

# HEALTHY, WEALTHY & WISE

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## Be Healthy, Wealthy and Wise with Carpet

Carpet is a great way to decorate because of the textures, colors and patterns available. It looks good, but it also provides a variety of benefits. Carpet insulates, typically resulting in 10% or more in energy savings. Carpet absorbs sound, making a house quieter and more relaxing. And of course carpet is safer, reducing the occurrence of slips and falls and the severity of associated injuries from these accidents.

But did you realize that carpet is also an economical and prudent choice for maintenance and health reasons?

### Little Maintenance

Carpet requires less maintenance than hard surface floors such as hardwood, vinyl and tile. Interim care of carpet is accomplished simply by vacuuming. Depending on the number of people and pets, this may be done in as little as 2 or 3 hours a month in the typical household. Aside from prompt attention to spills, this is usually all that is needed between professional cleanings.

By contrast, think of all the cleaners, sealers, waxes and polishes needed to

keep a hard floor looking good and the amount of time it takes to sweep and mop. Let's not forget how much it can cost to have a professional restore a scratched, dull marble or wood floor, or to clean, remove stains and seal tile and grout. While it is true that hard surface floors are easier to clean in the event of a liquid spill, properly maintained modern carpeting has protectors such as 3M Scotchgard and DuPont Teflon factory applied which helps them clean-up well.

Of course, eventually, this protection wears off, just as the protective finish on a new car does. And just as you need to wax your car to refresh that protection, your carpet should have a protector reapplied periodically. In cases where the protector is maintained, prompt response usually achieves good results in spill removal.

### Carpet is Good for Your Health

Contrary to opinions by well-meaning but ill-informed "experts," carpet that is properly maintained actually improves indoor air quality. How? Carpet acts as a filter, trapping pollutants such as dust,



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## Lime Chicken Soft Tacos

### Ingredients:

- 1 1/2 pounds skinless, boneless chicken breast meat - cubed
- 1/8 cup red wine vinegar
- 1/2 lime, juiced
- 1 teaspoon white sugar
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 2 green onions, chopped
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- 10 (6 inch) flour tortillas
- 1 tomato, diced
- 1/4 cup shredded lettuce
- 1/4 cup shredded Monterey Jack cheese
- 1/4 cup salsa

### Directions:

1. Saute chicken in a medium saucepan over medium high heat for about 20 minutes. Add vinegar, lime juice, sugar, salt, pepper, green onion, garlic and oregano. Simmer for an extra 10 minutes.
2. Heat an iron skillet over medium heat. Place a tortilla in the pan, warm, and turn over to heat the other side. Repeat with remaining tortillas. Serve lime chicken mixture in warm tortillas topped with tomato, lettuce, cheese and salsa.

recipe courtesy allrecipes.com

## Healthy, Wealthy, and Wise with Carpet *(continued from cover)*

pollen, dander, smoke, and dust mite contamination as air passes through it. Studies conducted by the Environmental Protection Agency (EPA) revealed that carpet acts as a “sink” for pollutants. This fact caused some experts to contend that carpet contributed to poor indoor air quality and associated ill health effects.

### But this view misses one key point.

As the EPA pointed out, carpet acts as a “sink,” trapping these pollutants, instead of allowing them to be distributed up into the breathing zone. The result? Homes and buildings with properly

maintained carpets have better air quality in the “breathing zone” than those with other flooring types. So, as these contaminants build-up in the carpet they simply must be removed by professional cleaning. This creates a cycle of cleanliness. On the other hand, with hard surface flooring, all it takes is a small amount of air movement from an open door, or even foot traffic to disperse the dust and pollutants into the breathing zone.

So to reap the financial and health benefits of your carpet, give Veterans Cleaning Solutions a call for proper maintenance and periodic, professional cleaning.

## Getting Enough ZZZs

Good rest is a cornerstone of good health. Numerous studies have shown the health benefits of adequate sleep. A chronic state of fatigue can result in more accidents, impairment in attention and reasoning, an increased risk of heart disease and high blood pressure, and increased healing time from injury or illness.

As far as knowing how much sleep you need, there is no magic number. Different age groups need different amounts of sleep, but even within age groups, each person’s needs are individual. Research has shown that adults who get around seven hours of sleep have the best long-term health outcomes.

To increase your chances of getting a good night’s sleep, try to keep a regular schedule. Going to bed at the same time each night and rising in the morning at the same time helps your body know when to sleep and when to be awake. If you are feeling sleep-deprived, it is better to take a short afternoon nap than to sleep in late the next morning.

