

A to Z Clean & Dry, Inc
156-6 Noke St.
Kailua, HI 96734

g.watts@hawaiiantel.net

Your New Issue Has Arrived!

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Want to make a whole-food diet even better for your brain? Try adding turmeric, ginger, and flaxseeds, says Dr. Hashmi. These foods help lower inflammation throughout your body, which can improve your overall health.

Turmeric

Turmeric contains curcumin, which has anti-inflammatory properties. It boosts a protein in the brain that's important in memory and learning, says Dr. Hashmi. It also may help reduce symptoms of depression.²

For the most benefit, cook with the actual root, Dr. Hashmi says. You can grate it into stews, soups, and chili. Or cook eggs, chicken, vegetables, and potatoes with a few dashes of dried spice. Be sure to add some black pepper too — it helps your body absorb the turmeric.³

Ginger

Ginger is known for helping digestion. But it also may help with brain function. In one study, ginger boosted memory, recognition, and reaction time in middle-aged women.⁴

Like with turmeric, you'll get the most health benefits if you cook with the root. You can also add it to smoothies or steep a few slices with your tea.

Ground flaxseeds

Ground flaxseeds are a type of omega-3 fatty acid that may help reduce the risk of stroke, says Dr. Hashmi. Flaxseed helps lower blood pressure and bad cholesterol (LDL).^{5,6} Both of these health issues increase the risk of stroke.

"Everybody can use a little bit more flaxseed in their diet," says Dr. Hashmi. Sprinkle ground flaxseed on salad or cereal, use it to thicken a smoothie, or add to baked goods. You can use it to make a vegan egg replacement in recipes like pancakes and muffins. Just soak 1 tablespoon of ground flaxseed in 2.5 tablespoons of water for about 5 minutes.



Making things worse for spring allergy sufferers, a combination of mild weather and rain can lead to an increase in mold spore counts

Many people this time of year may mistake an allergic reaction to a respiratory illness like winter colds and flu.

“Doctors have to consider that these may be allergies, not viruses,”

Allergists recommend that people who know they're allergic to certain pollens start medication before allergy season starts.

Exercise Your Brain

Do you like to play board and card games? Do you play a musical instrument or dance? If so, you may be reducing your risk of getting Alzheimer's disease or some other form of dementia. According to a study by researchers at the Albert Einstein College of Medicine, seniors who regularly exercised their minds with such pastimes as bridge and chess, playing an instrument, or dancing reduced their risk of developing Alzheimer's by as much as 76 percent. And the more hours seniors spent in mind-stimulating activities, the lower the risk of dementia.

- **Vinegar** : Soak cotton balls in white vinegar and apply it to a bruise for an hour. Vinegar will reduce discoloration and accelerates the healing process.
- **Honey**: Got blemishes? Dab 'em with honey and cover with a bandage. Honey kills bacteria, keeps skin sterile and speeds healing. Sometimes, it works overnight!

Banana Blueberry Pancakes

- 1 3/4 C. all-purpose flour
- 1 1/4 tsp sugar
- 1 tsp. baking powder
- 1/2 tsp. salt
- 1/2 C. thawed blueberries
- 1/4 C. banana slices
- 1 large eggs
- 1 C. milk
- 1/4 Tbs. butter
- 1 tsp. vanilla



Directions

1. In a large bowl, sift together flour, salt, baking powder and sugar. In a small bowl, beat together egg and milk. Stir milk and egg into flour mixture. Mix in the butter and fold in the blueberries. Set aside for 1 hour.
2. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

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Smooth Ice Coffee

1.5 cups coffee, brewed, cooled.

2 tbsps peanut butter

1/2 cup whole milk

2 tbsps chocolate syrup, plus more for topping.

1 ripe banana

Whipped cream for topping.

Preparation:

1. Pour the coffee into an ice cube tray. Freeze for at least 4 hours, or overnight.
2. Add the coffee ice cubes, peanut butter, milk, chocolate syrup, and banana to a blender. Blend until smooth.
3. Pour into glasses and top with whipped cream and chocolate syrup.

Enjoy!

Get the most from cardio machines

Most health experts say that a good workout should have an intensive cardiovascular component. That's why such gym equipment like treadmills and stationary cycles are so popular. Here are a few tips on making the most of your time on the machines:

1. Choose equipment that provides a weight-bearing exercise. You get both a cardio workout as well as the necessary effort that helps keep your bones healthy. The best options are treadmills, elliptical trainers, and stair climbers.
2. Look for heart rate technology. Some cardio equipment allows you to monitor your heart rate, so you know how hard you are working (or need to work) in order to get maximum benefit.
3. Use the programs to help you reach health goals. Check out the different programs that are preset on many machines. They're helpful in getting you in shape for whatever goal you may have, be it losing weight or training for a hill run.

