

HEALTHY, WEALTHY & WISE

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CARPET

IS IT THE RIGHT CHOICE FOR YOUR FAMILY?

Carpet is one of the most controversial flooring types on the market today. The belief that carpet can be bad for your health has had more than its share of negative publicity over the past few years. However, like much of the information on the internet is not only untrue, but totally unsubstantiated by facts.

Carpet can actually make a home a healthier place to live, keeping fine dust and other particulates out of the air supply. On smooth floors, these particles are always being recirculated into the air as your HVAC system cycles on, or even as you walk by. A carpet will trap them and keep them low until you vacuum and pull them away. And, if you select natural fibers like wool, and pay attention to both carpet, pad, and installation,

you can have one of the most eco-friendly flooring choices around.

Here are a few facts:

Carpet can lower the accumulation of dust within your home. And, for people with respiratory problems, fine dust is a **real** problem. The more dust inhaled over time, the more it triggers irritation and causes breathing

See "CARPET" on next page



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problems. The fact that carpet traps fine dust and virtually holds it down close to the ground means there is less likelihood it will be up in the air we are breathing.

There are many previous studies that proved homes that have carpeting in their bedrooms have a lower incidence of having a family member with asthma symptoms.

Have you ever sat in a home and watched dust and pet hair blow around every time the air conditioner or heat turns on? If you can see that, imagine what's happening to fine dust particles that are microscopic or hard to see. All of that is going into the air supply, and will ultimately be inhaled. Carpet fibers trap all of this, and keep these particles down near the floor.

Research has shown that well-maintained carpet can reduce airborne allergens, contributing to healthier indoor air quality. Of course, some carpets do this better than others. That's where quality comes into play. Spend the time finding the best carpet for your situation.

Misperceptions of Mold and VOCs.

When carpet is kept clean and dry, mold simply cannot grow on its synthetic

fibers. Additionally, carpet is one of the lowest emitters of VOCs among various flooring choices and interior finishes. The Carpet and Rug Institute identifies carpet, adhesive, and cushion products that meet or exceed government indoor air quality regulations and represent the lowest emitting products on the market.

You also should be aware that VOCs can be in any type of flooring. Pay close attention to the manufacturing process. Ask questions about installation, and only select products that are carefully analyzed to lower VOCs.

Carpet can increase safety too.

Carpet provides safety protection for the whole family, including toddlers, older individuals, and pets. Carpet cushions our footsteps, reduces the likelihood of slips and falls, and minimizes injuries when falls do occur.

Carpet has also been known to help reduce stress. There's just something about squishing your toes into soft fibers, something that makes you relax and say: ah.

Carpet helps to absorb these sounds, making it easier to work, learn, and sleep. Big screen TVs, speaker phones,

computers, and sound systems make our homes noisy places. Adding a cushion pad beneath your carpet reduces noise even further. Carpet also works as a sound barrier between floors by helping to block sound transmission to rooms below. Carpet on stairs dampens the sound of foot traffic.

Be aware that Carpet is a Sustainable Choice.

The carpet industry is committed to minimizing carpet's impact on the environment. When carpet reaches the end of its long life, it is reused to make new carpet or is recycled into a variety of products including roofing shingles, railroad ties, and automotive parts. Today's carpets are environmentally friendly, engineered to resist staining and fading, and withstand even heavy foot traffic.

So, if you have reconsidered or already have carpet in your home and are looking for a professional that will help you maintain and get extended life from your carpet, we can help. For more answers to any of your questions, more information, or to schedule your next cleaning service, call **Chet's Cleaning**. We are always happy to serve you!

The Good Life



Good Clean Funnies

What do you call a dog that can tell time?

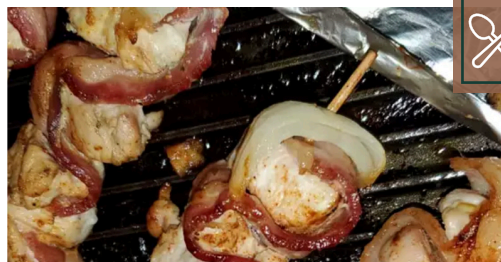
A watch dog!

Why did the computer go to the doctor?

It had a virus.

Why didn't the sun go to college?

Because it already had a million degrees.



These bacon ranch chicken skewers are intended to star at your next tailgate cookout. They are easy, interesting, and incredibly adaptable.



Bacon Ranch CHICKEN Skewers

Directions

Whisk together ranch dressing and hot chile paste in a large bowl.

Mix in chicken pieces and toss to evenly coat. Cover the bowl with plastic wrap and marinate in the refrigerator for 1 to 3 hours.

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

Remove chicken from the bag and transfer to a plate or baking sheet lined with paper towels. Pat chicken pieces dry with more paper towels.

Thread a piece of onion about 1 1/2 inches down the skewer.

Thread the end portion of one strip of bacon onto skewer so the rest of the strip is hanging down. Skewer on a piece of chicken; thread on the next portion of the bacon. Turn the skewer so that the long end of the bacon is again hanging down. Repeat this process of skewering and turning until the entire strip of bacon is threaded, using 4 to 5 chicken pieces.

Thread a second piece of onion onto the end of the skewer.

Repeat steps 5 through 7 for all twelve skewers.

Season chicken skewers with salt and pepper as desired.

