

Perhaps most important, find a bridge that fits your yard's personality – you'll be enjoying it for years to come!

## Is mold the cause of your chronic health problems?

Most people and even many doctors aren't aware of how many serious health problems can be caused by mold, including allergic or asthmatic symptoms, chronic fatigue, congestion, coughing, dizziness, ear aches, skin eruptions, flu symptoms, fungal nail growth, headaches, and more. One Mayo Clinic article said 93% of all chronic sinusitis is caused by mold.

Water intrusions in your home can potentially lead to mold problems. If you've experienced a flood, a sewer back up, an overflowing toilet, a leaking pipe, roof, humidifier or swamp cooler and have been having health problems, you should have your home tested and inspected.

While many people have heard that bleach is the answer to killing mold, the EPA, the Center for Disease Control and the New York City Health Department all disagree. "Although bleach will make the mold invisible, it won't remove it," says Andy Bell, owner of The

National Mold Institute. "Not to mention that not all mold is accessible – or visible – to homeowners. Besides, even if you kill some of the mold, the real issue is stopping the cause. or the mold will just come back."

According to Andy, the first step is to identify and stop the sources of water that caused it in the first place. "We start by testing the air in your home and doing a full inspection of the property to find out what's causing the mold growth. Then we provide you with an easy-to-follow report on how to fix the problem areas."

The next step is to dehydrate existing mold to stop it from producing the toxins that are making you sick. "We use a non-toxic botanical method to treat your entire home," says Andy. "It's safe enough to drink and you can return to your home in 24 hours. Most importantly, homeowners who hadn't felt well for a long time feel better, get their energy back and start living life again." To learn more, call 303-531-6133 or visit [NationalMoldInstitute.com](http://NationalMoldInstitute.com).



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