

Juicing Anyone?

Juicing is popular. But what are the nutritional benefits and drawbacks?

Jennifer Barr, a Wilmington, Del., dietitian, occasionally makes fresh juice as a snack for her kids. Her favorite juice combines kale, carrots, ginger, parsley, and apples. She then adds the leftover pulp from her juicing machine into muffins.

"If you're not big into fruits and vegetables, it's a good way to get them in. It can help you meet daily recommendations in one drink" and be part of a healthy diet, says Barr, MPH, RD, LDN, who works at Wilmington's Center for Community Health at Christiana Care Health System.

But you shouldn't count on juicing as your sole source of fruits and vegetables. Especially if you are skinning before juicing, since there are vita nutrients being skinned away.

How to Control Vet Bills!



1. Take advantage of preventive care

If your vet suggests preventive care services, such as heartworm prevention medication for example, consider how much you'll save with this affordable service, as opposed to what you would spend treating heartworm disease.

Maintain a healthy lifestyle with regular exercise, grooming, proper food portions, teeth brushing, and overall care. Severe dental issues can cost more than \$1,000 to treat, so it's a preventive measure that shouldn't be skipped.

2. Prevent parasites

Get your animal on a flea and tick prevention program to keep fleas, ticks, lice, and worms at bay. These typically come in the form of a monthly pill, and many of these provide protection against several parasites at once. Along with saving you money on future treatments, this will also keep your pet healthy, happy, and comfortable.

3. Take advantage of free exams

Some veterinary offices or hospitals offer discounts or even free exams, to encourage owners to bring their pets in to treat for issues before they become hard to treat. Make inquiries with your local veterinary offices to see what they offer.

4. Compare prices

Compare service and prescription prices in your area before committing to one veterinary practice. Use online rating sites like Yelp to find a highly-reviewed vet that won't break the bank. Inquire about whether the office offers new pet or wellness care packages that can bundle exams and vaccines at a discount. (See also: 5 Unexpected Dog Costs You Should Prepare for Now) Continued on Pg 3

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How to Control Vet Bills! (cntd.)



5. Keep your pet's weight in check

According to The Association for Pet Obesity Prevention, about 59 percent of cats and 54 percent of dogs in the U.S. are overweight or obese. Excess weight can lead to a host of health problems for animals. Keep your pet fit and active for a healthier lifestyle and fewer vet visits. Also, be aware of the ingredients in your pet's food. If you're trying to cut out processed food from your own diet, you should do the same for them. Look for food that promotes overall health for your pet's breed and dietary needs, and do not overfeed them.

And just because they adorably dance for treats doesn't mean you should keep handing them out!

6. Ask about financing

Many veterinary offices will offer financing, payment plans, or even discounts if you are upfront with them about any financial hardships you're facing. They might also work with a credit lender (like CareCredit), which allows you to pay the fees over the course of several months with no interest, upon credit approval. You can also look into private veterinary discount plans like PetAssure.

7. Get pet insurance immediately

Pet health insurance can save you a huge amount of money if your pet has costly medical expenses in the future. Keep in mind that pre-existing conditions and inherited disorders will not be covered, so it's important to get pet insurance as early as possible. Many policies will also limit coverage to one treatment per illness, so do your research to determine if it's right for you. (See also: Is Pet Health Insurance Worth It?)

8. Request an estimate before services are rendered

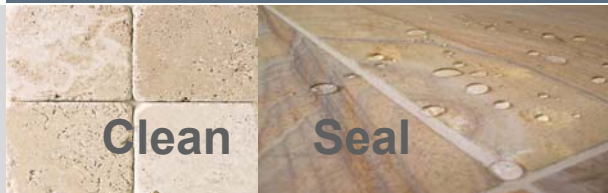
A written estimate will let you know how much you can expect to spend. Don't feel shy about saying "no" to a service or asking for a detailed explanation of the recommended services. If you think that a service is unnecessary or too expensive, visit another vet with your estimate in hand.



"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.





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A Clean Home Is A Healthy Home



As we approach the Spring Cleaning Season it is a great time to clean your carpet, rugs, upholstery and bedding to eliminate house dust and other indoor pollutants that have built up in your home over the winter... the primary cause of allergies and respiratory related illness.

Dust Mites, Cat Allergens (dander, hair and saliva), Mold Spores, etc. are the leading contributors to respiratory ailments. Allergic reactions to dust mites include: eye irritation, running nose and sneezing, headaches, asthma, and various skin problems or dermatitis. Studies show that 70 % of all allergies in the U.S are caused by Dust Mites. Carpet, bedding, sofas, upholstered chairs, and house dust are the primary hosts of dust mites.

Although they host these nasty microscopic critters, your carpet, upholstery, area rugs and bedding actually act as a "filter" that traps harmful indoor pollutants and like any filter must be cleaned regularly. More than 40 million people throughout the country suffer from indoor allergies, and without carpet and rugs in their homes to help trap the contaminants, that number would certainly be greater.

Maintaining relative humidity below 50% and room temperatures less than 77 degrees are very effective in reducing the reproduction of dust mites. Cleaning with water temperatures over 130 degrees is one of the most important things you can do to combat dust mites, as cold water will not kill them.

One of the most effective ways to eliminate dust mites and many other indoor pollutants is to professionally clean your carpets, rugs and upholstery using the Hot Water Extraction cleaning method at least once a year...and more frequently for anyone that is more allergy prone.



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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.

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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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