HEALTHY, WEALTHY & WISE

MAY 2018

Published exclusively for clients of The Clean Force Company

In This Issue

Total Carpet Care

Proper Way to Use an Inhaler

Clean up Your Room

Did You Know Nearly All Countries Have Some Sort of Mother's Day

Recipe: Thai Beef

Client Testimonials

Moneywise: Using Salvage Groceries to Help a Food Budget





from all of us at

The Clean Force Company

The Clean Force Company LLC

864.271.3168

www.cleanforcecompany.com

Prefer to receive your newsletter via email? Visit our website, www.cleanforcecompany.com to sign up.

Total Carpet Care

What you need to know to get the most out of your investment

There is nothing like new carpet. It smells new, feels soft and fluffy, looks beautiful and makes a perfect statement about your style and taste. Compared to other floor coverings, carpet is relatively inexpensive to buy and install. Still, your carpet represents a sizeable investment in your home or business.

In order to get the most out of your carpet, you need a total carpet care program. A total carpet care program is a "retailer-to-recycling" approach to carpet care. To be effective, the program should include proper selection, professional installation, daily soil control, interim maintenance, scheduled restorative cleaning and the application of an appropriate carpet protector. The following tips can help you develop a simple carpet care program.

Carpet selection and professional installation–It may be "too late" for the carpet you already have, but carpet selection is an important part of making sure your carpets perform as expected. Some fibers are more resilient than others. Certain colors look cleaner longer because they hide soils better. Pile height, face weight or density and carpet construction all play a factor in how well your carpet will hold up. In a future issue, we will do an entire article on carpet selection and proper installation. For now, let's focus on the carpet you already have.

Soil control: Prevent soils from getting on the carpet by using walk-off mats and keeping walkways and hard floors clean. If you remove your shoes when entering and wear clean house shoes, you will stop much of the soil from ever entering the home.

The most damaging soils are dry, gritty particulate soils that abrade and dull the surfaces of carpet fibers. This leads to an overall loss of luster in the high traffic areas. Regular use of a well-maintained vacuum cleaner is the single most important part of a total carpet care program. Remember to change vacuum cleaner bags when they are about half full.

Prompt attention to spots and spills is also highly important. Spots can eventually become permanent stains if allowed to age and oxidize on the carpet. It is best

Continued on next page



Thai Beef

Ingredients:

- 2 tablespoons coriander seeds, coarsely cracked
- 1/2 cup firmly packed dark brown sugar
- 1/4 cup soy sauce
- 1 tablespoon lime juice
- 2 cloves garlic, minced
- 1 pinch ground ginger
- 1 1/2 pounds flank steak

Directions:

1. Place flank steak in the freezer for 20 minutes.
2. Whisk coriander, brown sugar, soy sauce, lime juice, garlic, and ground ginger together in a bowl until marinade is well combined.
3. Remove steak from freezer and slice thinly across the grain. Place steak in a large bowl, pour marinade over steak, and toss to coat. Cover bowl and marinate at room temperature for 1 hour.
4. Set oven rack about 6 inches from the heat source and preheat the oven's broiler. Line bottom of a broiler pan with foil.
5. Lay steak slices in a single layer on the rack of the prepared broiler pan.
6. Cook in the preheated broiler, brushing occasionally with marinade, until steak reaches desired doneness, 1 to 2 minutes for medium rare.

recipe courtesy allrecipes.com

Total Carpet Care *(continued from cover)*

to attend to food and drink spills immediately. We will cover simple spot and spill removal techniques in a future article.

Interim maintenance: Some areas simply require more attention than others. The main entry of the home and the high traffic areas in the family room or just outside the kitchen tend to collect the greatest amount of soils. In most cases, it makes sense to clean these traffic areas between regularly scheduled cleanings. Maintenance cleaning usually goes quickly, dries fast and involves little or no furniture moving, so it is far less disruptive to your daily routine.

Scheduled professional cleaning: There comes a time when your carpet requires deep, restorative cleaning. This should be done before soil becomes visibly noticeable. By the time you see soil buildup, damage is already being done to the fibers. How often you need professional deep cleaning depends on several contributing factors including the number of occupants, presence of pets, vacuuming frequency, lifestyle and other considerations.

Protector application: Virtually every carpet manufactured in America comes with a factory–applied protector. Over time, this protector wears off and your carpet loses its ability to resist common household spots, spills and stains. It is important that this protective finish be reapplied after every professional cleaning. Your carpets will stay beautiful and last years longer.

Call The Clean Force Company for more information on making your carpet last longer or to schedule your next carpet cleaning. We are happy to help.

Proper Way to Use an Inhaler

Fewer than half of people who use a metered dose inhaler for asthma do so correctly, according to the Mayo Clinic Health Letter.

Here is how to use an inhaler:

Shake inhaler and attach a spacer

A spacer is a separate chamber that you can attach to the end of the inhaler. Spacers have to be purchased separately from an inhaler. They enhance the effectiveness of inhalers by maximizing the dose of medicine into the lungs, decreasing the amount deposited into the throat. Spacers also cut down on the number of minor throat and mouth infections and irritations.

Sit or stand upright and breathe in and out

Breathe deeply two or three times. Then before you inhale the last time, place the spacer between your teeth and close your mouth tightly around the end.



