



Your Healthy Home

Are you living a healthy lifestyle?

Today more and more people are exercising, watching what they eat, drinking bottled water and trying to keep a low stress level. What about the air we breathe? We forget that pollutants in the air can have a substantial impact on our health. The EPA has declared indoor air quality as one of the top five most urgent environmental risks to public health. There are several options available to improve indoor air quality.

Trane Fall Promotion is underway!

Purchase a new Trane comfort system before October 29, 2008 and get a cash back rebate of up to \$1000. 6 months same as cash financing also available. Call us for details.

682-1300



Is Your Home Comfortable & Healthy?

Very few homeowners have a home that is truly comfortable. With 2-story, bi-level, tri-level, and even quad-level homes it is very difficult to keep uniform temperatures throughout the home. Factor in rooms with large amounts of glass area and uniform comfort throughout the home becomes even more difficult yet.

Let's talk about humidity. Both the humidity and temperature of the air combine to give you the perception of comfort. If the humidity in your home in the summer is high, you'll need to set the thermostat lower to feel comfortable. If the humidity in the winter is low, you'll need to set the thermostat higher to feel comfortable. A home with too low or too high humidity is not healthy. High humidity results in an increased chance for mold, mildew and dust mite growth. Low humidity can cause furniture to dry out as well as your nasal passages. For good health, we recommend humidity levels in the home range from 35% in the winter to 50% in the summer.

Air pollutants, like humidity in the air, can not be seen, but have an impact on your health. Peoria is located in one of the highest Radon zones in the country.

Some Alarming Statistics

Every year, close to 342,000 Americans die of lung disease. Lung disease is America's number three killer, responsible for one in seven deaths. More than 35 million Americans are now living with chronic lung disease. Asthma is the leading serious chronic illness among children, accounting for 10 million lost school days annually. According to The United States Environmental Protection Agency (EPA) levels of

Did you know...

- More than 50% of Americans live with someone who has allergies, asthma or other respiratory conditions.
- Asthma affects 20 million people including 6.3 million children.
- The largest growth in asthma cases are in children under age 5. Children are particularly susceptible to indoor air pollution because their bodies are continuing to develop. Children breathe in 50% more air per pound than adults.
- Adults over the age of 60 are more susceptible to indoor air pollution. Indoor pollution can compound other medical conditions.
- The EPA has declared indoor air quality as one of the top five most urgent environmental risks to public health.

Many health problems are caused by what's in the air we breathe. Particulates, chemicals, carbon monoxide, carbon dioxide & radon to name a few. Isn't it time we started paying attention to indoor air quality in our homes?

air pollution inside the home can be two to five times higher—and occasionally up to 100 times higher—than outdoor levels.

With options like electronic air cleaners, ultraviolet air purifiers, humidifiers, dehumidifiers, 2-stage heating furnaces, and variable speed fan motors, we can substantially improve the comfort and indoor air quality of your home. Visit our website for more information on healthy indoor air.

Options For Clean, Healthy Air



The Sun's rays irradiate the earth's atmosphere with ultraviolet light, destroying biologicals (UV-C wavelength) and chemicals (UV-V wavelength). With the billions of gallons of pollutants that are pumped into our atmosphere daily, we're lucky to have this natural process so we can enjoy fresh air outside our homes. Ultraviolet air purifiers replicate this natural process. Ultraviolet air purifiers will not remove particulates from the air, you'll need an air filter for that. They will, however, kill germs, viruses, molds and mildews as well as remove cooking odors, cigarette odors and pet odors. Some, like the Sanuvox we install, will also help to reduce chemicals in the home. Investing in an ultraviolet air purifier is a good step towards improving your health.

Concerned with healthy indoor air? If so, you need to be concerned with removing particles in the air that are 2.5 microns and smaller in size. These microscopic particles work their way deep into your lungs and cause numerous problems. The standard for rating air cleaner efficiency is their effectiveness at removing .3 micron particles. A 1" fiberglass filter is <1% efficient. A 1" pleated filter is 7% efficient. A 5" pleated filter is 15% efficient. The Trane Clean Effects (pictured above) is 99.98% efficient. In fact, it's so efficient that it can remove the influenza virus—WOW!



Special Coupons

Furnace Safety Inspection and Performance Tune-Up...(With Combustion Analysis)

Thru October 15, 2008

\$89.00

- Check for adequate combustion air.
- Check for proper venting.
- Check combustion efficiency.
- Check integrity of the heat exchanger.
- Check safety controls.
- Clean burners & surrounding area.
- Tune furnace for lowest Carbon Monoxide production and maximum combustion efficiency.



Indoor Air Quality Test Special...

(Includes Radon Testing)

Thru October 15, 2008

\$179.00



According to the EPA air pollution in the home can be two to five times higher than outdoor levels. 50% of Americans live with someone who has allergies, asthma or other respiratory conditions. Indoor air quality is one of the top five most urgent risks to public health. Visit the indoor air quality section of our website for brochures and additional information!



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Call us or visit our website today!