

# WARNING!

## YOUR HOME AND OFFICE COULD BE MAKING YOU SICK!

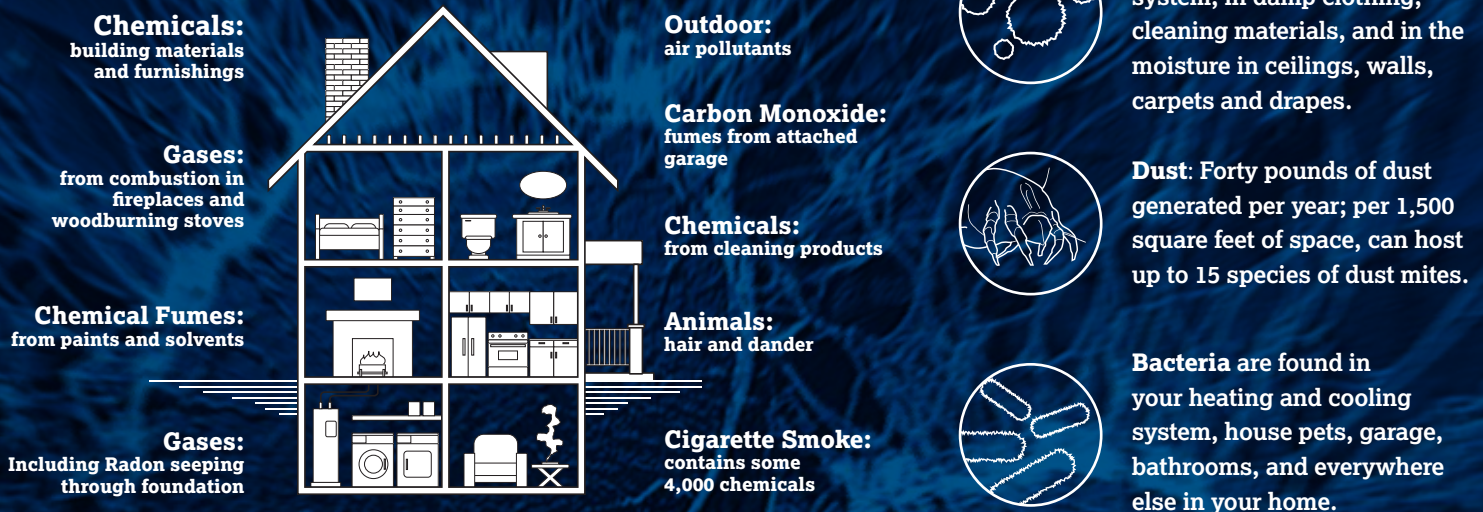
### The Most Polluted Air Isn't Downtown, It's Inside Where You Live...

Do you Suffer from Allergies, Asthma, Headaches, Fatigue, Sinusitis, Frequent Colds, Snoring or other breathing related disorders? Indoor air pollution could be a major contributing factor!

Families spend more than 90% of their time indoors. Studies show that environmental contamination indoors may be up to ten times worse than outdoors! Highly dangerous, allergenic/toxic chemicals and germs have invaded our homes and offices, and due to energy efficiency we've sealed them in with deadly precision...



### Sources of Indoor Pollutants



### Over 350 different common indoor pollutants and toxins are identified, including:

Viruses • Mold • Mildew • Bacteria • Fungi • Dust • Dust Mites • Dust Mite Feces • Pet Dander & Urine  
Dead Skin • Tobacco Smoke • Chemical Gasses From Furniture and Carpet • Styrene • Formaldehyde, etc.

## Is Your Home Or Office Safe?

Don't Wait...Do a "Healthy Home Check Up" and Find Out NOW!

(turn over for instructions...)

# Instructions for Performing a Healthy Home Check Up (HHCU)

To get accurate results follow these 5 simple steps closely

1. Using a pair of scissors or knife, carefully remove the top of the petri dish. Pour approximately 75% of the test liquid into the dish.
2. Collect multiple air samples by walking the dish through the different rooms in your home, or office, slowly “scooping” the air (without spilling the test liquid). Next, take the dish to a high traffic area, or near an air duct, and lay it on a steady surface.
3. Take some surface samples using one of the included swab sticks. Dip it in the bottle of the remaining test liquid and take some samples from areas such as a counter top, cutting board, door knob, keyboard, TV remote, or your phone. When done, cut off the cotton end of the swab and place it into the dish. Now dip the second swab into the solution and thoroughly swab a few light switches, door knobs, railings etc. When done place it, too, into the dish.
4. Let the dish sit open for about an hour and then tape it shut (scotch tape or electrical tape) and place it back in the plastic bag provided and store it “upside down” in a warm, dark place (like a cupboard) for 5 days.
5. Take photos of your results and email or text them to your mentor.

**Congratulations, your HHCU is done!**

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Watch a short video on how to perform this easy, step-by-step test at:

[www.switchtofreedom.com/instructions](http://www.switchtofreedom.com/instructions)