



Is that your home screaming, "I can't breathe!"?

Today's tighter, energy-efficient home can trap pollutants indoors

Raleigh, NC, October 25, 2012 – Whether it's an older home made tighter, or a new home constructed with energy-efficient building practices and products, you could unknowingly be trapping indoor pollutants within your home. "The [EPA has written](#) extensively on indoor air quality inside your home, which in some ways may be healthier than the air just outside your door," says Peter Kusterer, of [Air Comfort For Homes](#) in Raleigh, NC.

As homeowners attempt to climatize their home for personal preferences, they unintentionally prevent the natural transfer of air. *Older homes with their less energy-efficient construction inadvertently provided a form of natural ventilation.* But, this led to the loss of heating and cooling as well as encroachment by outdoor air that becomes detrimental to indoor climate control.

The trapping of indoor air can also lead to greater exposure to [volatile organic compounds](#) (VOCs). The EPA reports that "Concentrations of many VOCs are consistently higher indoors (up to ten times higher) than outdoors." This build-up or exposure, be it temporary or of a longer duration, may surface as adverse health effects for the homeowner.

What's a homeowner to do? *The recommendation for resolution will often point to better ventilation.* Again, the [EPA states](#) "Studies have found that levels of several organics average 2 to 5 times higher indoors than outdoors."

"Fortunately there is a way to properly ventilate your home, even with the windows and doors closed, on a year-round basis", [Kusterer](#) says. "Whole-home ventilation can be achieved with the installation of an [Aprilaire Energy Recovery Ventilator](#) (ERV). The exclusive **EnergyMax® Transfer Core** allows air to be conditioned as it enters the dwelling to mitigate any temperature variance between indoor and outdoor temperatures throughout the year."

Kusterer also suggests the heating season can bring on the need to better control humidity in your home. "Today's advanced [whole-home humidifiers](#) can add a more comfortable level of humidity without the burden and inefficiency often associated with portable units."

About Air Comfort For Homes

As a local professional source of indoor air quality solutions for homeowners, [Air Comfort For Homes](#) seeks ways to improve your home's indoor air quality and homeowner comfort. We work with homeowners to develop a better overall indoor air quality strategy for a more comfortable lifestyle.

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