

That “Clean” Bleach Smell is Killing You

People use bleach to clean every day. Clean their homes, laundry and businesses. It is an effective way to remove stains and to disinfect. That “clean” bleach smell is what it takes some



people to believe their homes are truly clean. But that smell is not a good thing. Things may be clean, but you’ve introduced a corrosive irritant into your home. In some situations that clean smell could kill you.

Did you know that if bleach is used in the work place, the Occupational Safety and Health Administration (OSHA) requires workers to use a mask and gloves to handle the chemical to protect yourself? Chlorine used in scientific labs is handled with gloves, face masks and ventilation. Now ask yourself, did you use gloves, a mask and extra ventilation the last time you used bleach in your home? If you also use ammonia, did you know that if you accidentally mix it with bleach the fumes are toxic enough to kill you? It’s not hard to do, use a window cleaner with ammonia in it for your bathroom mirror, while cleaning a sink with bleach. Not good!

Here’s another warning about bleach. The American Association of Poison Control Centers (AAPCC) tracks exposures to household cleaning products that were serious enough to require hospitalization and physician care. The largest numbers of them are from exposure to cleaning products such as drain cleaners, toilet bowl cleaners, bleach and detergents.

Chlorine bleach is a strong corrosive and irritant. It irritates eyes, skin and causes respiratory issues. It can cause pulmonary edema, vomiting or coma if ingested. Dishwasher soap has bleach in it. It’s in dry form and it has been proven to be the leading cause of poisoning. In any form, if it’s swallowed it will permanently damage the mouth and throat if it doesn’t kill you. There is also a cumulative effect on the body with repeated use, and stresses the major detoxification organs such as the liver, kidneys, and lungs. Childhood illnesses including asthma are often linked to an underlying Chlorine toxicity. It’s also been linked to breast cancer.

Look For Free Cleaning Tips and Specials within this September Issue!



September is here, let's hope that cooler weather will return soon. We've included some great coupons this month.

Steve and Carlene Pierce

Laughter is good exercise for your brain

Doctors at Massachusetts General Hospital have worked on a project that's a little less life-saving than its usual studies. The subject is important, but not frequently studied. It's laughter.

The physiological study of laughter actually has its own name, gelotology. Sharing a joke with friends or watching a funny video was found to be just as good for your brain as a session of yoga or meditation, maybe better.

Laughter triggers the gamma brain waves. Unlike other brain waves, the gamma waves linked to mirthful laughter spread throughout the entire brain and remain for the duration of the laughter response.

It's as if the brain gets a workout, explained the lead author of the study, which was presented in April at the Experimental Biology meeting in San Diego.

Researchers monitored brain waves of volunteers as they watched videos that were spiritual, distressing or humorous. The funny stuff produced the highest levels of gamma waves.

The gamma state is associated with feelings of mental clarity and an enhanced ability to experience integrative thoughts. It also helps individuals feel more focused, the researchers said.

So telling a good joke at the office can increase your focus and that of your co-workers, as well as promoting camaraderie.

At home, you could do you more good to watch a funny video or comedy than to see a deep mystery or a shooter show.



Do You Know.....

... someone that could use our services? Perhaps a friend, family member, co-worker, or someone from church?

When a new client signs up for regular cleaning services at your recommendation; you will receive a **\$150.00 Gift Voucher**.

If you would think of 3 or 4 people that could use our services, then don't hesitate to call them and give them our name and phone number. Be sure to have them mention your name when they call so we can send your **\$150.00 Gift Voucher Bonus!**

Thanks in advance for your help and we look forward to sending cash your way!

Life Maid Easy uses color coded microfiber cleaning cloths in order to avoid cross-contamination and provide the best possible equipment to prevent germs and bacteria .



To live longer, build your muscle mass

If you're near the middle of your expected life span and wonder what you can do to live a longer, healthier life, here's what experts at Johns Hopkins Medicine advise: Build more muscle!

How could it be that simple? Well, apparently it is. Worldwide, researchers aren't completely sure why, but their studies continue to show that the more muscle mass a person has, the less likely it is that he or she will die prematurely, even after taking cardiovascular and diabetic risk into account.

People who had the lowest muscle mass had a 30 percent higher risk of premature death than people with the highest amounts.

Doctors also say it's common for people with more muscle to have a more active lifestyle, which promotes longevity and also has something to do with their metabolism.

Whatever the reasons, they found that muscle mass relative to a person's height is a better predictor of longevity than the body mass index (BMI).

You can build muscle with a variety of strengthening exercises with dumbbells or resistance bands two or three times a week for about 30 minutes. Pushups and squats are muscle builders as well.

If you're new to strength training, ask your doctor for advice.



"How much older is the guy I'm dating? Well, he can play solitaire without a computer..."

I want to hire a cleaning service to clean my home, what should I know first?

