

# HEALTHY, WEALTHY & WISE

December 2019

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## Make Cleaning EASY as Pie

We have all sorts of materials in our homes. Wood, glass, tile, metal, carpet, fabrics, stone, plastics and more. They all have one thing in common. Sooner or later, they all need to be cleaned. Fortunately, even with so many materials, there are only four basic principles you need to know in order to clean any of them. Don't shout it out... C.H.A.T. it out!

The basic principles of cleaning can be easily remembered by the acronym, C.H.A.T. The four letters stand for Chemical, Heat, Agitation and Time. Proper application of these four principles is important for effective cleaning.

**Chemical**-The word chemical doesn't always mean toxic; technically, even water is a chemical. Everyone uses soap to wash themselves, shampoo to clean their hair and var-

ious detergents to clean the dishes they eat on, and the clothes they wear. All of these cleaning agents are chemicals, and properly used, they are harmless.

There are different cleaning agents designed to remove a variety of soils from all kinds of surfaces. A product designed to work on tile and grout floors would likely damage carpet or wood. A wood cleaner would not do

*See "PIE" on next page*



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Service technicians & office staff.  
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an adequate job of cleaning glass. To work well the right chemicals must be matched to surface and suitable for the soil that you are trying to remove.

**Heat**-Hot water cleans better than cold water. In situations where it is safe to do so, adding heat to your cleaning solution will increase chemical effectiveness, and decrease overall cleaning time. When you are dealing with heavily soiled surfaces, heat is especially helpful. Grease and oil are broken down by heat, so using hot cleaning solution and hot water to rinse will yield excellent results.

**Agitation**-Scouring pads, brushes, coarse cloths, and even high pressure water are some methods used to achieve agitation. Agitation helps by distributing your cleaning agent, dislodging soils from surfaces and suspending them in the cleaning solution to be rinsed away.

**Time**-We all know that the longer you scrub and rinse something, the

cleaner it gets. While that is true, it's not the best use of time. When you are cleaning, dwell time of your cleaning agent is important. Dwell time means that you allow the product time to work, breaking down and dissolving soils. The amount of dwell time will depend on the type and quantity of soiling, the surface being cleaned and the strength and concentration of your cleaning solution.

Easy as Pie -Think of all of the four principles (chemical, heat, agitation, time) as four slices of a pie. If you slice the pie evenly, everyone gets the same amount. But, if someone wants a bigger slice, you will have to decrease the size of one or more of the other pieces of the pie.

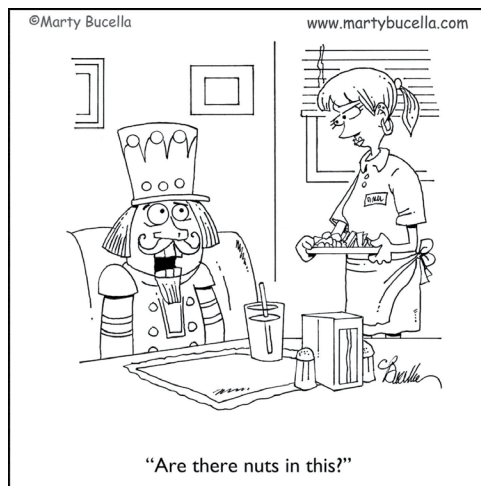
Here's how it works in cleaning: If you have to use a very mild cleaning chemical, you'll need to increase dwell time, agitation and/or temperature. If you can't use hot water, you will have to use more chemical, dwell

time, or scrub more aggressively.

If you can't use agitation, you will need more time, heat and/or chemical action. Increasing temperature by using hot water is usually the best way to improve cleaning efficiency and save time. Hot water reduces the amount of chemical you need to clean, suspends more soil, and rinses better. Temperatures over 130°F begin to kill microbes on surfaces, providing sanitizing benefits. If you apply The 4 Principles of Cleaning, you can be more successful cleaning just about anything.

Of course, when it comes to cleaning your carpet, upholstery, rugs and tile, **Chet's Cleaning** technicians are the experts at applying the 4 principles of cleaning. That's why we produce the best results every time, guaranteed.

