

HEALTHY, WEALTHY & WISE

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What's LURKING in YOUR Bedroom

It is often obvious when it's time to clean the floors or 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 maintaining your flooring and carpet, it still gets stained and soiled with time. 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 believe that bedroom carpets don't need to be cleaned as often as the rest of the house. You should think again.

Your Bedroom is Dirtier than you Think - 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.

See "Leak STOPPED: Now What?" on next page



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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.

Surprises are 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 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.

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.

Contact **Chet's Cleaning** today for more tips, help or to schedule your next appointment.

The Good Life



Good Clean Funnies

What did the Dalmatian say after lunch?

That hit the spot.

What did the limestone say to the geologist?

Don't take me for granite.

What goes up but never comes down?

Your age.



GREEK-Style Garlic Chicken Breasts

Directions

Cut three slits in each chicken breast to allow marinade to penetrate. Place chicken into a large bowl.

Whisk oil, lemon juice, garlic, pepper, salt, and paprika together for about 30 seconds. Pour over chicken; use your hands to work marinade into chicken. Cover and refrigerate, 8 hours to overnight.

Preheat an outdoor grill for medium heat and lightly oil the grate.

Cook chicken on the preheated grill until meat is no longer pink and juices run clear, 10 to 12 minutes, flipping halfway through. An instant-read thermometer inserted into the center should read at least 165°F.

Recipe courtesy allrecipes.com

Ingredients

- 4 skinless, boneless chicken breast halves
- 1 cup extra virgin olive oil
- 1 cloves garlic, minced
- 2 teaspoons crushed garlic
- 1 1/2 teaspoons black pepper
- 1 teaspoon salt
- 1/3 teaspoon paprika

Prep Time: 10 mins

Cook Time: 10 mins

Additional Time: 8 hrs

Total Time: 8 hrs 20 mins



Protein Power: Unleash the SUPERHERO of Nutrition



BPT

Move over, Hollywood's biggest and brightest ... And if you think protein is strictly for fueling up athletes and gym bros, let's put those rumors to rest now.

Sure, protein is far from new, and the research continues to support an abundance of health benefits supplied by a high-protein diet.

Here's the science: Protein consists of amino acids and serves as a building block that is essential to virtually every part of your body from muscle growth and bone health to glowing skin and hair. Ensuring you have enough of it is key.

Say goodbye to the crash - 3 p.m. slump? While carb-filled foods can cause blood sugar spikes and subsequent falls, protein has staying power that keeps you feeling full and satisfied for longer. Protein helps balance blood glucose levels to combat mid-day crashes that lead to irritability, brain fog and hunger pangs.

Support a superhero immune system - Protein is a vital nutrient that supports a strong immune system, fighting off germs and killing

harmful cells before they can cause infection in your body. Amino acids in protein compounds help important cells in your immune system like T cells, B cells and antibodies to keep you feeling healthy and balanced.

Not all heroes wear capes - At mealtime, protein swoops in like a cape-less crusader to balance your blood glucose levels and save you from those pesky hunger pangs. One of the most convenient ways to boost protein at mealtime is to stock up on low-prep, high-protein meals.

Eat your way to a better sleep - Protein contains the amino acid tryptophan, which is a precursor of cerebral serotonin, which acts as a sleeping pill," according to recent studies on sleep quality.

With these simple ideas, you can increase your protein intake to seize the day and conquer your to-do list like a certified superhero.

Does a Home REMODEL Make Financial SENSE



Before you start calling contractors, ask yourself: Does remodeling make financial sense for me?

Here are three tips to help you decide if a home renovation benefits your home and your finances.

Identify your wants vs. needs - How necessary are the improvements you want? Some home projects may end up costing you more than the value they provide. That doesn't mean certain projects aren't worthwhile.

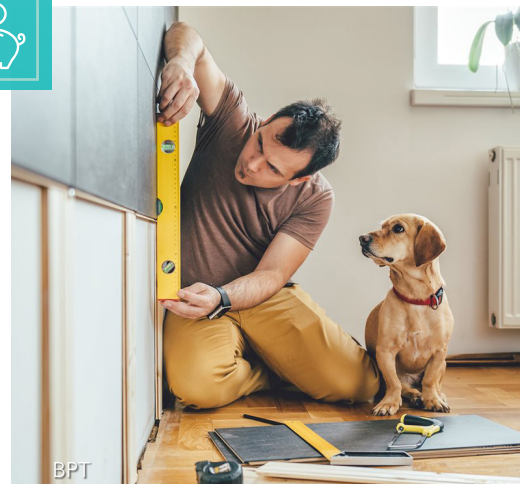
Know your budget - Consider creating a chart with all of your cost estimates, and include columns for high-, medium- and low-cost options. Don't forget supplies for do-it-yourself projects and always allocate a certain percentage for unexpected expenses.

Also be sure to get estimates from different contractors and compare them. Carefully check references and business licenses.

Explore financing options - Ideally, you've already established a home improvement savings plan. But if you're planning to borrow, explore your financing options through your trusted bank or credit union.

For example, your bank or credit union may offer various options for funding home improvement projects, such as home equity loans, home equity line of credit or personal expense loans.

Home renovations of any size - large or small - can be overwhelming. Consider these tips to help make it easier and more affordable in the long run.



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There comes a time when every homeowner looks around at their house and ponders a few upgrades. Your ideas may turn into full-on renovations as you reimagine your space to better meet your lifestyle.



Nourish Your Skin This SUMMER



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While there are near endless possibilities for outdoor activities in the summer, this season can also have a big impact on your skin's health.

Scorching temps, changing humidity and harmful UV rays can take a toll, so it's important to be mindful and proactive in your approach to skincare from head to toe.

Here are four simple tips to maintain healthy, hydrated skin this summer:

1. Block the burn - The American Academy of Dermatology recommends using sunscreen that is SPF 30 or higher, water resistant and has broad-spectrum protection (meaning it protects against UVA and UVB rays). Apply to all skin exposed to the sun - not just your face, and reapply approximately every two hours when outdoors.

2. Cleanse and nourish - You may shower more frequently during the summer months, so it's important to use a hydrating body wash that doesn't strip the skin. A great option is a body wash that is formulated with

premium skin care ingredients like Vitamin B3 Complex that help renew thirsty skin from within, resulting in long-lasting hydration and healthier-looking skin.

3. Seal the deal - After you shower with a hydrating body wash, lock in that moisture with a nourishing body lotion. Choose a lotion that is nutrient-rich, fast-absorbing, and lightweight, which is ideal for summer.

4. Get that H2O glow - Water intake is essential to look and feel your best any time of year, but it's especially important during warm weather. As temperatures rise and you're active outdoors, your body dehydrates faster. Drink plenty of water throughout the day to make up for this loss and strengthen cell membranes, including those in the skin, helping to maintain skin health and overall wellness.



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