Melatonin is a naturally-occurring hormone that helps regulate sleep.



Its production can be altered if your day is spent out of sync with the natural changes in daily light. If you spend much of the day in an office away from natural light and then spend your evenings in front of a TV or computer screen, your body may not be producing melatonin correctly. To help correct this, try to get periods of natural sunlight during the day. At night, turn off artificial light from televisions and computers earlier in the evening.

If you’ve tried to get better sleep, but often feel tired during the day, it may be time for some help. A doctor that specializes in sleep disorders can offer natural and medication-based strategies to help you get some needed rest.



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## Cutting the Cost of Vet Care

Every good pet owner wants to provide the best care for their animal companion. But veterinary costs can add up, making it hard to afford quality care. There are some ways to keep costs down while making sure your beloved pet is taken care of. These tips can help save you money on your pet's health care.

**Get regular check-ups.** Don't skip your pet's annual exam in order to save money. It can end up costing you in the long run. Yearly exams are a great way to detect problems early instead of waiting for big problems to show up. You will also be giving your pet preventative care instead of only treating illnesses when they happen, which can be costly.

**Feed your pet well.** High-quality pet food can be more expensive, but will help keep your pet healthier throughout his or her life. This can save you money on health care costs. Also be sure to avoid overfeeding your pet. Not only



is this wasting money, but it can cause obesity which can then lead to health problems.

**Spay or neuter your pet.** There are long-term benefits to spaying and neutering your pet, including a decrease in the risk of uterine, ovarian, and testicular cancer. Many local shelters offer low-cost or even free spay and neuter services. Call your local shelter to find out if you qualify for reduced-cost services.

**Consider pet insurance.** Finally, if you know that treating your pet's injuries or illnesses would be a financial hardship, you should consider purchasing pet insurance. Getting this coverage when your pet is healthy will ensure that you are better able to meet your pet's health care needs in the future.

## Does Working Longer Help Your Brain?

While most people dread having to put off retirement, there may be a silver lining to working longer in life. Researchers at the French National Institute of Health and Medical Research took a look at the health records of almost 500,000 self-employed workers. They found that there was a three percent reduction in the risk of developing Alzheimer's disease for each extra year worked after the age of traditional retirement.

Researchers have long known that there are several lifestyle factors that can reduce the risk of dementia. Those include a heart-healthy diet, exercise, social engagement, and mental activities. They now believe that staying in the workforce can be added to this list.

Americans are slowly moving toward a later retirement age for many reasons. In a survey of 1,000 Americans, about one-third said they planned on working until age 80 to provide for a comfortable retirement. This may seem to be a reluctant choice for many, but this new study gives some added incentive to those contemplating retiring later.



## Good Clean Funnies

Reaching the end of a job interview, the Human Resources Officer asks a young engineer fresh out of the Massachusetts Institute of Technology, "And what starting salary are you looking for?" The engineer replies, "In the region of \$125,000 a year, depending on the benefits package." The interviewer inquires, "Well, what would you say to a package of five weeks vacation, 14 paid holidays, full medical and dental, company matching retirement fund to 50% of salary, and a company car leased every two years, say, a red Corvette?" The engineer sits up straight and says, "Wow! Are you kidding?" The interviewer replies, "Yeah, but you started it."



## Quick Tips

### Car Tip

You will find it handy to keep an old blanket in your vehicle. You can use it in your trunk or cargo area when hauling dirty items. You can also use it to protect your roof's finish if you are placing something on your roof rack. If you need to change a tire, you can lay it down to protect your clothing from mud or road grime.

### Organizing Tip

If you'd like to increase your bike use, consider purchasing a bike trailer. While designed mainly to haul kids around with you, a bike trailer can also be used to bring home groceries, garden supplies, take-out food, small furniture, library books, or anything that can easily fit into the trailer compartment.





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- Window Cleaning

## Win a \$25 Panera Bread Gift Card

Read this edition of Healthy, Wealthy & Wise to find the answer to the following trivia question:

**According to the EPA, carpet acts as a(n):**

- a. sponge
- b. ionizer
- c. sink
- d. allergen

Once you've found the correct answer, email it to [admin@missioncleanandhealthy.com](mailto:admin@missioncleanandhealthy.com). The winner will be determined from a drawing of all correct answers.

*Contest Expires 8/31/2017.*



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