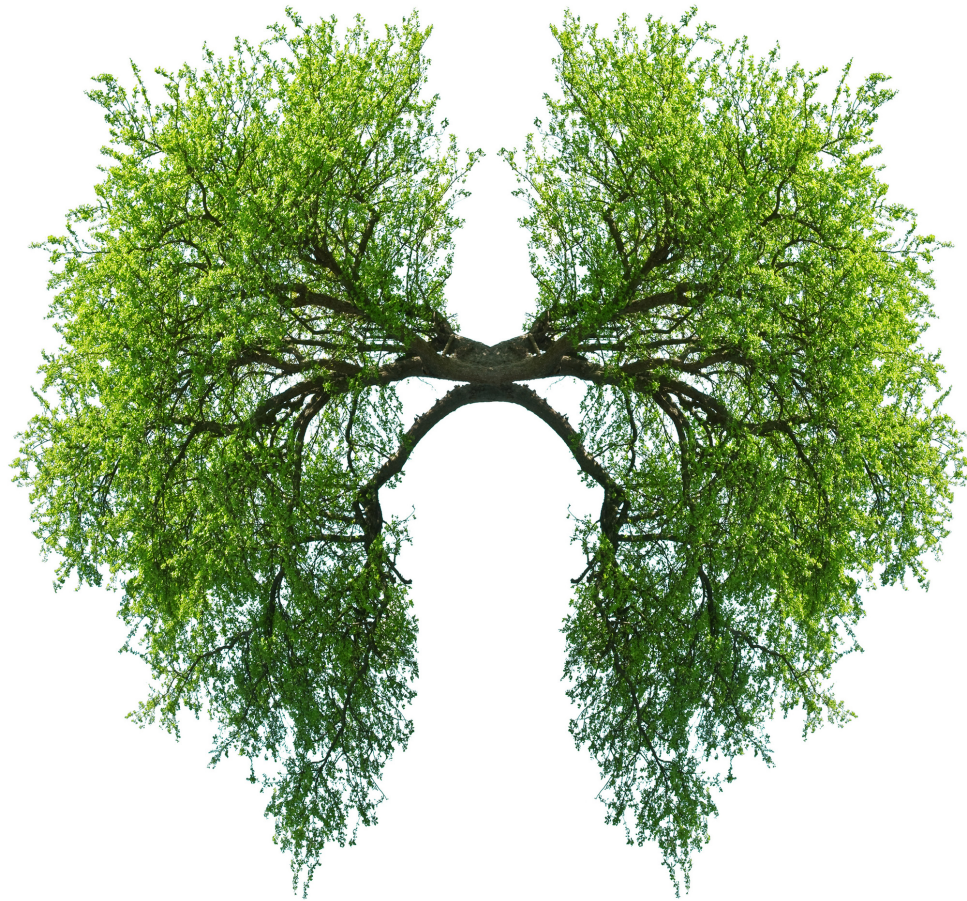


# BUYER'S GUIDE TO HEALTHY INDOOR AIR QUALITY

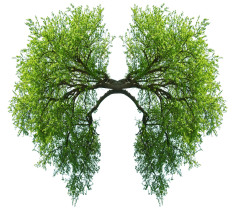
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**Learn what off-gases in your home and how to prevent and remedy it so you and your family's health doesn't suffer.**

by Michelle Ifversen  
Environmental Wellness Director at DesignWell Studios

# BUYER'S GUIDE TO HEALTHY INDOOR AIR QUALITY



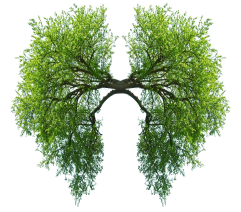
## WHAT ARE VOCs?

Volatile Organic Compounds, or VOCs, are chemicals, or chemical combinations we don't want to be breathing.

Recent studies (and your own experience) tell us that we spend most of our time indoors, up to 90%! It's important to know what you are breathing.

The EPA tells us that indoor air can have 100 times the chemicals that outdoor air has.

