

# HEALTHY, WEALTHY & WISE

APRIL 2015

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"A man must be big enough to admit his mistakes, smart enough to profit from them, and strong enough to correct them." - John C. Maxwell

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**April is  
Pet First Aid  
Awareness Month**



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## Chemicals, Cleaning and YOU

Chemicals. The very word makes some people nervous. For some it conjures images of toxic compounds that pollute and damage the environment. For others it may bring to mind unhealthy additives in our food and drink. Chemical can be a scary word. It makes sense to define what a chemical really is.

One useful definition for the word is found in the World English Dictionary: *"chemical- any substance used in or resulting from a reaction involving changes to atoms or molecules, especially one derived artificially for practical use"*. This definition sums it up quite well, because it covers all the bases for what we typically refer to as chemicals.

Chemicals as they relate to cleaning, deodorization and sanitizing of surfaces are just that; compounds that are used to react with and change other compounds, such as oils, dirt and contamination.

You likely use chemicals on a daily basis as a safe and effective means to keep your home clean and healthy. This includes dish soap, laundry detergent, air fresheners, and even shampoo, soap and toothpaste.

But what about the cleaning agents that professionals use when they come into your home to provide services such as carpet cleaning? Should you be concerned? Well, yes and no.

We are in the midst of a green revolution; a general shift toward using products that are safer for the environment. As a result, professional cleaners now have more products that are effective, safe and environmentally friendly. Organic cleaners, natural deodorizers and plant-based disinfectants are becoming more popular. As consumers become more environmentally aware, manufacturers of cleaning agents are also making significant headway into formulations that do not contribute to poor indoor air quality.

Still, some of the products used in professional cleaning products can be a cause for concern. Professionals and consumers alike should be conscious of how cleaning products are stored, used, and disposed of.

In addition, the products used by professionals are usually in concentrated

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## Healthier Oven Roasted Potatoes

*"This roasted potato side dish, made with less olive oil and more fresh herbs than the original recipe, is a healthy hit with everyone."*

### Ingredients:

- 1 tablespoon olive oil
- 1 tablespoon minced garlic
- 1 tablespoon chopped fresh basil
- 1 tablespoon chopped fresh rosemary
- 1 tablespoon chopped fresh parsley
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon salt
- 4 large potatoes, peeled and cubed

### Directions:

Preheat oven to 475 degrees F (245 degrees C).

Combine oil, garlic, basil, rosemary, parsley, red pepper flakes, and salt in a large bowl. Toss in potatoes until evenly coated. Place potatoes in a single layer on a roasting pan or baking sheet.

Roast in preheated oven, turning occasionally, until potatoes are brown on all sides, 20 to 30 minutes.

*recipe courtesy allrecipes.com*

▶ *Continued from cover*

form. Label directions as to dilution and application must be followed.

Hot water can remove a great deal of soil. In fact, water does the bulk of the work in carpet cleaning. But water alone is usually not enough to get your carpet to its cleanest possible state. There are too many soils and pollutants that bond to the carpet via chemical and molecular bonds must be broken.

That's why we use cleaning agents. Detergents, surfactants and buffering agents break the bonds that soils have on carpet. Some cleaning companies buy the cheapest chemicals they can get. Sure, the carpet looks cleaner, but the stain-resistance is compromised and the carpet will re-soil rapidly because of detergent residues. We

choose cleaners that are effective, safe for people and pets, and easy on the environment, even though they cost a little more. We feel it's worth it.

At times, because of the type of spot or stain we are dealing with, we must use products containing solvents, acids or alkalis. If so, our technicians are trained to mix, apply, neutralize and rinse so that no unwanted residues are left behind. The rinse water is captured and properly disposed of to assure that there is no negative impact on the environment.

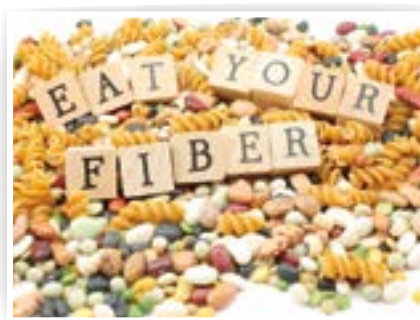
The bottom line is that whenever you have The Clean Force Company clean for you, you can be assured of a healthier home, carpet that stays cleaner longer along with environmental responsibility.



### App of the Month: We Transfer

If you've ever tried to send a large file from your phone, you know that it doesn't always work as planned. Not only does your data need to be compressed, but you may also hit email data limits. Next time you need to send a large file, try WeTransfer. This free app for iOS and Android allows you to send up to 2GB of data at a time. You can upgrade your account which will allow you to send 10GB transfers. When you send files, your recipients will receive a link allowing them to download the files. It is fast, easy, and free.

