

## FOR IMMEDIATE RELEASE

October 10, 2009

### **GREEN HOMES = HEALTHY PEOPLE**

(Vancouver, BC) – Vancouver is considered one of the most green and environmentally friendly cities in Canada, with ambitions to be the greenest city in the world by 2020. However, on an individual level, many Canadians are surprisingly environmentally illiterate. ECO-audit, a sustainability consulting company, helps people green their footprint and improve their health by providing complete audits of homes, businesses and more.

Canadians use the most energy and water in the world. One African could live for weeks on one Canadian's daily water usage. Instead of contributing to the problem, ECO-audit helps you to be a part of the solution.

"We need to become more serious about being green on a daily basis," explains Alexandra Henriques, owner and operator of ECO-audit. "We're using resources so quickly that we're basically using up 4 ½ planets worth of what is sustainable. At that rate, there won't be much left for future generations."

Home eco-audits consist of an evaluation of the materials, products and practices in a home. By having a complete home audit, people learn how to save energy, water, fossil fuels, reduce household waste and dispose of waste appropriately. Connecting to local green services also help people to lead a better quality of life while still creating a future for others.

"The issues may be very different in each home," notes Henriques. "However, the consistent main issues seem to be products that people keep bringing into their homes that are ultimately hurting them."

From furniture and cleaning products, to groceries and body care products, many items can have a negative affect on our home, our bodies and even our air quality. Carpets, glues, foam in couches, pillows and cushions all release chemicals, or "off-gas" and contaminate indoor air and ultimately can affect our health.

"Poor indoor air quality can include toxic fumes or chemical poisons that are off-gassing and being released in the air around us in our homes," Henriques explains. "Prolonged exposure to this can cause dizziness, headaches and nausea. The single most important thing that you can do is open the windows."

For more ideas on how to green your footprint, or general information on ECO-audit and all their services, go to [ECO-audit.ca](http://ECO-audit.ca).

ECO-audit is a new green service in Greater Vancouver that offers a variety of audits to help people green their footprint, simplify their lives and protect their families' health. Types of audits available include: home, business, non-profit, baby, pet, diet, yard, renovations and transportation.

-30-

For more information, contact:

Alexandra Henriques  
Owner and Operator  
ECO-audit  
T: 604-417-2764  
[email@eco-audit.ca](mailto:email@eco-audit.ca)  
[www.eco-audit.ca](http://www.eco-audit.ca)  
[www.eco-audit.tel](http://www.eco-audit.tel)