



Earl, Lane, Levi & Jodi Family Owned

PCCS  
605-338-9017  
info@pccssf.com  
www.pccssf.com

# Healthy Home News

PRSTD STD US  
Postage Paid  
Sioux Falls, SD  
Permit No. 7937

“  
Simply Superior Service  
”



SEE INSERT THIS ISSUE...

Allergies Affect 1 in 4 People... Discover How You Can Protect You & Your Family! (See Insert)

## Who Wants To Win Movie Tickets?

Take my Trivia Challenge and you could win too!

This is one of my favorite parts of the newsletter! Each month, I'll give you a new trivia question. The first 2 people who call my office with the correct answer will win two FREE movie tickets. Enjoy a night out on me with someone special in your life! Take your best guess, and then call me at 605-338-9017! Remember, your chances of winning are better than you think!

This month's Mega Trivia Question:

How long has the American Lung Association been leading the fight for healthy air and lungs?

A) About 50 years B) About 10 years C) About 35 years D) About 100 years

HINT: The answer is somewhere in this newsletter

# Thank You!

Thanks to YOU the word is spreading! Thanks to all of my wonderful clients who graciously refer me to their friends, family, and neighbors! My business runs on the positive comments and referrals from people just like you. I couldn't do this without you! A special thanks to all these fine folks who referred me last month...

Nate K.

Thanks for All the Kind Words!

“Lori did an amazing job! Thank you for coming on short notice”



Inside This Issue You Will Discover...

- Could Your House Be Making Your Sick? Uncover this hidden health risk today! (Part 1 of 2)
- Healthy Talk...Have An Earth Day Smoothie...Tasty, simple and gorgeous...
- PLUS Fun And Easy Ways To Take Part In Earth Day 2016...
- Thank You's, Fun Websites, Famous Quotes...AND...
- Discounts, Specials And Much, Much MORE!

Keep Reading Inside...



Earl, Lane, Levi & Jodi Family Owned

# Healthy Home News

“Secrets For Living A Healthy, Wealthy & Happy Life...”

## Could Your House Be Making You Sick? Uncover & Prevent This Hidden Health Threat Today....

You are about to discover something that is presenting a real health risk to you and your family so you can take proactive steps to minimize any risks. This is something that you can't see, taste, or touch but it's quickly becoming one of the biggest health threats to families. It's your indoor air quality.

Why Has Your Indoor Air Quality Become An Issue In Recent Years?

The reason our indoor air is such a problem today is we have become so energy efficient. Our homes are sealed up tight – saving us on energy, but at the same time setting the stage for an environment of indoor pollution. Now, we all know how dangerous polluted outdoor can be but according to the EPA (Environmental Protection Agency) indoor air is 2 to 5 times more polluted than outdoor air! And today we spend about 90% of our time in these sealed up tight homes – trapped with all that indoor air.

Here are just a couple of ugly facts about indoor air pollution:

- Experts say pollutants indoors are 1000 times more likely to reach your lungs than pollutants outdoors.
- Many homes have 25 to 100 times more pollutants in them than polluted outdoor air.
- Today we spend 90% of our time indoors.
- The bad effects on our health can range from mild irritations to our eyes and throat...to lifelong allergies, asthma, or worse.
- Biological pollutants, including molds, bacteria, viruses, pollen, dust mites, and animal dander promote poor indoor air quality.

And...According to the American Lung Association (lung.org): “Carpets may trap pollutants like dust mites, pet dander...particle pollution, lead, mold spores, pesticides, dirt, and dust.” For years I've been comparing carpet to a “filter” that gets full and needs to be cleaned. Is your carpet full? If it's been 6-12 months since you had your carpets professionally cleaned then the answer is “Yes!”

“How Else Can I Make Sure My Indoor Air Is Clean & Healthy For My Family?”

Tune in next month and discover the 3 things the EPA suggests you can do to minimize your risk of indoor air pollution. But until then...breathe easy and be proactive by having your carpets cleaned by a professional like me. (See insert for monthly special!)



www.Lung.org

This is the website of the American Lung Association. This organization has been promoting information about lung health for over 100 years. Lung health may not be the sexiest of subjects, but considering the average adult needs about 550 liters of oxygen per day, it's fairly important to consider. This is very informative website helps educate people on how to keep their air and lungs healthy. And today it's more important than ever to be well informed on the issue.

www.TheStoneSoup.com

This is a cooking blog created by Jules Clancy, a blogger with a food science degree, who specializes in what she calls “healthy 5 ingredient meals.” On her well-crafted blog you'll find recipes using 5 ingredients or less of fresh whole foods, (nothing processed) plus lots of fun educational nuggets about food and eating healthy. It's a great resource for inspiring a fresh, healthy, simple take on cooking.



Get Exclusive Specials When You “Like” us at <https://www.facebook.com/PCCSSiouxFalls/>

## Get Inspired

“If we had no winter the spring would not be so pleasant; if we did not sometimes taste adversity, prosperity would not be so welcome.”

