

HEALTHY, WEALTHY & WISE

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**CHET'S CLEANING
WISHES YOU AND
YOUR FAMILY**



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Will You be Happy with Your Carpet After it's Cleaned?

While carpet cleaning may seem like a simple task that requires little training, several factors come into play that can make a big difference in how your carpet looks after cleaning. When you choose a company who understands your carpet you will get better results.

There are no Easy Answers

Some of the most common questions people ask about carpet cleaning includes, "Will the spots come back?", "Will the dents from the furniture come out?", "Will the traffic areas look better after it's done?", and "Will these stains come out?" The answer to these and other questions requires knowledge and experience.

Carpet can be made with a variety of fibers, each having its own cleaning characteristics. In addition, every fiber handles traffic and wear in its own unique way. Some soils that are easy to remove from one carpet may permanently stain another. Then there is the construction of the carpet. Loop pile, friezé, shag, saxony, velvet plush

– all of these styles will respond to traffic in different ways. The quality and density of the cushion is another factor. Even the unique way the pile yarns are twisted and how tightly packed they are in the carpet backing makes a difference in wearability and cleanability.

Questions an Experienced Cleaner will Ask

An experienced cleaner will assess the condition of your carpet, asking: What is the age of the carpet? How was it cleaned in the past, and how often? Was protector applied during the last cleaning? How old are the spots, spills and stains, and have you tried anything to clean them?

With all of these variables, how can we possibly know what to expect from a carpet cleaning? Unfortunately, it's not an exact science. BUT there are some things experienced cleaners know about carpet, fibers, soil and stains that give them a clue as to what they can anticipate from the cleaning process. Perhaps the most important

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Luscious Eggnog

Ingredients:

- 3 eggs, lightly beaten
- 1/3 cup white sugar
- salt to taste
- 2 1/2 cups milk
- 1 teaspoon vanilla extract
- 1 cup heavy cream
- 2 tablespoons confectioners' sugar
- 1/2 teaspoon vanilla extract
- 1/2 cup rum (optional)
- 2 drops yellow food coloring (optional)
- 1 pinch ground nutmeg

Directions:

1. In a heavy saucepan, combine eggs, white sugar, and salt; gradually stir in milk. Stirring constantly, cook for 10 to 15 minutes over medium heat, until mixture just coats a metal spoon. Remove from heat, and stir in 1 teaspoon vanilla extract. Place saucepan over ice water until custard cools, and then refrigerate until chilled.
2. In a chilled bowl, combine heavy cream, confectioners' sugar, and 1/2 teaspoon vanilla extract. Beat until stiff peaks form. Stir in rum and yellow food coloring. Fold whipped cream mixture into the cooled custard. Pour into serving bowl, and sprinkle with nutmeg. Serve immediately.

recipe courtesy allrecipes.com

► Continued from cover

consideration is the type of fiber. Just because they are all soft and fluffy does not mean they are all the same.

An experienced cleaner is trained to identify types of fibers and use their knowledge of that fiber's characteristics to anticipate potential challenges. Here are a few examples:

- If a carpet is wool you know that it has excellent resilience, so those crushed traffic areas and furniture indentations have a good chance of coming out. But wool is more easily stained by proteins than other fibers, so some foods, pet urine and other protein sources like blood will be difficult to remove.
- Olefin carpets do not have the resiliency of wool, so high traffic areas tend to pack down and lose that fluffy texture over time.

However, Olefin has excellent stain-resistance and color-fastness.

- Stain-resist nylon has excellent resilience and good stain and soil repellency, so carpets made with nylon tend to be the best overall performers. However, depending on how the fiber was dyed, Nylon may be bleached by some household chemicals or sunlight.
- Polyester fibers have an affinity for oily soils, so food or petroleum grease spots will be more difficult to remove. But Polyester, like Olefin, is very resistant to stains and bleaching.

The bottom line is that how the carpet looks after cleaning will depend on some factors out of our control. But you can be assured Chet's Cleaning will produce the best results you can get when we clean your carpets.

