

HEALTHY, WEALTHY & WISE

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What to do When you Move into a Home that Previously had Pets

Pet allergies are a common issue where a person's immune system overreacts to proteins found in an animal's dander, saliva, or urine. These proteins, known as allergens, trigger allergy symptoms such as sneezing, runny nose, itchy eyes, and skin rashes. In some cases, pet allergies can also lead to asthma-like symptoms like wheezing and difficulty breathing.

What causes pet allergies?

- **Pet dander:** The most common trigger, dander is dead skin cells that are constantly shed by animals.
- **Saliva:** Proteins in saliva can become airborne when an animal grooms itself.
- **Urine:** Pet urine can also contain allergens, especially in cats.

People with allergies to pets can suffer from symp-

toms that range from mildly annoying to unbearable. People can be allergic to any kind of animal, but the most common allergies are to cats, followed by dogs and lastly, birds.

Regardless of the animal, these allergens are microscopic and can end up on just about every surface in the home. This is a problem if you are planning on moving into a home that previously housed pets.

Chet's Cleaning offers the following suggestions as

See "Allergy ALERT" on next page



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a way to minimize your family's exposure.

Step 1. Meticulous Dusting

A very thorough dusting of all surfaces in the house is the first step. If you plan to do this yourself, wear a disposable filter mask designed to remove allergens. The goal of this cleaning is to remove as much dust from surfaces as possible. Prior to dusting install pleated furnace filters designed to remove allergens. Set the central furnace blower to run continuously to capture airborne dust created during the cleaning.

Working from top to bottom in each room, be sure to get all of the dust from above door and window frames, ceiling fans, duct grills and baseboards. It is preferable to do this meticulous dusting with a HEPA vacuum and brush attachment. After you are done, turn off the furnace blower and allow the dust to settle for one to two hours, then vacuum the carpets thoroughly. A HEPA vacuum is preferred as they can capture 99.97% of all allergens.

The Good Life



Good Clean Funnies

Why do hummingbirds hum?

Because they don't know the words.

Why is a snake difficult to fool?

You can't pull its leg!

Why did the melons choose not to get married?

Because they cantaloupe!

Step 2. Meticulous Cleaning

Once you are confident that you have removed as much dust as possible, all surfaces should be cleaned. Allergies are caused by various proteins, and some of these are contained in residues adhering to all sorts of surface. There is no need to use special anti-allergen cleaners to do this. Any cleaner designed for the surface will do. However, if you are sensitive to fragrances or certain chemicals, there are low VOC products available. VOCs are volatile organic compounds that can cause respiratory irritation in some individuals.

What about the carpet? The best option is to replace the carpet prior to cleaning the home. If the carpet is to be cleaned, the goal is to reduce the allergens to negligible levels. Of course **Chet's Cleaning** should handle this for you. Our cleaning system is designed to remove deeply embedded soils, pollutants, allergens and contami-

nation that could otherwise aggravate allergies.

Step 3. Replace Filters

During the cleaning, a significant amount of allergens were likely dispersed into the air. Wait about 24 hours and then replace furnace filters again with high quality allergen reducing filters.

Ideally, the ventilation system should be professionally cleaned to remove contaminants and potential allergens found in the ductwork, air conditioner coils and air-handler.

For most people, a home with a previous pet can be cleaned well enough to make it a great place to live. If you have severe allergies you should always seek the advice of your doctor. Ask if it is okay to move into a home that was previously occupied by pets.

Our goal at **Chet's Cleaning** is to clean not only for appearance, but also for health. Please call us if you have any questions. It's our pleasure to help.



This creamy pineapple cheese ball with green bell pepper is my favorite cheese ball to serve at parties or potlucks.



Pineapple Cheese BALL

Directions

Mix drained pineapple, cream cheese, celery, bell pepper, and onion together in a medium bowl until well combined; divide mixture in half and form two balls.

Place chopped pecans in a shallow dish; roll each ball in pecans. Chill until ready to serve, at least 2 hours.

