



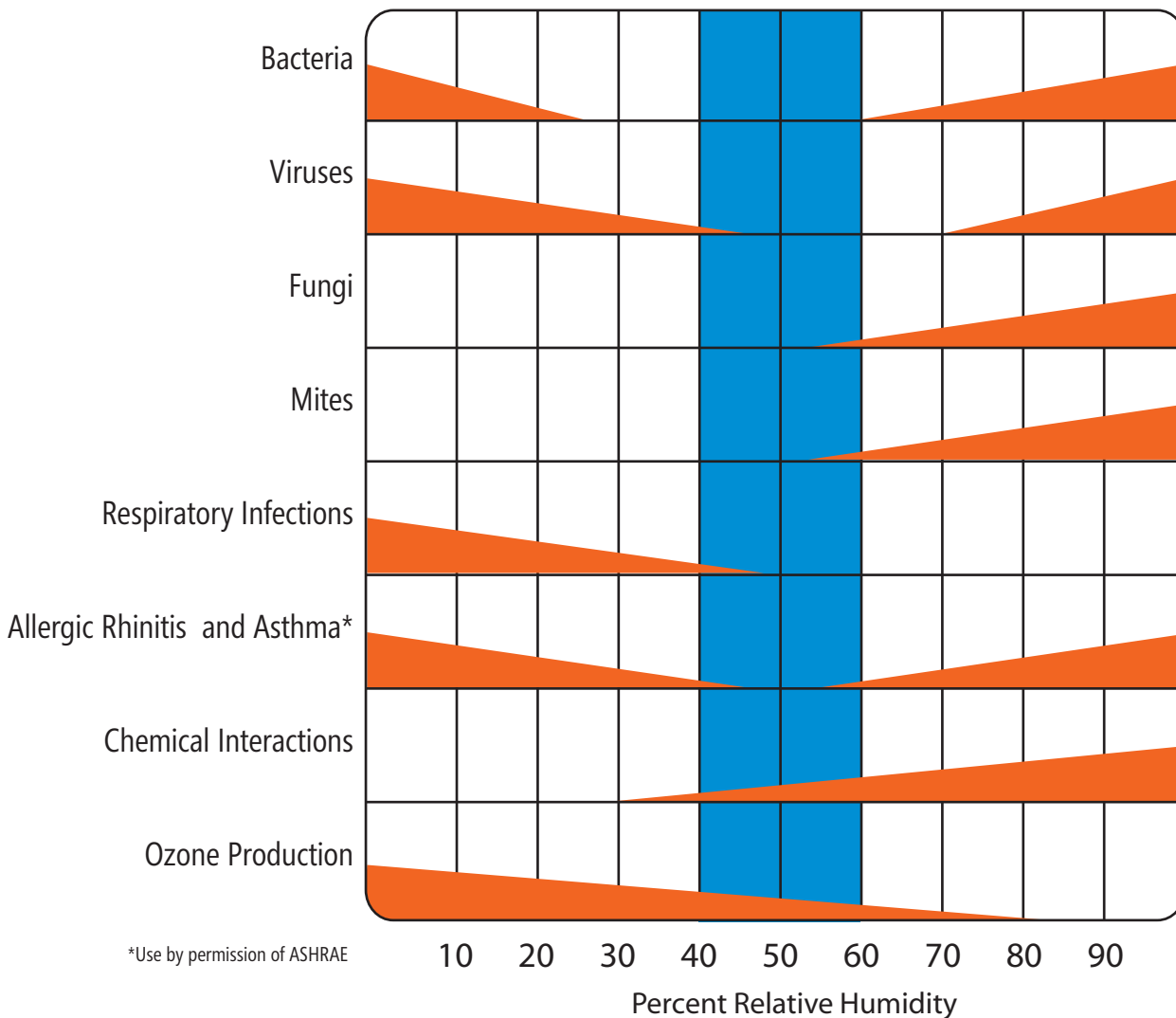
COMPLETE COMFORT

Heating & Cooling

Humidity and Your Health

Since the air in your home is always trying to reach its saturation point, it will absorb water wherever it's found. That means it is stealing moisture from the bodies of you and your children, your pets, your furniture and even your house plants. By giving up moisture to the air, your skin, throat and nasal passages dry out and crack, leading to various physical discomforts. That's why many doctors recommend humidifiers for allergy and asthma sufferers. Research has shown that 30% – 60% relative humidity is ideal. Outside this range, bacteria, fungi, viruses and mites thrive and multiply.

As these creatures increase in number, so does your risk of being adversely affected.



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