Cook the skewers on the preheated grill, turning every 3 to 4 minutes, until nicely browned on all sides and the meat is no longer pink in the center, 12 to 16 minutes total per skewer. Serve with ranch dressing as a dipping sauce.

Ingredients

- 1/3** cup ranch dressing
- 1** teaspoon hot chile paste (such as sambal oelek)
- 4** skinless, boneless chicken breast halves - cut into 1 inch pieces
- 24** (1-inch) pieces red onion
- 12** slices thick cut bacon
- Salt and black pepper to taste
- 12** (6 inch) bamboo skewers, soaked in water for 2 hours

Recipe courtesy allrecipes.com

248.584.1819



chet@chetscleaning.com

3 Types of Sweat - Which One Smells the WORST?



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Whether it's a hot day, you're hitting the gym or you're preparing for an upcoming presentation, many different things can cause you to sweat.

Did you know there are different kinds of sweat and one type smells **WORSE** than the others?

Heat sweat: Whether it's a hot day or the indoor temperature is too warm for you, your body will self-regulate by sweating for a cooling effect. Heat sweat comes from the eccrine glands and is made of mostly water.

Exercise sweat: As you move, your body temperature rises and sweat glands react to cool you off. Exercise sweat also comes from the eccrine glands.

Stress sweat: You don't need to be moving or feel hot to experience stress sweat. Your body feels stress for any number of reasons and may react by sweating. This type of sweat comes from the apocrine glands which are found in the armpits and other hairy body sites. These glands produce sweat that

contains food for the bacteria that lives on everyone's skin. This bacteria consumes the components of stress sweat and produces foul-smelling gases that we call body odor.

How to manage stress sweat - Taking daily showers can help you stay fresh. Not only does a shower clean your body, but it can be mentally relaxing, helping you to balance the stress in your life. **Here's a trick:** Take a shower at night to relax and promote better sleep. Put antiperspirant after your shower rather than in the morning and it will be more effective. It will give your antiperspirant more time to effectively block your sweat ducts.

Finally, be aware of your body signals and when you need to take a break. Self-care is important and knowing when you need to pause - even for a five-minute break - can help you regulate your mind and body so you feel **(and smell!)** your best.

5 HEALTH Benefits of Eating the WHOLE Egg



Many of us enjoy adding eggs to our daily diets, appreciating the fact that they're nutritious, satisfying, delicious (and easy on our wallet) in a wide variety of sweet and savory dishes.

Still, some people may be missing out on the full nutritional value from their eggs by leaving the yolks out of their recipes and eating just the whites. You paid for it, you should eat it! **Here are five health benefits of eating the entire egg, including the nutrient-rich yolk.**

1. Support your eye health - Studies show that egg yolks allow your body to absorb lutein, which is essential in protecting against age-related eye diseases and promoting overall eye health. You can also lower your risk of heart disease and cancer.

2. Boost your body's immunity - Vitamin D is a vital component in fighting off harmful

bacteria. Making simple swaps in your diet to incorporate foods like eggs with high amounts of Vitamin D will ensure you prioritize overall wellness and build a strong immune system.

3. Provide a natural energy boost - The whole egg contains Vitamin B12 to help maintain energy, which is necessary for your busy life and when you are incorporating exercise into your health routine as well.

4. Support lower blood cholesterol - While some people steer clear of egg yolks in fear of raising their cholesterol, eating the whole egg actually has benefits for your heart health.

5. Promote healthy skin - Having healthy skin isn't just about the products you use or the amount of sleep you get. Vitamin E, which is found in eggs, is known to help nourish and protect the skin against aging, inflammation and sun damage.



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Despite their status as nutritional powerhouses, eggs are too often knocked down a notch by critics who claim their golden yolks are better avoided.



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Want a simplified morning routine that sets the stage for school success? Morning routines don't have to be stressful for kids or adults, with a little proactive planning.



SIMPLIFY Your Morning Get-Ready-For SCHOOL Routine

Transform your a.m. from awful to amazing:

Reduce morning work - Have your children select and set out the outfit they are going to wear tomorrow. Packing backpacks, snacks, and lunches the evening before streamlines the morning. Set backpacks and all items that don't need refrigeration by the door so the family is ready to head out early.

Use alarms strategically - Don't just use alarms to wake kids up - set an alarm for 20 minutes to eat, 20 minutes for dressing and tidying rooms, and a five-minute warning before it's time to go to the bus.

Simplify breakfast - Breakfast helps fuel growing minds. Save time by planning out easy grab-and-go breakfast items. Things like pre-portioned yogurt, fruit, or granola bars are easy to eat at home or on to the way to school. Since food calms hunger so kids can focus, underscore the importance of eating

breakfast, especially for older kids who may be tempted to skip.

Add in vitamins - Getting the right nutrients is essential, so consider adding a vitamin to your morning routine for everyone in the family - including kids, teens and adults.

Make checklists - Making checklists is a way to help kids be empowered and organized. Be sure to create different to-do's based on their age, abilities and needs. For small children you can even use simple visuals. Older kids go into detail about what they need to do and pack based on the day's activities, such as extracurriculars.

Stay positive - The best way to start the day in a positive way is to model a positive attitude. Compliment your kids, smile and wish them a wonderful day. Model staying calm and organized yourself so they can reflect that energy.



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