

# HEALTHY, WEALTHY & WISE

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"We must let go of the life we have planned, so as to accept the one that is waiting for us." – Joseph Campbell

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*You may have noticed it in your own home, or the home of a neighbor or friend—dark, dirty-looking lines in the carpet around the baseboards, under doors and on stairs. What is it? Can it be removed? Will it come back?*

## What Causes Those Mysterious Dark Lines?

The dark greyish or black discolorations that occur in carpet around the perimeter of rooms and in the doorways of some houses can be a source of embarrassment and frustration. Our customers rely on us not only to clean their carpets, but also to educate them about how to maintain their carpet. Before we explain what these mysterious dark lines are, we'll talk about what they are not.

Contrary to what you may think, it has absolutely nothing to do with accumulated dust from poor housekeeping. It is not a defect in carpet. And although some believe it to be mold, it is not. Even pest control companies have been wrongly accused of causing these unsightly lines with their treatments. So what IS it? It's filtration soiling.

Although it can happen in any home, filtration soiling is most common in homes that have forced air HVAC (heating, ventilation and air conditioning) systems. At certain locations in the carpet, air is being forced through the fibers by pressure and temperature differentials. The carpet fibers act as a filter, trapping pollutants that are in the air.

Some of these pollutants are the product of combustion and contain carbon. Common sources are automobile exhaust, industrial air pollution, tobacco smoke, and even natural gas or oil furnaces. This carbon, combined with oily residues from cooking and other sources, adheres to the carpet with very powerful electrostatic and chemical bonds.



**248.584.1819**

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*Leather Cleaning and Restoration*

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## Strawberry Spinach Salad

### Ingredients:

- 2 tablespoons sesame seeds
- 1 tablespoon poppy seeds
- 1/2 cup white sugar
- 1/2 cup olive oil
- 1/4 cup distilled white vinegar
- 1/4 teaspoon paprika
- 1/4 teaspoon Worcestershire sauce
- 1 tablespoon minced onion
- 10 ounces fresh spinach - rinsed, dried and torn into bite-size pieces
- 1 quart strawberries - cleaned, hulled and sliced
- 1/4 cup almonds, blanched and slivered

### Directions:

1. In a medium bowl, whisk together the sesame seeds, poppy seeds, sugar, olive oil, vinegar, paprika, Worcestershire sauce and onion. Cover, and chill for one hour.
2. In a large bowl, combine the spinach, strawberries and almonds. Pour dressing over salad, and toss. Refrigerate 10 to 15 minutes before serving.

recipe courtesy [allrecipes.com](http://allrecipes.com)

► Continued from cover

The particles themselves are extremely small and very difficult to remove. The best course of action is prevention. Here are a few tips to prevent gray edges appearing on your carpet:

- Make sure that any means of combustion in your home including gas or oil heating systems, cooking appliances and water heaters are operating properly. Incomplete combustion caused by improperly functioning appliances contains higher levels of carbon. This can cause rapid soiling.
- Have heat exchangers, flues and chimneys checked by an HVAC professional for leaks or improper function.
- If you like to burn candles, limit how often you use the heavily scented ones. The oils used in these candles do not burn completely adding to the pollutants in the air, accelerating filtration soiling.
- Install high quality air filters in your heating and air system. This

may require modifications to the system. Check with a qualified HVAC contractor.

- Consider using air purifiers, especially if smokers are present in the home. Tobacco smoke produces among the most difficult residues to remove.
- When using a fireplace or wood stove, ensure that there is adequate fresh air entry so as to create enough of an updraft for the fireplace. Otherwise some of the smoke may get into the air and contribute to soil filtration. You may need to open a window a little. Don't turn on ceiling fans in areas where you have a fireplace burning. Air currents may pull smoke into the living space.

Chet's Cleaning uses specialized cleaning agents and techniques to treat soil filtration lines. Although complete removal of the discoloration may not be possible, we can usually improve the appearance. Of course, prevention is always your best line of defense.

