KLEEN LIVING

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ALLERGY *ALERT*

What to do When You Move into a Home that Previously had PETS

People with allergies to pets can suffer from symptoms that range from mildly annoying to unbearable. If you or someone in your family has allergic reactions to pets, you already know that the cause is dander. Dander, made up of particles shed from animals and humans every day, is mainly comprised of dead skin cells.

People can be allergic to dander from any kind of animal, but the most common allergies are to cats, followed by dogs and lastly, birds.

Regardless of the animal, dander is microscopic and ends up on just about every surface in the home. This is a problem if you are planning on moving into a home that previously housed pets. Kleenrite offers the following suggestions as a way to minimize exposure to these allergens.

Step 1. Meticulous Dusting

A very thorough dusting of all surfaces in the house is the first step. If you plan to do this yourself, wear a disposable filter mask designed to remove allergens. The goal of this cleaning is to remove as much dust from surfaces as possible.

See "Allergy ALERT" on next page

KleenRite Testimonials

"Looks very nice. They did a great job."
– Robin Powell (Lucas & Mike)

"The guys got an A+. Everything looks just wonderful."
– Linda Furrer (Joey & Cole)

"The cleaning turned out great."
– Latisha Harris-McDonald - (Sebastion & Ian)

"It turned out really well. They did a great job."
– Amy Braghini (Mike & Daymen)

"Turned out realy good. Everything looks really nice."
– Adriana Garcia (Jeremy & Daymen)

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There when you need us!

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www.kleenrite.net

Allergy ALLERT continued from page 1

remove as much dust from surfaces as possible. Prior to dusting install pleated HVAC filters designed to remove allergens. Set the central HVAC blower to run continuously to capture airborne dust created during the cleaning.

Working from top to bottom in each room, be sure to get all of the dust from above door and window frames, ceiling fans, duct grills and baseboards. It is preferable to do this meticulous dusting with a HEPA vacuum and brush attachment. After you are done, turn off the furnace blower and allow the dust to settle for one to two hours, then vacuum the carpets thoroughly. A HEPA vacuum is preferred as they can capture 99.97% of all allergens.

Step 2. Meticulous Cleaning

Once you are confident that you have removed as much dust as possible, all surfaces should be cleaned. Allergies are caused by various proteins, and some of these are contained in residues adhering to all sorts of surface. There is no need to use special anti-allergen cleaners to do this. Any cleaner designed for the surface will do. However, if you are sensitive to fragrances or certain chemicals, there are low VOC products available. VOCs are volatile organic compounds that can cause respiratory irritation in some individuals.

What about the carpet? The best option is to replace the carpet prior to cleaning the home. If the carpet is to be cleaned, the goal is to reduce the allergens to negligible levels. Of course Kleenrite should handle this for you. Our cleaning system is designed to remove deeply embedded soils, pollutants, allergens and contamination that could otherwise aggravate allergies.

Step 3. Replace Filters

During the cleaning, a significant amount of allergens were likely dispersed into the air. Wait about 24 hours and then replace the filters again with high quality allergen reducing filters.

Ideally, the ventilation system should be professionally cleaned to remove contaminants and potential allergens found in the ductwork, air conditioner coils and air-handler.

For most people, a home with a previous pet can be cleaned well enough to make it a great place to live. If you have severe allergies you should always seek the advice of your doctor. Ask if it is okay to move into a home that was previously occupied by pets.

Our goal at **Kleenrite** is to clean not only for appearance, but also for health. Please call us if you have any questions. It's our pleasure to help.

The Good Life



"I hope you learned something from last year, son. The one on my back doesn't get lit until the finale."

Good Clean Funnies

What do you get when you cross a turtle with a porcupine?
A slowpoke.

What do you call an alligator in a vest?
An investigator!

Why do bees have sticky hair?
They use a honey comb.



A summer holiday dump cake that is easy to make, delicious to eat, and there is only one pan to clean! Perfect for the 4th of July!

Red, White, and Blue DUMP Cake

Ingredients

- **1** (21 oz) can strawberry pie filling
- **1** cup frozen blueberries
- **1** (18.25 oz) package white cake mix (such as Betty Crocker®Super Moist Vanilla)
- **½** cup butter, melted
- whipped topping (Cool Whip)

Prep: 5 mins
Cook: 45 mins
Total: 50 mins

Directions

Preheat the oven to 325°F.

Dump the strawberry pie filling into a 9x12-inch baking dish. Sprinkle with blueberries. Pour cake mix on top of blueberries. Drizzle melted butter on top.

Bake in the preheated oven until the top is a light golden brown, about 45 minutes. Serve warm.

Serve with whipped topping.

Yield: One 9x12-inch cake

Servings: 12

Recipe courtesy allrecipes.com

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TOP 8 Ways to Improve Heart HEALTH



Maintaining optimal heart health is essential to living a long, healthy life. Yet, in the United States, heart disease is the leading cause of death.

1) Go for daily walks – A moderate, quick 15-minute walk daily is enough to contribute to a healthy heart and body.

2) Get enough sleep – Poor sleep can interrupt our body's natural recovery processes, causing changes in blood vessels, slowing metabolism, and putting stress on our immune system.

3) Stay hydrated – Dehydration reduces blood circulation. Keeping our bodies hydrated helps the heart pump blood through the vessels to the muscles allowing them to work more efficiently.

4) Limit your salt intake– Most Americans consume over 3,400 mg of salt a day. The recommended daily intake is 1,500 to 2,300 mg. Reducing your daily salt intake will lower your blood pressure significantly.

5) Cut out fried foods – Eating fried foods increases your risk of heart disease and stroke. Reduce - or even eliminate them.