# BUYER'S GUIDE TO HEALTHY INDOOR AIR QUALITY



## Health issues

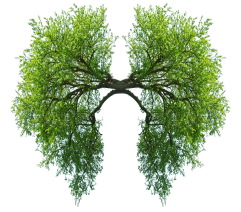
If you are suffering from headaches, insomnia, brain fog, asthma, sore throats, lung issues, or fatigue that you can't seem to shake and have been to the doctors many times but can't seem to get better, there could be a possible link to your environment. Children are most vulnerable as their organs are still developing.

## Common symptoms

THOAT IRRITATION  
BREATHING DIFFICULTIES  
TIGHTNESS IN THE CHEST  
RUNNY NOSE  
ALLERGY-LIKE SYMPTOMS, SUCH AS  
SNEEZING  
DRY, ITCHY SKIN RASHES  
HEADACHES  
DIZZINESS  
DIFFICULTY CONCENTRATING  
FORGETFULNESS  
NAUSEA  
SKIN IRRITATION

FATIGUE  
IRRITABILITY  
NAUSEA  
BODY ACHES  
FEVER  
CHILLS  
WATERY EYES  
BURNING SENSATIONS EYES, NOSE, THROAT  
COUGHING  
WHEEZING  
ASTHMA

# BUYER'S GUIDE TO HEALTHY INDOOR AIR QUALITY



## NEWER HOMES

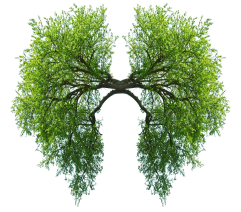
Building materials can off-gas creating hazardous indoor air quality that could cause people to feel unwell. Many new building materials contain formaldehyde and other plastic chemicals that can off-gas for years.

### Possible Sources

- chemical adhesives
- oil based or acrylic VOC paint
- pre-engineered wood flooring and cabinetry
- synthetic carpeting - loaded with chemicals
- insufficient ventilation and filtration
- electrostatic cleaners on furnaces
- energy efficient homes too tightly sealed
- stove fans that don't vent outside

Luxury vinyl tile is a new culprit of off gassing formaldehyde. There's nothing luxurious about feeling sick from your new flooring. It can also off gas for up to 15 years!

# BUYER'S GUIDE TO HEALTHY INDOOR AIR QUALITY



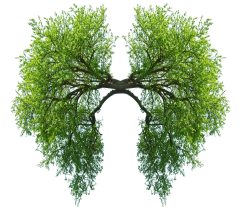
## Older Homes

### Possible Sources

- drainage issues around home
- mold
- condensation on windows
- old carpeting
- oil based or acrylic VOC paint
- windows painted shut
- smoke from previous owners
- poor ventilation
- dirty vents that haven't been cleaned
- air conditioning units that haven't been serviced
- no insulation or old insulation

Have a professional landscape contractor assess the drainage and grading around the home and install french drains to keep water away from coming in.

# BUYER'S GUIDE TO HEALTHY INDOOR AIR QUALITY



## TEST YOUR INDOOR AIR QUALITY

**WellBuild Lab indoor air quality test kits** were developed by environmental wellness experts and a professionally accredited lab to test indoor air quality. The goal is to help people find out the true health of the air they are breathing and what the source is and what to do about it.

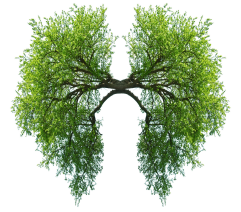
**Includes:** VOC test vial, lab analysis, professional lab report, 15 minute consultation to go over report

\*VOC tests for over 500+ chemicals. Formaldehyde is separate. Up to 2000 sq ft on one level.

**ORDER YOUR KIT TODAY and receive a 10% discount using the code : WELLRE2021**



# BUYER'S GUIDE TO HEALTHY INDOOR AIR QUALITY



## Want more information?

Contact [Michelle@designwellstudios.com](mailto:Michelle@designwellstudios.com)  
to schedule a free 15 min consultation.

### Services:

- Environmental Testing (Chemicals, EMFs, Mold)
- Environmental wellness assessments
- Biophilic Design (interiors, landscape)
- Consulting on remodeling or new build projects
- Custom environmental wellness maintenance plans