Most people that hire individuals or even cleaning services to clean their homes are not aware of what they should be asking before turning over the keys to their homes. Somehow along the way bonding became the industry standard question to ask. This is a false sense of security. When interviewing cleaning services customers should ask the following questions:

1. Are you insured? This means adequate liability insurance, not a bond. Bonding is not a bad thing and in extremely rare cases does serve a purpose. Ask to have the companies insurance carrier send a copy of their insurance certificate.
2. Do you carry worker's compensation insurance? (Find out what your state requirements are) A good service will cover workers with Worker's Compensation coverage even if they fall under the states minimum requirements. Ask to have the companies insurance carrier send a copy of their insurance certificate.
3. Will employees or independent contractors clean my home? An independent contractor is required to carry proper licensing, liability insurance coverage, registration with the state and Internal Revenue
4. What does your pre-employment screening consist of? Do you perform criminal background checks on all employees?
5. Who will be cleaning my house? One person? A team? Is there a trained crew leader or crew manager on-site at all times?
6. How do you train your employees, do you have a formal training program?
7. Do you provide a satisfaction guarantee with your services?
8. Make sure all expectations are clear and up front. Ask about any service or task that you expect to be performed that is not mentioned or listed by the owner/ manager.

Life Maid Easy will provide insurance certificates sent to you directly from our insurance companies upon request. Our staff are all registered as employees, we never use independent contractors, all are screened with a nationwide criminal background checks, covered by our liability and worker's compensation insurance, all payroll taxes are paid by Life Maid Easy, and our training program continues with our weekly staff meetings.

Trivia Teaser – White Noise

1. Which child received a whole box of Turkish Delights from the White Witch in "The Lion, the Witch, and the Wardrobe"? a-Lucy, b-Peter, c-Edmund, d-Susan, e-your name.

2. What TV series featured a chemistry teacher named Walter White? a-"Mr. Peepers," b-"Breaking Bad," c-"Our Miss Brooks," d-"Malcolm in the Middle."

3. What city is the setting for Erik Larson's historical book "The Devil in the White City"? a-Detroit, b-Vatican City, c-Chicago, d-Baltimore.

4. What city is located at the confluence of the White Nile and the Blue Nile? a-Alexandria, b-Cairo, c-Thebes, d-Khartoum.

5. The Chicago White Sox lost the 1919 World Series in what became known as the Black Sox Scandal. Which team won that Series? a-Brooklyn Dodgers, b-Cleveland Indians, c-Cincinnati Reds, d-New York Yankees.

6. What track on the Beatles "White Album," running over 8 minutes long, is the longest song recorded by the group? a-"Revolution 9," b-"While My Guitar Gently Weeps," c-"Helter Skelter," d-"Dear Prudence."

7. Which NBA team retired the #10 jersey of point guard Jo Jo White? a-Chicago Bulls, b-Milwaukee Bucks, c-Philadelphia 76ers, d-Boston Celtics.

8. "White Blood Cells" and "Elephant" were successful albums from what rock duo? a-The Black Keys, b-Hall and Oates, c-Capital Cities, d-The White Stripes.

9. What musical instrument is Jaleel White shown playing during the opening credits of the TV sitcom "Family Matters"? a-Electric organ, b-Harmonica, c-Accordion, d-Banjo.

10. What comic strip crime fighter was assisted by the sidekick Ebony White? a-The Spirit, b-The Phantom, c-The Rocketeer, d-Green Lantern.

Most important meal?

Across

- Get in a pool
- Farm female
- Flower with a bulb
- Black cat, maybe
- Cut the fat
- Warm-hearted
- Back-to-school purchases
- Island strings
- Fir or pine
- Ancient ornamental collar
- Debussy subject
- Sound of relief
- Gaelic language
- Thickness
- Allow

Down

- "One no", in bridge
- Iroquoian Indian
- Wedding cake feature
- Arabic for "commander"
- Cysts
- Conclude
- Firm
- Painter Georgia
- Schuss, e.g.
- Helix
- Spree
- ___ of Sandwich
- Trick
- Cooking meas.
- After expenses

The title is a clue to the word in the shaded diagonal.

Find a car with these 'must haves' for teen driver safety

The Insurance Institute is well known for its safety ratings of new cars. Recently they have published their first safety ratings for used cars priced at \$20,000 or less. These are the cars recommended for teen drivers.

Motor vehicle crashes are the leading cause of death among teenagers, and their degree of injury risk is greatly affected by the type of vehicle they drive. Unfortunately, car-buying decisions are often made on the basis of price alone, meaning teens drive small cars or older vehicles.

Those recommended by the IIHS range in price from \$4,000 for a Saab 9-3, model year 2005 and later, to \$19,900 for a Buick Enclave, model year 2011 and later. The prices are from Kelley Blue Book's KBB.com as of July 1, 2014.

Others making the list are the Kia Optima, model year 2011 and later at \$13,300; Dodge Avenger, 2011 and later at \$11,600; Acura RL 2005 and later at \$9,700; and Ford Taurus, 2008-2009, at \$7,500. The full list is available at www.iihs.org.

The average purchase price paid for a teen's car was \$5,300, but just 49 of the 95 recommended vehicles cost \$10,200 or less.

