



Now You Can Face This Allergy Season With A Smile!

Hello friends and clients. It's almost that time of year again...the birds will be singing, the sun will be shining, the flowers will be blooming, the eyes will be itching, the nose will be running...aaaaahhhh allergy season is upon us.

But, before you pull out the box of tissues and the allergy meds remember....

There are proven things you can do to eliminate some allergens at their source and reduce your allergies!

A popular website had this to say on the subject, "Why people develop allergies remains a mystery in the medical community. Until we know more about allergies the best line of defense is to eliminate the offending agents." – peacefulmind.com

Then it goes on to list some of the "offending agents" several of which are found in most homes today: dust mites, pollens, and mold. We all know what mold is and mold spores can even be found in your carpets. And we all know what pollens are and that they can come in through open doors and windows (even be tracked in) and settle in your home and carpets. But in case you don't know what a dust mite is, they are microscopic little creatures (bug like) that wander in your fabrics and carpets. The living mites are not the offenders, it's their fecal matter and the bodies of dead mites that most people are allergic to. (I know I'm grossed out too!) That means...

There are many allergy offenders living in your own home!

So far I haven't given you much to smile about have I?

Well you can face the allergy season with a smile if you take a proactive approach to the season. Don't let allergens in your own home irritate your allergies that may already be flared up by the hay fever of Springtime. Get your carpets cleaned properly and professionally and you will eliminate the pollens, molds and dust mite matter that can make your allergies go from bad to worse.

The EPA has this advice, "Keep the house clean. House dust mites, pollens, animal dander, and other allergy-causing agents can be reduced...through regular cleaning."

So smile you can reduce your allergies by removing common allergens at the source. Remember, your carpet is like a big "filter" that traps pollutants and allergens. But that "filter" gets full and redistributes allergens back into the air with every step you take. If it's been more than 6-12 months since you had your carpets cleaned your "filter" (carpet) is probably full. If you want to take steps toward reducing allergens found in your home then pick up the phone and call me at 800-452-3306 right now.



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