

Creating the home you've been dreaming of!

Vol. 4 #4



It's an undisputed fact that indoor air quality problems can have a major impact on your health and comfort level.

DOING IT RIGHT

With help from D4 Construction

Do You Have Quality Air?

Is the air in your home making you sick?

Home air quality is based upon many factors that you can control. In this article we'll talk about common pollutants that can be found in the air you breathe and how you can find out which ones your home is suffering from.

Air quality a risk?

Did you know that the EPA (Environmental Protection Agency) Science Advisory Board rated indoor air pollutants (except radon) as the 3rd highest in their list of environmental risks? Higher even than the exposure to chemicals in the occupational environment - which rated 6th.

It's an undisputed fact that indoor air quality problems can have a major impact on your health and comfort level. Polluted air isn't just stale air - it could be a serious threat to your health and the health of your family.

If you find yourself constantly sneezing or experiencing other signs of discomfort, you're more than likely reacting to the pollution in your air.

Mold, mildew, allergens and other microorganisms can cause or contribute to the development of chronic respiratory dis-

eases such as asthma. In some cases prolonged exposure to these pollutants can cause severe illness or even death.

Those who are usually most susceptible to these problems are young children, the elderly, and anyone with respiratory or immune system health problems.

Polluted air = Increased disease risks

Studies have shown that:

- ⇒ Polluted air has been linked to the increased risk of various cardiovascular diseases, including heart failure
- ⇒ Exposure to unclean air is an even greater cause for concern for those who have been diagnosed with lung disease, diabetes, and heart disease as the pollution exacerbates their symptoms

Bad air alert!

Air pollution within your home can come from many sources:

- ⇒ Combustion sources - oil, gas, wood, coal, kerosene, and tobacco products
- ⇒ Building materials
- ⇒ New furniture - especially those made from pressed wood
- ⇒ Wet or damp carpet
- ⇒ Household cleaning products - many of which have Formaldehyde hiding in

Doing it Right



Reducing allergen, toxin, mold and bacteria levels is vitally important to you and your family's health!

their recipe

⇒ Outdoor air pollution

To name just a few...

These indoor pollution sources continuously release gases and/or particles into the air— inadequate ventilation, particularly during winter, can cause the pollution levels within your home to rise to hazardous levels.

High temperature and humidity levels can also increase concentrations of some pollutants - particularly those coming from pressed board furniture or cabinetry.

I don't see anything..

Since air pollution particles are invisible to the naked eye it's easy to think they don't exist. We often fail to realize just how many millions of molecules make up the air that we breathe daily, and just how many of those millions are actively dangerous for our health.

According to the EPA the number of airborne contaminants in the air inside homes ~~far surpasses that of the air on a smoggy~~ day.

The D4 Guarantee

D1 — Your job will be done for the price specified— there are no surprises or hidden costs.

D2 — Your job will be completed the way you want it done.

D3 — If you aren't satisfied with the finished product we'll fix it for free.

D4— All work comes with a 2-year guarantee on workmanship

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There's no question that the pollutants found in unclean air are a major cause for concern.

A final word...

Learning how to control your home's air quality - reducing allergen, toxin, mold and bacteria levels is vitally important to you and your family's health.

Next month we'll begin a discussion on different methods you could employ to reduce the toxic load in your home's environment.

Upcoming Topics

- ⇒ Low \$ Ways to Clean Your Air
- ⇒ The Power of UV Rays
- ⇒ Do You Need an Air Exchanger

For more Remodeling articles see our website.



For more information:

If you're interested in:

- Protecting the value of your home
- Turning your house into your dream home
- Have remodeling questions—needs

***Then you need to call Mike Spruyt
250-572-4812***