

**Ideal Carpet
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Healthy Home News

"Secrets For Living A Healthy, Wealthy & Happy Life..."

Your War on Dust is No Trivial Matter

Dust is so common that people regard it more as unsightly than unhealthy. Some just ignore it. But dust accumulates on everything -- floors, baseboards, furniture, draperies, tables, bookshelves, pictures, knick-knacks, etc. Removal of substantial amounts of dust is one result of professional carpet or upholstery cleaning.

But to understand the healthful benefits of cleaning, we should know why dust threatens health.

Dust and its components have been associated with cancer, asthma, pneumonia, bronchitis as well as respiratory problems such as sneezing, coughing, eye and nose infections, sinus infections, skin rashes and even learning disabilities. It commonly contains cadmium, chromium, nickel, arsenic, lead, asbestos and, in some instances, mercury. All except lead are known carcinogens. Even in small quantities, lead can impact bodily organs and impair mental development.

Pesticide Carrier

Dust particles are often contaminated with pesticides, including those specified for 'outside use only' and those that have been banned -- such as DDT, chlordane and heptachlor. Sunlight causes pesticides to degrade, but indoors they can retain their potency for years. If there is improper or irregular cleaning there can be high concentrations of these chemicals indoors.

Dust also contains biological threats, such as excrement and body parts of insects and dust mites, which can cause allergic reactions and respiratory ailments. Also present are pet and human skin cells, bacteria, viruses, mold and fungus spores. Biological waste in dust -- such as hair and pollen -- serve as food sources for living organisms and help those organisms proliferate.

Children are susceptible to ill effects from dust contaminants because they have developing immune systems and live closer to the floor.

Small children can consume -- through inhalation and ingestion -- as much as 10 grams of dust per day as they run, jump and wallow in dirty environments, put their hands in their mouths and handle food with unwashed hands.

No conventional human environment is dust-free. That's why regular and thorough cleaning is so important in minimizing the amount of dust -- and the unhealthy substances it carries -- on your carpet, upholstery, drapery, air ducts, blinds and other surfaces.



**Cool Blogs, Sites
& Online
Resources to
Check Out!**

www.TheBlondeSalad.com

This uber cool lifestyle website is designed to inspire its readers through all things fashion, beauty, and lifestyle design. This beautifully crafted site is like a fashion and travel magazine rolled into one amazing digital experience. If you want to see what is hot, cool, trendy, and cutting edge then be sure to get the scoop at The Blonde Salad.

www.GalMeetsGlam.com

Another gorgeously appointed website, this one is ran by beauty, Julia Engel. The site is slick and cool and covers all things beauty, fashion, home, and travel. The pictures are inspiring and the posts are entertaining. Plus, you can even shop some of the amazing fashions and styles featured on the site. It's kind of a one-stop shop for current fashion and beautiful home lovers.

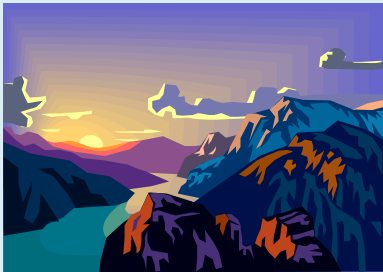
Check out our website:

<http://www.idealcarpetcleaning.ca/>

Get Inspired

“With the new day comes new strength and new thoughts.”

– Eleanor Roosevelt,
American politician and diplomat, also notably the longest serving First Lady.



Outstanding Client Of the Month!

Mr. Robert Houghton

Every month I choose a very special **Client of the Month**. It's my way of acknowledging loyal clients and saying a big “Thank you!” to those who support me and my business with referrals and repeat business...You could be my next **Client of the Month!**

See Insert This Issue...



Don't Miss!! 4 Great Reasons To Clean With Me In February!
(See Insert)

Healthy Talk



With the New Year many people have resolved to shed some of the holiday bloat, maybe even a few extra pounds that have crept up.

However, most people feel their biggest obstacles to reaching their goals are being short on time and resources. So, what is the secret to getting healthy and in shape when you work and can't afford a home chef or personal trainer? It all gets down to simple science. Eat less, move more.

Just waking up 25-30 minutes earlier each day or just carving out 25-30 minutes on your lunch break, after work or before you go to bed to break a sweat can make all the difference in the world to your physical condition. It really doesn't have to be a big production, just turn on your music and dance like no one is watching or get some cheap weights and build a little muscle or throw on a quick workout DVD. Plus, there are so many awesome resources for work out ideas online like www.beachbody.com, www.dailyburn.com and free workouts galore on YouTube from the well-known Fitness Blender or Blogilates.

