

HEALTHY, WEALTHY & WISE

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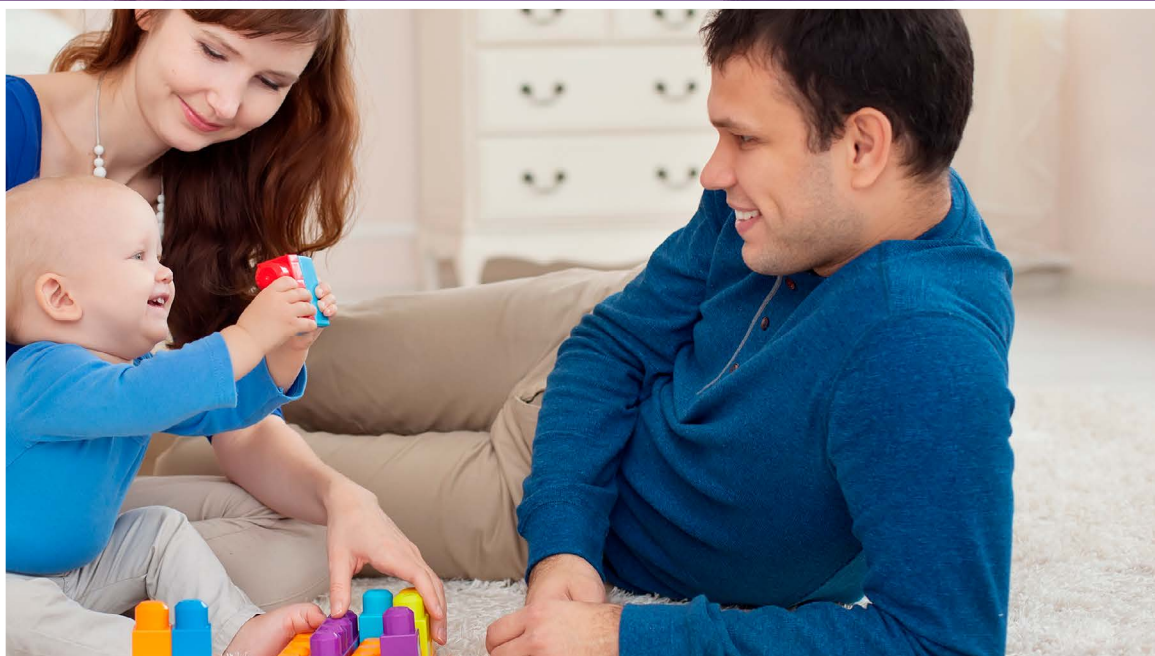
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How to Maintain Your Most Personal Space

Yes, it is often easy to tell when it's time to clean the carpet in your family room, hallway or the main entrance to your house. You begin to see soil in the traffic areas, or there are those inevitable spots and spills. Despite your best efforts at vacuuming the carpet still looks soiled and you clearly know it needs to be cleaned. But what about the carpet in your bedrooms? Tracked in soils or spills aren't usually a major problem in bedrooms. This may lead you to think that bedroom carpets don't need cleaning as often as the rest of the house. Think again.

Your Bedroom is Dirtier than you Realize

Your bedroom is the place where you sleep, dress and groom. The natural body oils, perspiration, dander, hair, particles from coughing and sneezing, residue from recently showering and the moisture it generates make the bedroom among the most heavily soiled carpets in your home, even if they still look good. Of course, don't forget all of the sprays, lotions and potions we

use when grooming. These can leave residue behind that is unhealthy itself but which also attracts dirt and germs.

It's no surprise that much of this "stuff" ends up in your carpet. And even though you can't see these soils, they are there. Need proof? Walk into your bedroom, master closet or dressing area and take a whiff. Chances are, you will notice a natural musky odor that is unique to that room.

The Surprises Lurking in Your Private Spaces

Discussing the most personal space in your home may make you feel a bit uncomfortable, but the fact is that you spend a huge portion of your day in that room. It should be the cleanest room in the house, if you want to be healthy. Let's consider two major bedroom problems: your carpet and your mattress.

Much of the body oil, sweat and dander you lose every day remains in your carpet and mattress. During the natural processes of oxidation and decay, these

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Garlic Shrimp Linguine

Ingredients:

- 1 pound uncooked linguine
- 1 tablespoon butter
- 3 tablespoons white wine
- 2 teaspoons grated Parmesan cheese
- 3 cloves garlic, minced
- 1 teaspoon chopped fresh parsley
- 1 pinch salt and pepper to taste
- 1 pound medium shrimp, peeled and deveined

Directions:

1. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.
2. In a medium saucepan, melt butter over medium low heat; add wine, cheese, garlic, parsley and salt and pepper to taste. Simmer over low heat for 3 to 5 minutes, stirring frequently.
3. Increase heat to medium high and add shrimp to saucepan; cook for about 3 to 4 minutes or until shrimp begins to turn pink. Do not overcook.
4. Divide pasta into portions and spoon sauce on top; garnish with Parmesan cheese and fresh parsley, if desired.

recipe courtesy allrecipes.com

► *Continued from cover*

organic materials break down and release gases that are the source of odors. Your bed sheets help protect your mattress, but some of the tiny dead skin cells and body oils, along with 8-12 ounces of perspiration adults lose each night, do make it through and end up in your mattress.

