

78 WORDS, 30 SECONDS

## HEALTHY HOME

AS THE WARMER SEASONS UNFOLD, A HOST OF ALLERGENS AND IRRITANTS BECOME MORE PREVALENT, POTENTIALLY DISRUPTING YOUR DAILY LIFE AND HEALTH—ESPECIALLY IF YOU HAVE ASTHMA AND ALLERGIES. FORTUNATELY, YOU CAN MAKE BREATHING EASIER. FOR EXAMPLE, HAVING YOUR AIR DUCTS CLEANED BY A **NAD-CA**-CERTIFIED PROFESSIONAL CAN HELP GET RID OF THE DUST, MOLD, AND OTHER ALLERGENS THAT ACCUMULATE IN A DUCT SYSTEM AFFECTING BOTH OVERALL AIR QUALITY AND THE EFFICIENCY OF THE **H-V-A-C** SYSTEM. LEARN MORE AT **BREATHING-CLEAN--DOT--COM**.