Sharing Your Table With Fido

Many pet owners think one of the nicer things they can do for their pets is to feed them human food, often scraps from their own table. This actually can pose a significant health risk to your pet, however. Experts recommend that dogs and cats should not eat any human food. There are some foods, however, that are more of a threat than others. These foods should never be given to your companion animal:

- | | | |
|-----------------------|----------------------------|------------------|
| ▪ Alcoholic beverages | ▪ Grapes | ▪ Macadamia nuts |
| ▪ Caffeine | ▪ Chicken and turkey bones | ▪ Mushrooms |
| ▪ Chocolate | ▪ Onions | ▪ Raw eggs |
| ▪ Fat trimmings | ▪ Garlic | ▪ Salt |
| ▪ Raisins | | ▪ Sugar |



Home for the Holidays

Whether you are planning on hosting a crowd for your holiday get-together or you are anticipating a quiet holiday with family and friends, it is nice to have a clean and organized home for the holidays. Get a jump start on your pre-holiday housework and the task will seem more manageable. These tips will help you stay on top of your work, leaving you more time to enjoy the holidays.

Tackle the big tasks first

Launder and press your holiday table linens. Clean your oven and refrigerator well. Do a thorough dusting of your home, wash your windows, and do a general tidying of all the clutter. Spot clean your carpet. Clean bathrooms well.

Move on to the smaller things

Gather together the china and silverware you will be using. Plan your holiday menu and prepare any dishes that can be cooked ahead of time. Wash out trash cans as necessary. Sweep and mop floors.



Don't forget the little details

On the day your guests are due to arrive, walk through your home and remove any remaining clutter. Set the table. Clean mirrors in the bathrooms and polish the faucets. Empty trash from wastebaskets. Put clean towels in the bathrooms and kitchen. Straighten toss pillows. Put on some holiday music.

Essential Nutrients for Healthy Brains

A recent study published in the journal *Neurology* has shown that seniors who include more certain essential nutrients in their diets were less likely to have brain shrinkage associated with Alzheimer's disease. They were also more likely to score better on tests of mental performance.

What are those essential nutrients? They include omega-3 fatty acids, B and D vitamins, and antioxidants C and E. Omega-3 fatty acids and vitamin D are found in fish and some plant and nut oils. Vitamins B, C, and E are primarily found in fruits and vegetables. The essential nutrient B12 comes from animal products and fortified breakfast cereals.



Talk with your doctor about including more of these nutrients in your diet. You can get a blood test to check the levels of these chemicals in your body. To increase your intake, eat a healthy diet rich in fruits, vegetables, and fish. Before supplementing, speak to your doctor about safely increasing your intake of these nutrients.

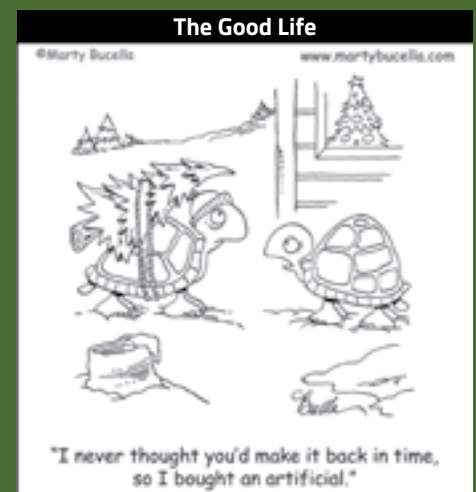
Good Clean Funnies

He Knows If You've Been Bad or Good

A mother was putting her children to bed on Christmas Eve and helped them set out cookies and milk for Santa. She accidentally dropped one of the cookies, but picked it up and replaced it on the small plate. Her youngest son said, "Hey, you can't do that. It fell on the floor!"

The mother replied, "Oh don't worry, Santa won't know!"

The little boy gave his mother a stern look and said, "You mean to tell me that Santa knows when I am good and when I am bad, but he doesn't know that the cookie fell on the floor?"



Quick Tips

Healthy Living Tip

Sleep apnea affects more than 18 million Americans and can cause serious, life-threatening complications. In one of the first studies of its kind, researchers have found that people with sleep apnea who lose just 10 percent of their weight can significantly improve their symptoms and potentially rid themselves of the disorder.

Car Tip

Before installing a baby car seat into your vehicle, place a sheet of heavy plastic and a towel on the seat. The towel will help absorb spills and the plastic will help prevent stains. Change the plastic and towel periodically.



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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:

Which are the most resistant to stains and bleaching:

- a. nylon and silk fiber
- b. wool and cotton fiber
- c. polyester and olefin fiber
- d. dietary and moral fiber

When you think you've found the correct answer, email it to 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 12/31/2016.

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