Another concern is dust mites. The highest population of dust mites in any house is in the bedroom. This is because the 3 things that a dust mite needs to survive are found there in abundance: food, moisture and warmth. Dust mites eat dead skin, they get all the moisture they need from bedroom humidity and perspiration, and they love the warmth your body leaves in the bed. All of this makes your bedroom the perfect breeding ground to raise happy, healthy dust mites.

Walking Safely

If you are trying to get more exercise into your routine, walking is a great choice. Not only can you improve your fitness level, but you can enjoy the great outdoors at the same time. Unfortunately, many drivers do not always pay attention to pedestrians on the road, especially as dusk falls. Around 5,000 pedestrians are killed each year by motor vehicles.

What can you do to reduce your risk of injury or death from a car when walking? One of the best things you can do is wear a reflective vest or clothing. Be sure that the reflective area is large enough to be seen well and is exposed from every angle. Many brands of walking shoes have reflective material on the heels. Also dress in light colored clothing to maximize your exposure.

You should walk facing oncoming traffic. Walk defensively. Although pedestrians have the right of way, this doesn't mean a driver will always yield. Be aware of the traffic

Wake Up Refreshed

If you are one of the millions of Americans with allergies, dust mite droppings could be a major cause of your suffering. Dust mite feces, a major component of household dust, is one of the most potent allergic irritants known to medical science. This is especially true in bedrooms. If you really want your house to be clean and healthy, include occupied bedrooms in every carpet cleaning. For extra protection and potential relief from allergies have your mattress cleaned as well to remove these contaminants.

Do you go to bed breathing easy, but wake up congested and sneezy? You may find that detailed cleaning helps to alleviate your symptoms. So call The Clean Force Company today and breathe easier tonight.

around you. If you are walking on a pedestrian path, always walk on the right-hand side so that faster walkers, runners, and cyclists can easily pass.

Never walk alone. If you have no one to walk with, be sure to tell someone the route you will be on and when you expect to return. Also, leave the headphones at home for maximum safety. You are not able to hear potential dangers if you are listening to music.



That Sneezing Might not be a Cold

During the winter months, coughing and sneezing can hit at any time, but don't assume you have a cold. It could be allergies. While colder temperatures can bring some relief by limiting mold and pollen in the atmosphere, more time indoors means more exposure to indoor allergens.

Dust mites, pet dander, cigarette smoke, gas fumes, and household sprays and chemicals can all trigger allergy and asthma symptoms. Mold can continue to grow during colder weather, as it really only needs moisture and oxygen to thrive.

There are some things you can do to help relieve allergy or asthma symptoms during the winter. These tips can help:

- Keep humidity levels in your home under 35 percent to restrict the growth of mold and dust mites.
- If you use a humidifier, keep it clean and change the water frequently. You can also use an anti-mold agent in the water or as a spray for the humidifier.
- Use exhaust fans in your bathroom and kitchen as often as possible.
- Replace your furnace filter every two to three months. Be sure to use high-efficiency filters in order to remove as many allergens as possible.
- Vacuum floors and furniture frequently. Make sure your vacuum has a HEPA filter. If you have a problem with dust mites, consider removing any dust traps from your home, including stuffed animals, clutter on shelves, old books, and decorative pillows and blankets.
- Use allergy covers on your mattresses. You can also cover your box springs and pillows. Wash bed linens and nightclothes in water above 130 degrees.



Choosing the Right Pet

Getting a pet can be a big decision. Knowing which type or breed to get is important for the long term happiness of you, your family, and your pet. Before you decide on a pet, take time to research the type of animal that will best fit in to your home environment. If you decide on a puppy, be sure to understand how large your dog will be when fully grown. Research the animal's temperament and tendencies to ensure a good fit with your home situation.

Also take into account your budget. Larger animals tend to cost more in food and care. They may also



require more of your time. Consider time needed for exercise, grooming, and other care. By taking a little time before you invest yourself in a new pet, you will be sure of making the proper choice for you and your animal.

Clean Force Client Testimonial

"Thank you for the wonderful job you did on my parents house yesterday! They are so happy with it."

– Cheryl P. Williamston SC



Quick Tips

Home Tip

February is a great time to do some gardening. This may be surprising when everything seems so cold. But you can still get some work done in your garden. This month, you should turn your planting beds, adding in some organic matter. You should also add some mulch around your trees. Finally, fertilize your shrubs and trees, making sure you use the correct type of fertilizer for each plant. By doing this, your beds will be ready for planting once warmer weather returns.

Green Living Tip

If you think you can only increase your fuel consumption by buying a hybrid car, think again. There is an easy way you can decrease the amount of fuel you use. Simply keep your tires inflated. Just one tire underinflated by six or more psi can increase fuel consumption by three percent. Check your tires regularly and you will be sure to not only keep your vehicle in good shape, but will also help the environment.



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"A good name is rather to be chosen than great riches." – Proverbs 22:1a

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Win a \$10 Cracker Barrel Gift Card

Read this edition of Healthy, Wealthy & Wise to find the answer to the following trivia question:

Which of these is a potent allergic irritant found in all homes:

- a. cotton and linen lint
- b. dried soap residues
- c. dust mite feces
- d. reality TV shows

*December Trivia Winner
Sandra Y.
Easley, S.C.*

Email your answer to cleanforcecompany@gmail.com or call our office at 864-271-3168. We will draw from the correct answers and someone will win a \$10 Cracker Barrel Gift Card!

Contest Expires 2/28/2017.

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