## The Good Life



### Good Clean Funnies

**Why was Santa's little helper depressed? Because he had very low elf esteem.**

**How much did Santa pay for his magic sleigh? Nothing. It was on the house!**

**How do sheep say Merry Christmas? Fleece Navidad!**



Reducing the fat and eliminating refined white sugar make this a healthier version of a classic dessert.

### Ingredients

- 1 recipe pastry for a 9 inch double crust pie
- 1/4 cup unsalted butter
- 3 tablespoons all-purpose flour
- 1/4 cup water
- 1/2 cup packed brown sugar
- 8 Granny Smith apples - peeled, cored and sliced

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



## Healthier Apple Pie

### Directions

- Preheat oven to 425 degrees F.
- Melt the butter in a saucepan. Stir in flour to form a paste.
- Add water and brown sugar, and bring to a boil. Reduce temperature and let simmer.
- Place the bottom crust in your pan. Fill with apples, mounded slightly. Cover with a lattice work of crust. Gently pour the sugar and butter liquid over the crust. Pour slowly so that it does not run off.
- Bake 15 minutes in the preheated oven. Reduce the temperature to 350 degrees F. Continue baking for 35 to 45 minutes, until apples are soft.





## HEALTHY Holidays for Your Pets



Chocolate can make pets sick and sugar is not a good supplement to a pet's diet.

The holidays are full of overindulgence, even for our pets. It may take a little effort on your part to ensure your pet has a healthy and safe holiday season.

Make sure any treats you give your pet are just that—pet treats, not human treats. If you decide to get goodies for your animal, be sure to dole out the treats slowly over time. Take these extras into account at meal times and reduce meal quantities accordingly.

Exercise is always good for you and your pet, so make time for a daily walk, too.

Festivities and decorations can also pose a health threat to your dog or cat. All cords should be well shielded and your tree should be anchored to prevent it from tipping over. All edible decorations should be placed out of reach. By taking these simple precautions, you can ensure that both you and your furry friend will enjoy this holiday season.

## Giving INSPIRED Gifts

The holidays signal a time for family gatherings, traditions and the spirit of giving. Make this holiday season even more meaningful by giving gifts that help children in need around the globe.

According to UNICEF, around 15,000 children die every day from preventable diseases. This holiday season, you can join the charge by choosing gifts that can give back.

With Inspired Gifts, you can

provide supplies in the name of a loved one that get delivered directly to children who need it most. Just \$19 can provide polio vaccines to protect 100 children from the deadly disease.

If you are looking for stocking stuffers and unique finds, UNICEF Market has a vast collection of handcrafted items made by artisans from around the world. Visit [www.unicefusa.org](http://www.unicefusa.org) for more information on these life saving gifts.



UNICEF Greeting Cards can be purchased at IKEA, select Hallmark Gold Crown® stores and online.



## SIMPLE Ways to Begin Mornings



While these activities may require you to allow extra time, you may be pleased with the productive results.

Ready, set, go. Just as you would set off at the starting line of a race, this hectic pace is how mornings begin for many men and women.

Instead of waking with dread to face another hectic morning, consider these tips for a healthier way to ease into your daily rituals. Meditate. A practice that has been around for thousands of years may still be one of the best stress busters for hurried mornings. Stretch. While the most health-conscious person may opt for a morning sweat-a-thon, working in

some stretches can also be beneficial. When you awake, think about oft-used muscles and extend each one for 15-30 seconds.

Activate. Give your brain some fuel in the morning while also doing something nice for your mind. For example, journaling is a gentle way to ease into your morning and get your brain firing. If you can't think of a topic, simply write down a few affirmations for the day, revisit a pleasant memory from your past or scribble down a goal for the week.







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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:

C.H.A.T stands for Chemical, Heat, Agitation and...?

- a. Texture
- b. Time
- c. Touch
- d. Tinsel

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. One winner will be chosen from a random draw of correctly answered entries.

Contest Expires 12/31/2019



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