But everyone hates to be on a diet, so don't be. Just keep it simple and listen to your body. Most experts will agree that by simply choosing to eat *real* food, meaning trying to limit anything from a box or can, you can reach a healthy weight. Plus, by eliminating empty calories and making it a goal to eat more veggies and fruits and consume less sugar, you'll naturally shed pounds. Especially if you listen to your body and stop eating before you feel full. These days, healthy food ideas and recipes are abundant and free online.

Disclaimer: I'm not a doctor or a health expert so please consult your doctor before starting any exercise program or diet.

Quotes for February...

“There is only one happiness in life, to love and be loved.” – *George Sand, 19th Century French Novelist*

“Love yourself. It is important to stay positive because beauty comes from the inside out.” – *Jenn Proske, Canadian Actress.*

“I have found that if you love life, life will love you back.” – *Arthur Rubinstein, 20th Century American Musician*

“Let us always meet each other with smile, for the smile is the beginning of love.” – *Mother Teresa, 20th Century Saint*

Find some of these and more quotes at www.brainyquote.com

Clean Green...It's Healthy, Simple and Cheap!

Many people want to clean green but don't realize just how easy it is to make the switch to green products. Making your own cleaning supplies is your easiest and most cost-effective way to start cleaning green plus it's easier to do than you think.

Recipe for All Purpose Cleaner:

4 Tablespoons Vinegar
2 tsp. Borax
32 oz. hot water
Mix and store in a spray bottle.

Recipe for Window Cleaner:

1 Cup Vinegar
3 Cups Water
Mix and store in a spray bottle. Use a cotton rag or newspapers.

Recipe for Cleaning Wood Floors:

¼ Cup White Vinegar
1 Quart Warm Water
Mix in spray bottle. Use sparingly and be careful not to over wet the wood. Use a cotton mop.

A Couple of Notes: *Always test a surface before you clean it with any product.* For a pleasant scent, add a few drops of an essential oil to your homemade cleaning products. Try lavender, lemon or tea tree oil.

Also, part of "green" cleaning is reusing your cleaning supplies. Opt for reusable, washable rags over sponges and paper towels. Now clean to your heart's content – all of the recipes above are non-toxic and are safe for you and the planet.

Just think about how your grandmothers and your great grandmothers were cleaning green and didn't even know it! They didn't have all these fancy, chemical laden cleaners to choose from. They had simple, non-toxic recipes that they used. Their homes were clean and non-toxic – "green" before it was the trend. And when you think about how long their generations lived – could there be a connection to their longevity and their lack of exposure to harmful chemicals in cleaning supplies and food? It's certainly food for thought.

Disclaimer: These are just suggestions, always test surfaces before you try a new product. Keep out of the reach of children.

Thank You!

Thanks to YOU the word is spreading! Thanks to all of my wonderful clients who graciously refer me to their friends, family, and neighbors! My business runs on the positive comments and referrals from people just like you. I couldn't do this without you! A special thanks to all these fine folks who referred me last month...

Carl Persaud, Steve Beals, Catherine Swim

The Idea Corner



What to Do This Winter Besides Watch TV...

Those short winter days can get kind of depressing if the kids are just playing video games or watching too much TV. Everyone can have fun and make awesome memories with these activities...

Go Sledding

This is a fun way to reconnect as a family and feel like a kid no matter what your age. You can often find some snow-capped sledding hills nearby. Of course, sledding has its risks so be safe and wear head protection if necessary*.

Get Toasty

I'm talking a good old-fashioned day of playing old school board games. Turn on a fire, heat up some hot cocoa, bake some fresh cookies and turn off the devices. Then get the family engaged in a fun game like Settlers of Catan, Monopoly, Yahtzee or Clue. You will have a blast just like generations did before we had streaming television and video game access 24/7.

**Please sled at your own risk and take safety measures.*

Thanks for All the Kind Words!

"I would like to thank you and your employees for doing a great job... when our tenant moved in he too was very happy with the state of the carpets." – R. Houghton

Sounds so Right, Can't be Wrong

I'm not much of a writer but I often read about what others much more talented than me do to write well. I recently read a quote on that subject that floored me. From Mark Forsyth's book, *The Elements of Eloquence*:

“You can have a lovely little old rectangular green French silver whittling knife but if you mess with that word order in the slightest you'll sound like a maniac. It's an odd thing that every English speaker uses that list, but almost none of us could write it out.”

People who learn English as a second language often memorize the order of adjectives before a noun: opinion-size-age-shape-color-origin-material-purpose noun. But native English speakers just never think about it.

Writing in *New York* magazine, Drake Baer points out that this order is really from most superficial / subjective to most fundamental / intrinsic. However, Baer also points out that adjective ordering is not universal and other languages have their own rules.

I guess, when speaking another language, even perfect vocabulary and flawless pronunciation wouldn't be enough – by themselves – to allow me to be mistaken for a native!