– Anne Bradstreet, 17th century English poet and author.



AND THE WINNERS ARE...

AMY VON HOLTUM  
&  
SHARON HOOVER

THANK YOU  
FOR  
PLAYING  
TRIVIA AND  
ENJOY  
YOUR  
MOVIE

## Healthy Talk

### Honor The Earth And Your Health With This Earth Day Inspired Smoothie!

April 22nd is Earth Day! Every year on Earth Day people around the world promote the health and beauty of our gorgeous blue planet by participating in collecting garbage, planting trees, cleaning up polluted waters, and promoting petitions that will benefit the future of our earthy home.

In honor of this lovely day here is an Earth Day Inspired smoothie that will help you start Earth Day honoring the health and beauty of yourself.

#### Easy Breezy Earth Day Green Smoothie

(Serves 2)

2 cups almond milk

2 frozen bananas

4-5 dates (or sweeten with honey or stevia)

4-5 cups spinach

1 cup pineapple

1 orange (peeled)

Give the ingredients a whirl in your high-powered blender and to pack more of a ‘nutritional punch’ add a scoop of your favorite protein powder. Then sprinkle this gorgeous green smoothie with a hand full of blueberries to represent our beautiful blue and green planet. Drink up and enjoy!

*\*Disclaimer: These are just suggestions, I’m not a doctor or health specialist of any kind.*



## April Quotes

“The air soft as that of Seville in April, and so fragrant that it was delicious to breathe it.” – Christopher Columbus, 15th century explorer.

“Here cometh April again, and as far as I can see the world hath more fools in it than ever.” – Charles Lamb, 18th century English writer and essayist.

“There is no glory in star or blossom till looked upon by a loving eye; There is no fragrance in April breezes till breathed with joy as they wander by.” – William C. Bryant, 18th century American poet

Find these and more quotes at [www.brainyquote.com](http://www.brainyquote.com)

## Happy Earth Day To You!

Earth Day is coming up on Friday, April 22, 2016. This is a day devoted to preserving the longevity of our beautiful blue planet. It’s a great way to spread awareness about all kinds of issues affecting our earth. From pollution to preserving earth’s natural resources, each of these issues concern all of earth’s inhabitants. No matter where you live, Earth Day is probably observed. In fact, about a billion people in 190+ countries now participate and support Earth Day!

### Here are some easy ways you can support Earth Day in 2016!

- 1. Raise Awareness.** This is easier than ever with social media. Spread the word through all your social media outlets. Use hashtags like #earthday, #saveourplanet, #trees4earth, #recycle. You can also hold an online fundraiser to donate to your favorite earth day charity, or sell trees, garden seeds, or reusable bags to raise money.
- 2. Go Green.** Try to reduce your carbon footprint where possible. A cool fact: one person making use of public transportation or choosing to walk/bike just 2 times per week can reduce greenhouse gas emissions by 1,600 pounds per year. Also, experts recommend not idling our cars, which not just sends unnecessary pollution into the air, but wastes gas and money. And even something as simple as unplugging appliances when not in use can save you money and energy.
- 3. Reduce. Reuse. Recycle.** Easy ways to do this is to donate items you don’t need instead of hauling them to the dump. Buy used clothing, and goods from thrift shops and garage sales. Also, bringing your own bags to the store is a simple step that helps out in a big way. And by maintaining things we already have so we aren’t such a “throw away society” we are living green. (Shameless carpet cleaning plug: cleaning your carpet is living green because your carpets can last years and years longer when properly maintained instead of replacing and filling up our landfills.)
- 4. Plant a Tree.** It’s a simple act of kindness to our earth and communities to plant a tree. According to some data found at [www.EarthDay.org](http://www.EarthDay.org) trees help combat climate change because they absorb excess and harmful CO2 from the atmosphere. They also help us breathe clean air and beautify the earth!

For more great ideas check out [www.EarthDay.org](http://www.EarthDay.org) Happy Earth Day! I hope you get a chance to show this planet some love on Earth Day 2016.



## The Idea Corner

### 3 Fun Ideas For Honoring Earth Day!

April 22nd is Earth Day and this year it falls on a Friday, so it’s the perfect day to have a fun Earth Day celebration.

Invite your friends over to plant some trees. Find spots that are approved for planting and spread the beauty and clean air that comes with planting trees.

Get your friends and family to participate in your own Earth Day fundraiser, (see side article for details). Remember with websites like [www.gofundme.com](http://www.gofundme.com) and [www.fundraising.myevent.com](http://www.fundraising.myevent.com) it’s easier than ever to become a philanthropist.

End the day with a viewing of the gorgeous movie by Disney titled Earth. Or a viewing of one of your favorite nature themed movies. Be sure to serve up some green and blue foods and drinks with your popcorn. Sliced kiwis, green apples, and fresh blueberries are healthy earth day snack ideas!

However you spend your Earth Day, make it a good one!



Get Exclusive Specials When You “Like” us at [www.facebook.com/pccssiouxfalls/](http://www.facebook.com/pccssiouxfalls/)