

Creating the
home you've
been dreaming
of!

DOING IT RIGHT

With help from D4 Construction

Vol. 4, #2



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Is Your Home Sick?

Are you suffering from "sick home syndrome"?

"Sick Home Syndrome" - is a modern day euphemism that describes an increasing number of our homes today.

Whether you call it an:

- ⇒ Energy efficient home
- ⇒ Environmentally friendly home
- ⇒ Air tight home
- ⇒ R2000 home

The end results are the same.

Technology combined with a drive for increasing energy-efficiency has given us homes that are air-tight cesspools of germs and other hazardous environmental toxins.

Although there are several sources for this problem—the #1 culprit, Poor Air Quality—is caused by too little ventilation.

Many of our newer homes are so well insulated and sealed that no fresh air is allowed to enter resulting in insufficient ventilation.

Without proper ventilation moisture builds up with no place to escape, making it a perfect breeding ground for mold.

Gasping for air...

Because your home literally can't breathe it becomes increasingly congested with germs, bacteria, mold and other toxins .

Your home has become "sick".

Winter only increases this problem as we diligently seek to keep our precious heat in and the cold out.

Unfortunately, when our homes are "sick", as often as not, so are we. More than 50 possible symptoms have been attributed to "sick home syndrome". Here are just a few:

- ⇒ Headaches
- ⇒ Nausea
- ⇒ Dizziness
- ⇒ Irritated eyes, throat and nose
- ⇒ Sneezing
- ⇒ Fatigue or lethargy
- ⇒ Irritability and forgetfulness

Where's it Coming From...

Many of the building materials used today emit harmful vapors that could potentially cause serious health problems.

The following list of some of the most common sources for the foul air that's making your home "sick", can be found in virtually every one of our homes:

- ⇒ Carpeting
- ⇒ Furnace
- ⇒ Fireplace
- ⇒ Pressed wood cabinets and cupboards

Doing it Right



There are some simple, cost-effective solutions that will help make your “sick” home “well” again...

- ⇒ Air conditioner/heater
- ...To name just a few.

Making your “sick” home “well” again...

If the idea of your home being congested with mold, germs, bacteria, and dust mites gives you the creeps - don't fret. Here are some simple, cost-effective solutions that will help you reduce, and in some cases maybe even eliminate, some of the foul-air sources:

- ⇒ Clean your furnace filter at least once a month
- ⇒ Keep humidifier and air-conditioning drain pans clean
- ⇒ Run the bathroom fan when showering or bathing to reduce your chances of mold overgrowth
- ⇒ Keep all fuel burning appliances, furnace, and fireplaces clean and running efficiently
- ⇒ Refrain from smoking indoors
- ⇒ If at all possible let any new carpet, furniture, or drapes air-out before bringing them into your home
- ⇒ Regularly repair any cracks in your basement or foundation
- ⇒ If at all possible make sure your furnace and hot water tank are in a sealed air-tight room with access to fresh air

Still more ideas to come...

Over the next 9 months we'll be discussing several things (some virtually free and others that are more expensive) that you can implement to make your home "well" again.

Upcoming Topics

- ⇒ The Dangers of Off-Gassing
- ⇒ Do you have “Quality” Air?
- ⇒ One Way to Clean the Air

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



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***