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CALL OUR **HOTLINE 321-1974**  
www.vcare.com

# Drinking safe water and breathing clean indoor air is possible

It's frightening how many invisible particles, micro-organisms and chemicals are floating around in our indoor air and personal use water.

"People just don't realize how much junk they are consuming," said Frank G. Hein, owner of Healthy Body Now, a eight-year-old Markham company that is in the business of providing people with helpful advice and up-to-date products and services, to ensure healthy water and indoor air.

Hein has a wealth of researched information and is able to provide statistics and facts on a variety of concerns including chlorine.

Chlorine is put into our tap water to kill harmful waterborne viruses and bacteria.

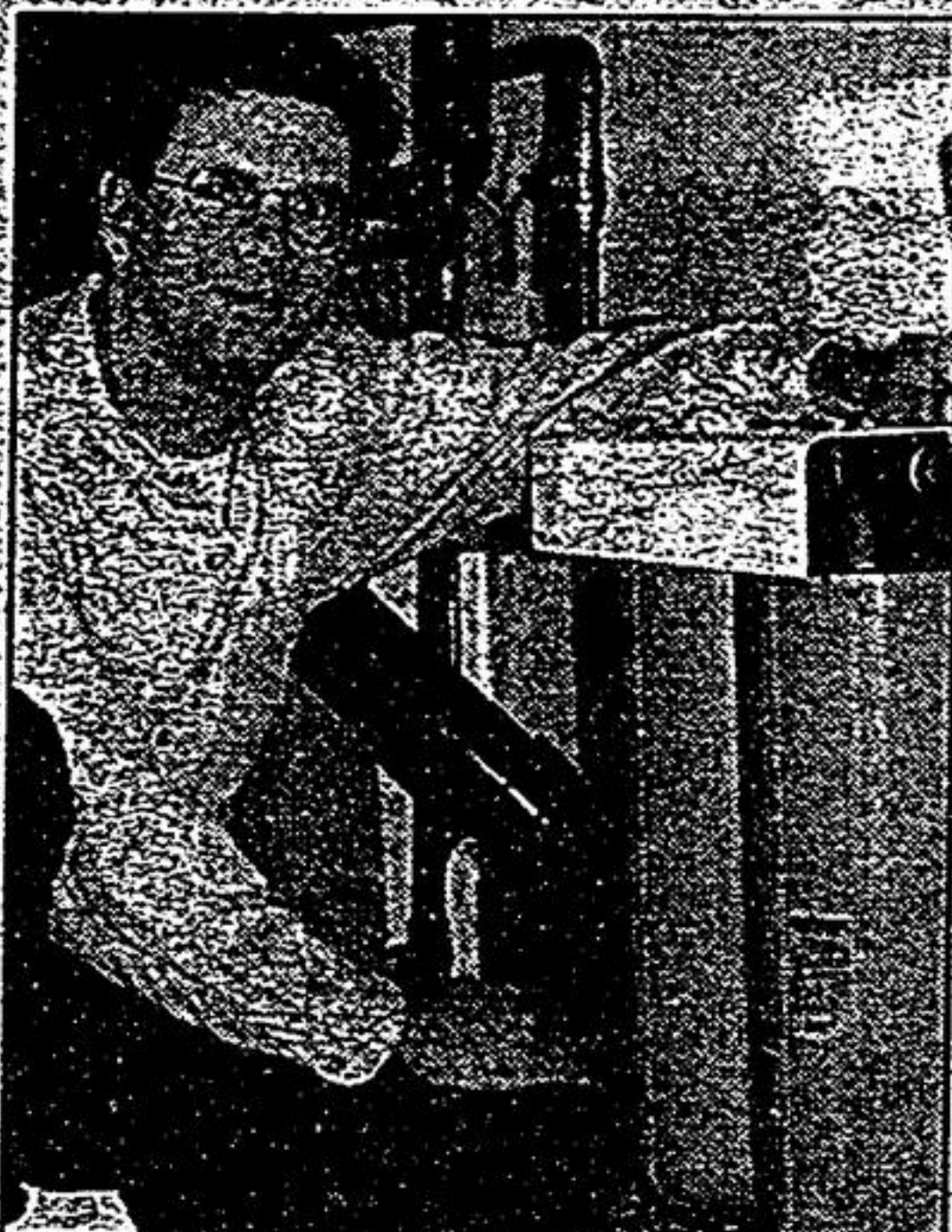
Unfortunately, chlorine also attacks our cells.