Healthy Talk

Fish: It's good for your brain!

You may already know that fish is good for your heart. But now there's evidence that it is also good for your mental health. That's because the brain is largely made of fat and water, and it craves polyunsaturated fats, especially the much-heralded omega-3 fatty acids found in fish. This may explain why people who have the highest fish consumption, like those who live in Japan and Finland, have lower rates of depression. —Adapted from the UC Berkeley Wellness Letter.

Please Let Others Know! Good Services are Disappearing!





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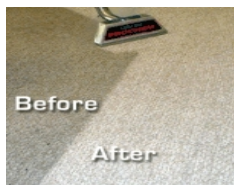
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5 Easy Tips For Keeping Your Carpet Looking Like New!



"But My Carpets Don't Look Dirty!"

Don't say that! If it's been longer than six months since your last cleaning, your carpet is harboring all kinds of dirt, allergens and other icky stuff that you can't see. By the time your carpet looks dirty...the damage could be irreversible....not to mention the poor quality of your home's indoor air.

1. Vacuum frequently and thoroughly. Dirt is the number one cause of wear and tear to your carpet. Be sure that you are vacuuming thoroughly at least once per week to keep the dry soils to a minimum and maximize the life of your carpet.

2. Clean up spots and spills swiftly and properly. To properly remove a spot, use a clean absorbent towel (preferably a white one to avoid color transfer) and hot tap water in a spray bottle. Using rubber gloves, massage a little spot out from the free Spot Out we provided for you. Lightly spray hot tap water to keep the area wet. Next, alternate blotting and spraying the area, DO NOT over-wet

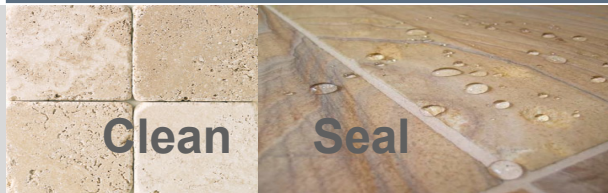
You can even place a dry absorbent towel under something heavy like a book to completely remove moisture from the carpet. Most spots can be removed if they are caught early. Of course, the exceptions are, if a spill contains a dye, (i.e. red juice) or a bleaching agent, then the spot is usually permanent.

3. Never scrub or rub spots. The correct method to remove a spill is to scrape the spot towards the middle and then blot with a white towel or cloth. Scrubbing or rubbing the spot will fray the carpet fibers and permanently damages the area.

4. Clean your carpets professionally every 6-12 months. Carpet manufacturers recommend cleaning your carpets professionally every 6-12 months with a low moisture, fast drying system. In this way you will extend the life of your carpet and have a healthier, cleaner home.

5. Re-apply "Carpet Protector" when cleaning. Carpet protector "seals" the fibers of your carpets and makes them resistant to most household stains. It also makes your vacuuming more efficient. The effectiveness of carpet protector is reduced about 30-35% with each cleaning. But, by re-applying at least every other cleaning you will continue to protect your carpet from stains and everyday wear and tear, giving your carpet the longest life possible.





Caring For Your Granite Counters Stone and Tile!

Did you know that stone is porous and can even be stained? We can clean it and also have a wide range of sealers to fit your budget! If you want the top of the line sealer ask us about Dry Treat Stain Proof nano-molecule sealer.

CLEAN AREA RUGS

We clean each rug individually, using the method best suited to its particular weave, fibers and dyes.

Our deep cleaning & deodorization beautifies and revives the luster & color of most area rugs, while turbo-fan drying protects the shape and finish of fine Oriental rugs.

We can even repair minor color damage with a special tinting process.

How to Clean Your Dog's Ears at Home

The good news? Regular cleaning and care can help prevent ear infections in the first place.



Get into the habit of inspecting your dog's ears regularly; around once per week or every other week. Not only will this help you detect potential problems early, but it will also get your pup comfortable with having his or her ears touched.

To clean your dog's ears at home, you'll need to select a gentle, pet-formulated, ear cleanser. Hold your dog's ear flap upright, and dribble a small amount of the cleansing solution into the ear canal. As the cleanser seeps down into the canal, use your fingers to massage the base of the ear for around 15-20 seconds.

Your dog may want to shake their head after this part of the cleaning process is over; a towel can help to avoid messes. Use a clean cotton ball or pad (but not a cotton swab, which could damage your pup's ears) to wipe out the excess solution and any loosened earwax.



30 YEARS