## Make Your Diet Program More Successful with Increased Fiber



A recent study released by researchers at the University of Massachusetts has shown that a diet program that emphasizes eating more fiber-rich foods is more successful than one that restricts dieters from eating certain foods. Subjects in the study were asked to increase their fiber intake by

at least 30 grams a day. This was compared to a diet designed by the American Heart Association. While this diet also had an increase in fiber, it had another 12 changes to the diet, including restricting calories, reducing sugar and salt, eliminating alcohol, and keeping fat, carbohydrate, protein and cholesterol levels at specific ratios.

After a year, the researchers found that both groups had lost about the same number of pounds. Since the simple high-fiber diet was easier to follow, researchers believe that it can have a greater success rate with more participant satisfaction. While the increase in fiber helped both classes of participants feel fuller during the day, the less restrictive diet resulted in happier dieters overall.



## Eye Health as We Age

According to a survey by the Ocular Nutrition Society, four in five baby boomers ranked their vision as the most important sense. In fact, those same people said that they worry about vision loss almost as much as contracting cancer or heart disease. But only fifty percent said they visit an eye doctor at least once a year.



What is the best way to protect your vision as you age? First, you should get an eye exam every year. Your doctor can help you know if you are at risk for eye diseases such as macular degeneration. Be sure to know and discuss your family history of eye disease.

You should also protect your eyes by not smoking and always wearing sunglasses with UV protection. Regular exercise is not only good for your body, but also contributes to eye health as well.

Finally, be aware of the role nutrition plays in eye health. Vital nutrients such as lutein, zeaxanthin, and omega 3 protect your vision and keep your eyes healthy. To increase these nutrients in your diet, eat greens such as spinach, kale, and broccoli, along with salmon, halibut, and tuna. If you think you have shortfalls in your diet, you can take a vitamin supplement specifically formulated for eye health.

## Spring Safety Tips for Your Pets

With the change in season and warmer weather here, remember to take some time to include ensuring your pet's safety in your spring cleaning chores. Here are some things to do to make spring as safe as possible.

### Check your screens.

Examine your screen doors and window screens for tears or loose spots. This is especially important for screens on upper floors of your home. If you are ready to leave windows open to let in the fresh spring air, make sure that your screens will not let your pets out.

### Keep up to date on vaccinations and medications.

Spring can bring new hazards with the onslaught of pesky bugs. Your pets will also wish to spend more time outdoors. Make sure that your pets have year-round heartworm preventive medication and protection from fleas and ticks.

### Make sure your garden is safe.

When you are outdoors starting

your garden, keep in mind that your pets will also take an interest in your garden. Keep toxic bulbs like tulips, daffodils, and hyacinths out of your garden. Only use as much fertilizer as is necessary and observe the waiting period after applying before letting your pets outdoors.

### Keep identification current.

A microchip is the best way to find a lost pet. Be sure to update your information if you've moved since your dog or cat has received a microchip. Even if your pet is microchipped, it is still good to have a sturdy collar and a tag. Make sure the tag has your address and cell phone number on it.



## Clean Force Client Testimonial

"The provider was extremely courteous, professional, and prompt! My carpet looked like new after it was cleaned!!"

- Latoya R., Spartanburg, SC

### The Good Life



"I think I see the problem. You had your taxes prepared by a taxidermist."

## Quick Tips

### Healthy Living Tip

A new study suggests that athletes who consume several sports drinks a day could be facing dental problems. These drinks, especially in combination with a high-carbohydrate diet, can introduce too much sugar and acid into the mouth. In addition, when training, any dehydration can lead to a reduced production of saliva, which helps protect teeth from decay. To help prevent this, drink more water when exercising and be sure to brush your teeth after consumption of these drinks.

### Green Living Tip

It can make a big difference when you bring your own cloth bags to the grocery store. If you shop just once a week, in three years you will have kept about 500 plastic grocery bags out of landfills. By using fewer bags, you will also help cut energy use when the bags are manufactured. Even better, some grocery stores offer discounts when you use your own bags. This means that your bag will pay for itself in no time.



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## APRIL SPECIAL

### Sofa, Loveseat and Chair Upholstery Cleaning - \$160

*May not be combined with other offers, coupons or discounts.  
Offer expires 4/30/15.*



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

The Clean Force Company  
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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 following does the bulk of the work in cleaning carpet?

- a. Water
- b. Detergents
- c. Surfactants
- d. Alkalinity

Email your answer to [cleanforcecompany@gmail.com](mailto: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 4/30/2015.*

## INTRODUCING OUR NEW CUSTOMER REFERRAL REWARD PROGRAM

Refer any new customer to The Clean Force Company and receive a \$10 Referral Reward Certificate. These certificates can be applied towards your next carpet cleaning or redeemed for cash. There is no limit to the number of referral certificates you can earn!