"Chlorine is very aggressive in damaging our skin and hair cells.

When you inhale chlorine and its cancer-causing by-products, (as in a shower) our lung cells are damaged. The level of exposure (to chlorine in steam) exceeds the level of ingestion (daily drinking) by 600 per cent.

Costly bottled water is not always a sterile product and really is a taste alternative to tap water," said Hein.

While many people choose a jug/pitcher water filter, Hein said they really can't address all the health concerns in tap water. The small, throw-away cartridges contain loose granular carbon.



PHOTO/LORI EMERSON

The whole home water filter removes sediment, rust, odour, chlorine, chemicals and parasites.

Hein said that a solid carbon block filter is essential to removing sediment, rust (from aging water pipelines) and parasites not killed by chlorine.

Hein's whole home water filter system has two, 20-inch filters (a prefilter plus a solid carbon block) which is installed directly onto the pipe which brings water into the home. The water passes through the filters and removes everything down to one micron in size. People who live in an apartment, can purchase a system that attaches directly onto the kitchen tap and a separate shower filter.

## CLEANING YOUR INDOOR AIR

Indoor pollutants can be five to 10 times higher than outdoor levels.

Many old and new homes have the snap, crackle electronic furnace filter, based on 45-year-old technology.

Today's allergies, asthma and breathing problems are better addressed with 1999 technology, said Hein. He carries the best performing electronic furnace filter, Canadian made, a registered medical device and tax deductible.

Room solutions are also available.

For details call Frank Hein at 470-2259.

# FOCUS ON BUSINESS

## Improve your indoor air quality

*V.Care Inc. assists the homeowner in breathing easier this winter*

There are many areas to focus on when trying to improve the indoor air quality of your home, ranging from a quality vacuum cleaner to installing a good furnace filter.

V.Care Inc. can assist the home owner in cleaning their air ducts, carpets, upholstery and loose oriental rugs.

Because V.Care is an independent company, they are able to provide a high-quality service at reasonable rates, without sacrificing quality.

V.Care Inc., which has been helping customers with all their cleaning needs since 1986, recommends people have their ducts cleaned every three to five years.

This is especially important if people are moving into a new home, or after they finish renovations, as construction debris gets into the duct work.

### PERSONAL ATTENTION OFFERED AT V.CARE

V.Care's staff — all of whom have undergone intensive training — go out of their way to ensure every need of their customer is met.

A member of the Better Business Bureau and the Floor Covering Institute of Ontario, staff understand the customer's time is valuable.

Staff arrange appointments when it is convenient for the customer, arrive at the scheduled time and complete the job quickly and efficiently. They are also available to answer any question.