Prep Time: 15 mins

Additional Time: 2 hrs

Total Time: 2 hrs 15 mins

Servings: 16

Yield: 2 cheese balls

Tip: Best on buttery round crackers

Ingredients

- 1 (20 ounce) can crushed pineapple, drained
- 2 (8 ounce) packages cream cheese, softened
- 1 cup minced celery
- 1/2 cup chopped green bell pepper
- 1 teaspoon minced onion
- 1 cup chopped pecans

Recipe courtesy allrecipes.com





How to BUILD and SUPPORT Muscle at any AGE



Protein is essential for building and maintaining muscle, tissue repair, hormone and enzyme production, and overall metabolism. Yet, because requirements vary according to age, sex, body composition and activity levels, many adults may not be meeting their individual needs.

Here are some tips on how to boost protein:

Protein needs change with age - As you age, your body's ability to use protein declines, which means you need a higher intake to maintain muscle mass and overall health.

Tap into plant protein - A well-balanced mixture of plant proteins can provide ample high-quality, complete protein. Plant proteins are found in soy foods, beans, peas, lentils and whole grains - which also provide important vitamins and minerals.

Milk proteins can boost muscle growth -

Whey and casein - are good sources of a particular set of amino acids that are well-suited for promoting muscle protein synthesis. If you don't prefer dairy, choose proteins that deliver all the essential amino acids in sufficient quantities, or consider a supplement made from a blend of plant proteins.

Support heart health - Plant proteins are cholesterol-free and much lower in saturated fats. Swap animal proteins for plant-based options when possible, in order to help keep your cholesterol and blood pressure in check, which helps reduce your risk for heart disease.

Boost protein intake with supplements Studies show that consuming protein in amounts that are evenly distributed throughout your day is more effective for muscle protein synthesis than having varying amounts at each meal.

Whether you're an everyday athlete, weekend warrior, working toward weight loss goals or hoping to maintain your strength and balance as you age, you probably know how vital muscles are.

Understand your Home Energy Use - and CUT Costs



Heating and cooling systems account for around 55% of the average home's energy use, according to the U.S. Department of Energy (DOE). And during the warmest and coldest months, HVAC systems are working at their hardest to keep homes comfortable - which means that energy bills often rise.

Consider the following tips to boost a home's energy performance and save on utility bills to help keep costs down and improve HVAC efficiency.

Practice routine maintenance - Clean or replace filters on air conditioners or furnaces regularly, ideally once a month or as recommended. This routine practice will ensure systems run efficiently.

It's also important to schedule seasonal inspections to identify and address poten-

tial issues before they become larger, more costly problems.

Maintain clear airflow throughout the home - Proper insulation and air sealing techniques can achieve whole-house energy savings of 10%-20%, proving a cost-effective way to reduce energy waste.

Ensure air return points are not blocked by furniture, carpeting or drapes so that air can flow freely. Confirm that doors and windows are closed when the HVAC system is in operation. Additionally, during warmer months, keep window coverings closed during the day to block the sun's heat.

All these practices can prevent energy waste, lower utility costs, and improve overall performance.



No matter what your home's heating and cooling needs are, these are a few tools and solutions homeowners can explore to better understand how to make your space more energy efficient.



Why GLUTEN-FREE Baking is Having a Moment

Consumers are increasingly choosing easy, convenient foods to support their active, busy lifestyles. This trend includes ready-to-bake treats such as brownies and cookies, but with alternative ingredients. That's right, gluten free isn't just for people with food allergies anymore, it's the choice of ingredient-savvy consumers as well as those with gluten sensitivities.

Nearly a third of consumers currently follow a gluten-free diet or have done so in the past. Grocery stores are paying attention, dedicating shelf space and expanding product selections to please the palates of this growing demographic. It's easier than ever to bring home ready-to-eat and easy-to-make gluten-free goodies.

Gluten-free bakers are discovering that mixing and matching alternative flours, such

as rice flour, creates blends that rival the original texture of wheat flour. Use almond flour in your banana bread for an extra-nutty kick. Or swap in oat flour to make pancakes that are thick and sweet. Explore different ingredients that suit your taste. Today's gluten-free baked goods are innovative and indulgent.

Restaurants and retailers jumping on the gluten-free bandwagon:

Cookie connoisseurs and brownie-baking enthusiasts are benefiting from the evolution of gluten-free baking at bakeries and restaurants, as well as in their own kitchens. In fact, the term "gluten free" has grown 39% on menus over the past four years, making it more accessible than ever.

When it comes to gluten-free baking, the possibilities are deliciously limitless!



In fact, current research shows the U.S. market for gluten-free foods is among the largest in the world. That's why gluten-free baking is having a moment.





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