## Conquering Cataracts

By the age of 70, over half of all Americans will develop cataracts. In fact, the older you are, the more likely it is that you will not escape cataracts. There are effective treatments for cataracts, including surgery. Not only can this type of surgery remove cloudy lenses, it can also improve vision for those who are near- or far-sighted.

A surprising benefit of cataract surgery is a lessened risk of breaking a hip in a fall. A study of Medicare patients showed that patients who had cataract surgery had a significant reduction in the number of hip fractures, with a 16 percent decrease in this type of injury. Vision loss is a major factor in seniors' risk of falling, and a reduction in visual sharpness and depth perception can lead to a loss of balance, stability, and mobility.

Many people believe that they are "too old" to receive cataract



surgery. But researchers have found that you can never be too old. In fact, they found the greatest benefit in terms of reduced hip injury was in patients over 80 years of age.

Cataract correction is more than just improving vision. It should be considered part of a comprehensive approach to better health and overall well-being.

## Those Doggone Allergies

Just like humans, dogs can develop allergies. If your dog often gets fits of coughing or sneezing, skin problems, or seems generally uncomfortable, he may be suffering from an allergic reaction.

Symptoms of allergies in dogs include itchy, red or scabbed skin, increased scratching, runny eyes, sneezing, coughing, snoring, and constant licking. Just like humans, dogs can be allergic to pollen and mold, dust, cigarette smoke, cleaning products, prescription drugs, fabrics, and food.

If food is the suspected allergen, pinning down the culprit can take some work. A food allergy in a dog usually results in itchy skin, ear infections, and gastrointestinal problems. Your vet can work with you to use an elimination diet to identify the specific allergens. If you and your vet cannot figure out what is causing these symptoms, your dog may need further testing using an intradermal skin test similar to the one used on humans.

If you suspect an allergy, the first line of defense is to remove the aggravating substance from your dog's environment. Irritated skin can be treated with topical medications. Practice good flea control and keep your home's



environment clean and as free from dust and mold as possible. Weekly bathing can help remove allergens from your dog's coat. If food is the problem, then your vet can recommend a diet free from any identified allergens.

If those steps don't completely eliminate the symptoms, your vet may consider prescribing medication to help. There are allergy injections and some medications that have been shown to be useful. Check with your vet to find out all the options available to you and your dog.

## Golf Preparedness

With spring just around the corner, many of us are gearing up for the golfing season. Before you head back out on the course, take time to review some basic preparation steps to ensure that you have a day free of injuries or strains.

Remember to warm up before teeing off. Walk for several minutes, swinging your arms to warm up those muscles. After your

muscles are beginning to warm up, do some stretches, concentrating on the muscles that you will use most during your game. Stretch your arms and back, as well as your shoulders and legs. To protect your feet from injury and fatigue, make sure that your golf shoes are properly fitted and are comfortable at all times during your walk on the course.



## Good Clean Funnies

### Struggling Pitcher

A rookie pitcher was having a hard time pitching the game. The catcher became frustrated and walked out to talk with him.

"I know what your problem is," he said to the pitcher. "After one specific point in every game, you lose your focus."

"What point is that?" asked the pitcher.

"Right after the National Anthem," replied the catcher.



## Quick Tips

### Money Tip

Want to save money and get smarter at the same time? Next time you are looking for an entertainment option, head to your local library. You'll find books on every topic imaginable, but that is only the beginning. You can pick up music, movies, and magazines, take a class, enjoy children's programs, and find a quiet place to relax and enjoy learning. And it's free, making it the best financial choice for entertainment.

### Home Tip

Planting a tree in your yard not only adds beauty—it can also help save you money in the long run. Mature shade trees can cut your cooling costs by as much as 40 percent. Trees also improve the curb appeal of your home and are good for the environment.



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## Win a \$50 VISA Gift Card

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

### Filtration soiling is caused by:

- a. mold
- b. pollution
- c. dust
- d. bad feng shui

When you think you've found the correct answer, email it to [chet@chetscleaning.com](mailto:chet@chetscleaning.com) or call our office at [248] 584-1819. We will draw from the correct answers and someone will win a \$50 VISA Gift Card.

*Contest Expires 4/30/2016.*

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