Parents should remember that teens often take unnecessary risks and consider paying a little more than they planned. In any case, they should buy the safest vehicle their budget will allow. Some guidelines:

- Pick a bigger, heavier vehicle that offers better protection in a crash.
- Electronic stability control is a must. It helps a driver maintain control on curves and slippery roads, and it reduces single-vehicle crash risk by half.

In multiple-vehicle households, the teen often inherits an older vehicle. Consider letting the teen drive a newer car if it has more safety features.

Answers to "White All Over"

1-c-Edmund
2-b-"Breaking Bad"
3-c-Chicago
4-d-Khartoum
5-c-Cincinnati Reds
6-a,"Revolution 9"
7-d,Boston Celtics
8-d,The White Stripes
9-c,Accordion
10-a,The Spirit

Protecting Yourself From Getting Sick While Cleaning

It's that time of year! Getting sick is definitely a challenge that house cleaners face every day. This article will give you steps to help protect yourself.

Wearing gloves will keep you from touching germ-covered surfaces. Make sure to wash your hands when removing your gloves and keep both your gloves and hands away from your face. The quickest and easiest way to eliminate germs and protect yourself is to wash your hands frequently.

Disinfect areas that are commonly touched before you touch them. Doorknobs, remote controls, telephones, refrigerator, oven and bathroom door handles are common bacteria and germ magnets. Keep a hand sanitizer with you at all times during work and in your car. After you've loaded up your car, sanitize your hands before touching your steering wheel.

Clean and disinfect sinks. It has been said the worst place to drop something is in your sink. Bacteria and germs are common in this area due to raw meat, tossing out old food, used pots and pans, food left in drain areas, etc.

The product Airborne, is a tablet you dissolve in water. It helps support your body's immune system. You can find it at your local drug store or grocery store. Also talk to your doctor about food supplements and vitamins to keep your immune system up.

Wearing a mask might be a good idea, especially around children's toys, play areas, bathrooms and bedrooms. These are breeding grounds for bacteria. If you're concerned about what your clients will think, you could blame it on allergies.

Use microfiber cleaning cloths and mops. They are denser and absorb more solution into the fiber. The microfiber removes more bacteria from the surfaces you clean than a conventional cleaning cloth or mop.

It's important to protect ourselves in our industry since we may be exposed to more than the average person, however there are other reasons we can succumb to colds and flu.

It's OK to give yourself permission to take care of yourself. Lack of sleep will zap your energy. Get as many uninterrupted hours as you can.

Poor eating habits, little to no exercise and putting on weight are big warning signs. Everything else is coming first in your life before your health. It's time to put you front and center. If you've ever flown on an airplane you may remember the flight attendant saying, "put on your own oxygen mask first and then your child's. If you do not have oxygen you will not be able to help anyone else." More weight, less exercise, poor eating = low immune system and more sickness. It's time to put YOU first.

Book Review: You know how you see the world, now discover how the world sees you

Readers who have found this Five-Star book on Amazon are giving rave reviews, some saying it's one of the most riveting and different books they've ever seen.

"How the World Sees You: Discover Your Highest Value Through the Science of Fascination," is written by Sally Hogshead. Over the course of her advertising career, she won hundreds of awards for creativity, copywriting, branding, and was one of the best advertising copywriters from the start of her career at about age 20.

She often appears in national media, including NBC's "Today Show", and in the "New York Times". She was recently inducted into the Speaker Hall of Fame, the industry's highest award for professional excellence. Her advertising work hangs in the Smithsonian Museum of American History.

On the back cover of this book, Hogshead tells some of the points she emphasizes in her work with Fortune 500 companies:

- * The world is not changed by people who sort of care.
 - * Don't try to learn how to be fascinating, unlearn how to be boring.
 - * Instead of focusing on strengths, focus on differences.
 - * Every time you communicate, you are either adding value or taking up space.
 - * To become successful, become more of who you are.
 - * If you don't know your own value, don't expect anyone else to.
 - * The greatest value you can add is to become more of yourself.
- She asks the famous question: "You already know how you see the world. But do you how the world sees you?"
Visit HOWTOFASCINATE.COM for free team resources.

FIND YOUR NAME IN THIS
SEPTEMBER ISSUE
AND WIN \$50.00 GIFT CERTIFICATE
FROM-



If you locate your name, Call our office 772-562-7417
and your name will be entered into our
September 30th drawing.
Life Maid Easy
(772)562-7417

**Take the Trivia Challenge and Win a
\$25 Gift Card to Publix Supermarket!**

Simply call our office with the correct answer and your
name will be entered into the
September Trivia Challenge drawing!

The average purchase price for a teen's car is

A – \$3,900 B – \$4,200

C – \$5,300 D – \$6,100

HINT: The answer is hidden somewhere in this newsletter.

SEPTEMBER COUPON DISCOUNTS

**SCHEDULE YOUR WINDOW
CLEANING DURING
SEPTEMBER AND RECIEVE-
\$50.00 OFF**

OFFER GOOD ONLY WITH THIS COUPON
OFFER ENDS SEPTEMBER 30, 2014
ONLY ONE COUPON PER HOUSEHOLD