### V.CARE OFFERS EXTENSIVE SERVICES

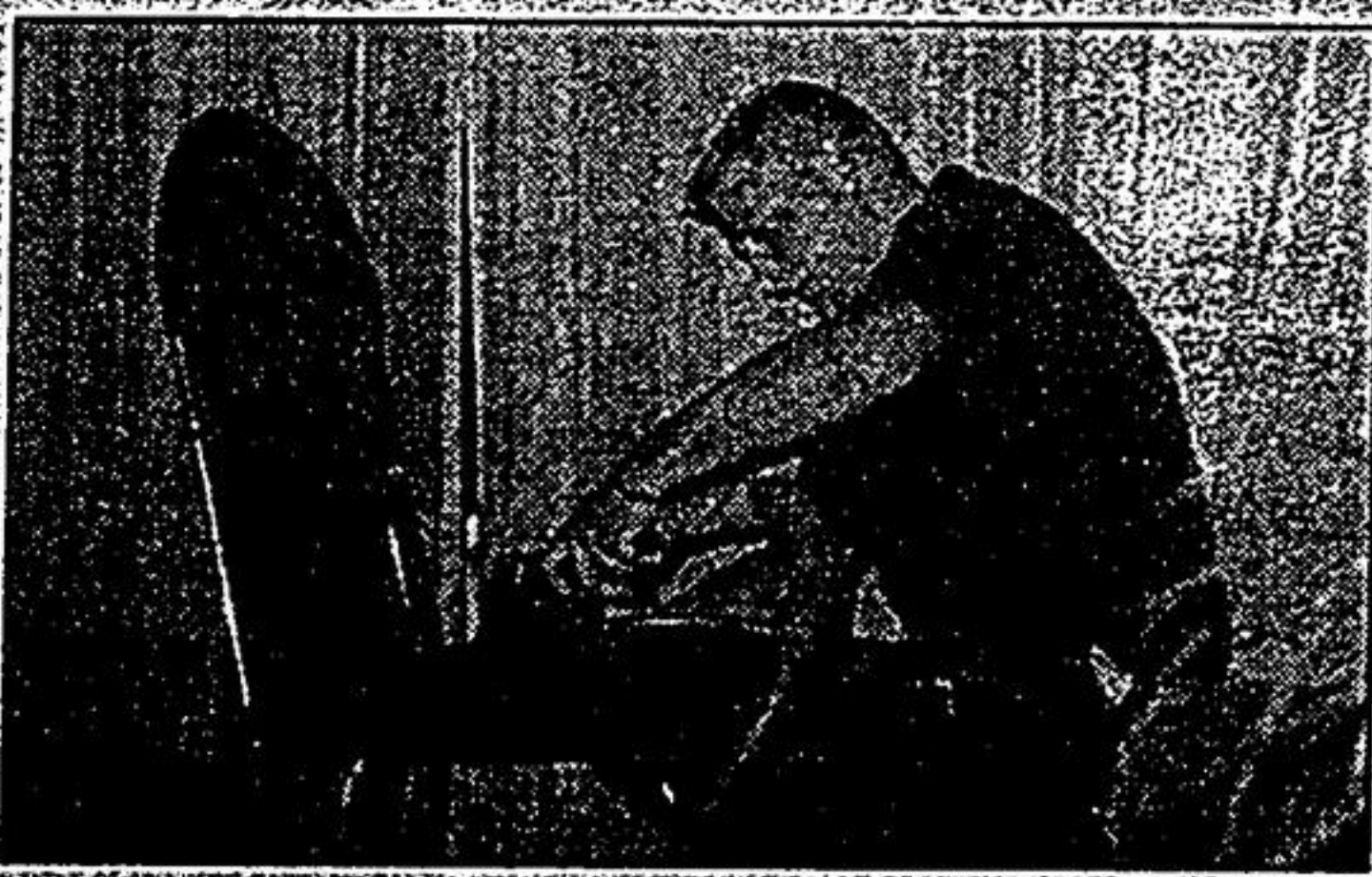
V.Care recommends getting your duct work cleaned every three to five years.

In addition to a superior duct cleaning service, V.Care also cleans carpet, upholstery and loose area rugs, which are picked up and dropped off at the customer's home.

These rugs are washed, front and back, and restored to its natural luster.

V.Care provides both a residential and commercial service. The company uses only high-quality, environmentally friendly products.

For details call (416) 321-1974 or visit their website at www.vcare.com



V.Care's professional staff can clean everything from carpets, drapery to upholstery.

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**Snap, crackle...**

electronic furnace filters based on 45 year old technology continually produce toxic ozone gas. The Airscreen electronic furnace filter produces no ozone and is easy to maintain. The 1990's solution to healthy indoor air quality.

Helpful advice - Up-to-date solutions

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