If you use an inhaler, make sure you're using it correctly.

Inhale slowly

Squeeze the inhaler once and slowly begin inhaling for five to seven seconds. After inhaling hold your breath for a few seconds more.

Rinse your mouth

This is especially important if you use a medicine such as Advair or other corticosteroids. Rinsing your mouth and throat can prevent thrush or other side effects such as hoarseness.

864.271.3168 cleanforcecompany@gmail.com

Clean up Your Room

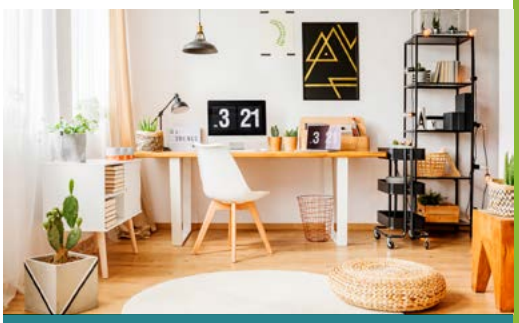
Your room is you. Clean it up. That observation from University of Toronto Clinical Psychology Professor Jordan B. Peterson is part of the advice he gives to patients in his clinical practice.

The concept is practical assignment for dealing with a chaotic world or a chaotic mind.

Peterson says the idea is the first place to start if you want to change your life or change the world. First get your own world in order.

Then once your room is in order, make it beautiful. Peterson says beauty in one place lifts the spirits and makes it possible to make other rooms beautiful and, by extension, bring order and more beauty to your whole life.

This isn't Peterson's only message. In his book 12 Rules for Life: An Antidote to Chaos, he advises people who feel anxious and chaotic to remember that suffering is normal, a part of life. But everyone can mediate some parts of it well:



Bringing order to your room is a good first step in bringing order to your life.

- Take advantage of opportunities available to you.
- Don't let bitterness drag you down.
- Make peace with your brother.
- Treat the people in your life with respect.
- Stop doing things that destroy your health and wellbeing.
- Assume responsibility.
- In short, he advises: Stop doing what you know to be wrong. Start stopping today.

Did You Know Nearly All Countries Have Some Sort of Mother's Day

It has been said in song that the word 'mother' is so precious that it sounds the same in every language.

If that is true, it shouldn't be a surprise that mothers throughout the world have a special day.

In the United States and Canada, Mother's Day is always the second Sunday in May. In the U.S. Mother's Day was officially established in 1914. Around the world, the dates may be different but the celebration is roughly the same: Cards, flowers or maybe chocolates for mom.

France established their holiday for mothers in 1950 and is generally on the fourth Sunday in May.

In the UK, mothers were honored as early as the 16th century on the fourth Sunday of Lent, called Mothering Sunday.

The mariachi sounds of Las Mananitas are heard in Mexico every May 10 to celebrate mom.

In Indian and Japan, Mother's Day is the second Sunday in May.

In Egypt and some other Arab countries, mothers are honored on the first day of spring, according to Time.



Happy Mother's Day to all of our Mothers out there. You deserve the best.

Clean Force Client Testimonial

"Clean force did a great job cleaning our carpet! Very professional! They are honest and reliable and I would definitely recommend to anyone!"
– Kelly R. Easley, SC

The Good Life



Moneywise

Using Salvage Groceries to Help a Food Budget

There are many ways to save money on the food bill, but according to Lifehacker, salvage grocery stores are a great way to find incredible deals on a random assortment of products. These stores, sometimes called grocery outlets, may offer savings of 50 percent or more as compared to a traditional grocer because they are often selling food that other stores are trying to get rid of for one reason or another.

If a grocery store orders too much food, damages the packaging or has out-of-season inventory, then they will sometimes move it to these secondary stores to open up space for new items. Manufacturers themselves can even bring products that have gone through a packaging change or rebrand to avoid having them in major retailers. Many larger cities will have at least one of these places available to supplement a traditional grocery budget.

The Clean Force Company LLC

864.271.3168

www.cleanforcecompany.com

Residential Carpet Cleaning
Commercial Carpet Cleaning
Upholstery Steam Cleaning
Apartment Complex Service
Odor Control
Carpet Protection Application



The Jordans
Treating your family like our own since 2001

MAY SPECIAL

5 Areas and Hallway for $145

"A good name is rather to be chosen than great riches." – Proverbs 22:1a

The Clean Force Company, LLC
P.O. Box 14806
Greenville SC 29610

Win a $10 Cracker Barrel Gift Card!

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

A vacuum cleaner bag should be changed when it:

a. is about 1/2 full
b. stops picking up soil
c. is 90 days old
d. explodes in a glorious cloud of dust

Email your answer to cleanforcecompany@gmail.com or call our office at 864-271-3168. We will draw from the correct answers and someone will win a $10 Cracker Barrel Gift Card!

Contest Expires 5/31/2018.

March Trivia Winner, Ryan L.



INTRODUCING OUR NEW CUSTOMER REFERRAL REWARD PROGRAM

Refer any new customer to The Clean Force Company and receive a $10 Referral Reward Certificate. These certificates can be applied towards your next carpet cleaning or redeemed for cash. There is no limit to the number of referral certificates you can earn!