6) Consume probiotics – Fortifying your digestive capacity with probiotic-rich foods and supplements will help maintain great heart and whole-body health.

7) Eat more beetroot – Beetroot raises nitric oxide levels in the body. Nitric oxide is a chemical produced by the body to widen arteries. It can help lower blood pressure, promote healthy circulation, and increases energy.

8) Take fiber and vitamin supplements – Adding heart healthy supplements can be the most effective way to promote heart and brain health, maintain appropriate weight levels, and encourage healthy circulation.

3 Ways to Get the MOST out of your Credit Card

Credit cards are much more than just a safe and convenient payment method. They also help consumers develop budgeting habits and build their credit, allowing future big-ticket purchases like houses and cars. Here are three tips everyone should know to get the most value out of their credit cards.

1.) Tap into valuable rewards

Credit card rewards programs are not new to American consumers. In fact, 87% of cardholders owned a rewards credit card. If you like to travel, choose a program that earns airline miles, hotel stays or rental car points. If you have a large family, choose a rewards program that offers increased cashback at bulk retail or grocery stores like Costco or Sam's Club.

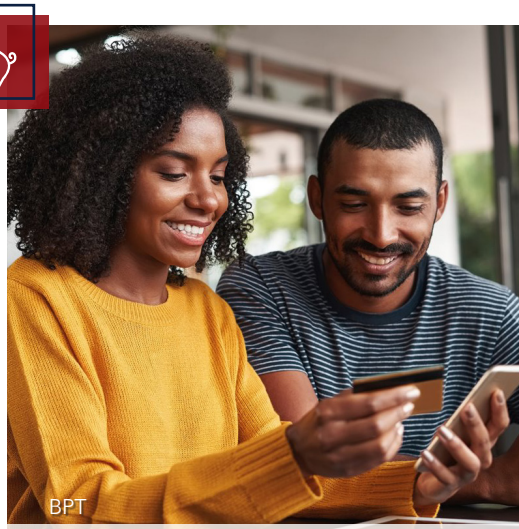
2.) Set alerts to manage your spending

Many credit card companies provide online trackers and balance alerts. Utilizing real-time information, online trackers can show cardholders exactly how much they've spent in one period and how close they are to their limit. Balance alerts notify cardholders when they've exceeded a certain balance via text or email, and these tools are often completely customizable.

3.) Analyze your spending to build better financial habits

Most credit card companies will provide a detailed summary and analysis of a cardholder's monthly spending. Cardholders can efficiently set budgets and monitor their purchases, gaining deeper insight into their own spending habits.

As you can see, credit cards provide their users with a variety of tools and resources to make their money work for them! So, what are you waiting for? Start using your card today.



Americans love their credit cards, in fact the vast majority own at least one card. Despite this card craze, many people don't use their credit cards to their fullest potential.

5 Tips for Maximizing LEFTOVERS



An organized fridge is key to making the most of your leftovers and limiting food waste. Develop a system that works for your family.

Whether you're pro-leftovers or need some convincing, follow the tips below for a more sustainable approach to mealtime joy.

1. Keep an organized fridge – Label and date your leftovers, and store them in airtight, glass containers. Glass storage containers are not only reusable and sustainable, but also allow you to see what's inside.

2. Cook meals that you already know will make great leftovers –Many Americans choose their meals based on whether or not they will make good leftovers for future meals. Rather than making that egg frittata for your at-home brunch, consider sweet potato hash browns or cheesy pasta bake so you can enjoy them for days to come.

3. Treat "extras" as a foundation for new meals – Toss extra carrots, onions, etc. in a gallon zip-top bag in the freezer. If you prepare twice the vegetables you'll need for a meal, you'll have a starting point for a soup or pasta salad later in the week.

4. Maximize freshness with the right products and appliances – Choose a refrigerator that features freshness technology specifically designed to prolong the shelf life of your food. Freeze your leftovers if you want to extend their life for a longer period of time. Freeze your leftover soup or sauce in muffin tins or ice cube trays for small portions to easily use for other meals.

5. Reheat your leftovers like a pro – Microwaves can give your leftovers an undesirable consistency, whereas cooking on the stovetop on low heat maintains its original taste and texture.
Steam cooking is another great way to reheat leftovers, as it retains nutrients, moisture and the original integrity of your food.

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Carpet and Upholstery Cleaning
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IICRC Institute of Inspection Cleaning and Restoration Certification

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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:

The acronym VOC means:

a. **Volatile organic compounds**
b. **Vaporized organic chemicals**
c. **Volatile oxidized carbons**
d. **Very obnoxious characters**

Find the correct answer and go to www.KleenRite.net or email us at support@kleenrite.net to submit your answer. Include your name, phone number and the correct answer. Be the first to contact us with the correct answer and win a $50.00 VISA Gift Card! Contest Expires 7/31/22.



Get FREE Carpet Cleaning! Seriously... It's FREE...

For existing KleenRite clients – Refer a friend and they get a free room of carpets cleaned the KleenRite way! Plus, when your friend becomes a KleenRite client, we'll send you a $10 gift card to use toward your next cleaning. Why would we do this? Because we know that word of mouth is the best advertising in the world! It's a win-win-win!

For new customers – Call KleenRite for a free in-home carpet evaluation. While we're there, we will clean one room of carpet up to 200 sq. feet absolutely FREE! This is the best way for you to experience the KleenRite difference with no strings attached and risk-free! We'll give you an exact quote on the rest of your carpets too. Again, there is no obligation, small print or purchase requirement. It's just... FREE.

Offer valid only for addressee.