



CREATING HEALTHY HEARTS WITH HEALTHY HOMES

Think about the first home you bought. Was it new or was it an older home? Chances are it wasn't a brand-new house you had built just for you. Maybe it was, and you went and bought (or brought) all brand-new furniture or older sentimental pieces and furnished your new home. Regardless of how you did it, moving day was exciting, and rightfully so. Moving day is the act of taking a house and turning it into our home.

We don't start to think of what's in the air we are breathing in our home until we start seeing mold growing around the windows and all the dust in the air when the sun shines in through the windows. But if you think about it, you've been breathing in all those toxins since move-in day. Let's back-track to what has caused this.

We purchase a house. One week before move-in day, we go in and paint the walls with a fresh coat of paint. On move-in day, we lay our modern and large area rug across our brand-new living room floor and furnish the beds in our new bedrooms with fluffy and warm duvets. We throw brightly coloured pillows onto our couches and then bring in our modern appliances: stove, refrigerator, large screen television, and coffee maker. We then install high-

speed internet so that we can connect that smart TV and programmable coffee maker to our smart-phones because we want convenience. We hang cherished memories of people and places we love on our freshly painted walls, and finally, we cohabitate with our pets because we love them. And when we've done this; when move-in day is finished, we say we've taken a house and turned it into a home.

But did we? Let's revisit the story to see that what perhaps is not so evident at the first telling.

We purchased a house. One week before move-in day, we went in and painted every single wall of that house with new paint – paint that contained Volatile Organic Compounds (VOC's) – some of the most dangerous molecules on the face of the earth. We laid down our dust-filled, yet large, area rug in our brand-new living room and spread a mite-ridden, yet fluffy, duvet over our beds.

We then arranged our noxious, combustible and by-product-emitting, yet modern and natural gas stove in our kitchen. As if that wasn't enough, we installed EMF-emitting modems and routers throughout the house to ensure that we remain connected to the dangers of every smart device we own.

We displayed our most cherished memories of our loved ones and the places we've been with them on the freshly painted walls, almost as if we were trying to cover up the horror of what we've just really done. And finally, we cuddle with our pets and the colourful, yet dander-filled couch pillows in completely comfortable, yet ignorant, bliss.

Brutal, isn't it? Now that you see these flaws and horrific truths, how do you fix them? How can we make our homes into a safe and healthy environment? **Healthy Home Makeovers** has the solutions; they will teach you how you can create a healthy and safe environment in your home or workplace with our Healthy Home Assessments.

Our healthy home design team will visit your home or office. We'll spend 60-90 minutes on site with you and conduct a multipoint physical inspection, test the air and water quality, test for electro-magnetic fields, and provide you with a solution.

This year, our goal at **Healthy Home Makeovers** is to coach individuals and families in how to correctly regain their healthiest, natural environments. Home has never been where the heart is – home has always been where the healthiest heart is.

A Healthy Home is a smart home

Book a Healthy Home Makeover today! We'll spend 60-90 minutes on site with you and do:

- Household Toxin Screening
- Indoor Air Quality Test (IAQ)
- Water Quality Testing
- Furnace Filter & Room Assessment
- Electro-Magnetic Field Testing (EMF)

Improve your family's health immediately!

Call us toll free at
1-877-790-9663

Visit our showroom inside the Improve Canada Mall located at:

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