

Bliss Carpet Care Healthy Home News



July / August 2009

(508) 278-7757

Issue 8

Introducing..... a revolutionary new anti-allergen cleaning and treatment program called the ResponsibleCare® System that safely, easily and affordably reduces the levels of serious allergens by 90% or more! *The products are derived from renewable fruit and vegetable seeds!*

Obtain Immediate Symptom Relief

When a bedroom has been completely cleaned and treated using the ResponsibleCare Anti-Allergen System, results are often seen within the first three days, and often during the first night!

Imagine getting a good night's sleep—tonight!

Bliss Carpet Care with Responsible Care



Protect YOUR Family with Responsible Care Green Cleaning

Cleaning Alone is Not Enough

No matter how spotless your home, **it is impossible to eliminate or clean away dust mites.** And most people can't bear to part with a beloved family pet even though this is the number one recommendation of doctors. The secret of the ResponsibleCare System is the use of specialized cleaning agents followed by application of Allergy Relief Treatment™ on carpets, mattresses, upholstery, rugs and bedding.

Enjoy Significantly Reduced Allergen Levels From Now On

When properly applied, Allergy Relief Treatment provides a residual effect for up to six months. In severe cases, treatment may be required every three months.

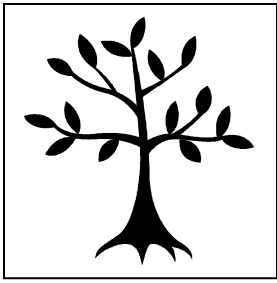
Allergy Relief Treatment is Safe for You, Your Children, Your Pets and the Environment

All of the products are hypoallergenic, non-toxic, dye and perfume free, contain no volatile organic compounds (VOC's), phosphates or other hazardous materials and are biodegradable and environmentally safe. In addition, the products are derived from renewable fruit and vegetable seeds. The products are virtually odor free and have been specially formulated for use around people with allergic illnesses and chemical sensitivities. They can be safely and effectively used in homes with children and pets. Allergy Relief Treatment contains no benzyl benzoate and is **not a pesticide or miticide.**

\$AVE TODAY!!!

Every 3rd room or 3rd piece of furniture FREE with Responsible Care Cleaning from Bliss Carpet Care!! Book by September 15, 2009 for savings!

Smaller piece of furniture or square feet – open areas only.



PLEASE save a tree! Email us your email address so we can send your newsletter via email!

Email us at:

blisscarpetcare@verizon.net.

Thank you!

Quotes of The Month

A people free to choose will always choose peace.

Ronald Reagan

In peace, sons bury their fathers.

In war, fathers bury their sons.

Herodotus

War does not determine who is right

– only who is left.

Bertrand Russell

We are going to have peace, even if we have to fight for it.

Dwight D. Eisenhower

It is madness for sheep to talk peace with a wolf.

Thomas Fuller

INTRODUCING HAND-TUFTED one of a kind rugs and other Area Rugs for your home!!

COMING SOON: Stop by our shop or shop online @ BlissCarpetCare.com!

Experience the look and feel of a hand-knotted rug for less when you shop hand-tufted rugs at Bliss Carpet Care. Hand-tufted wool rugs are handmade but do not contain individual knots, thus greatly reducing the time to make. Find a diverse selection of hand-tufted rugs and carpets in multiple styles and sizes to suit any home's decor.



Destin Reno, Nory



See This Issue:

Introducing: Green Cleaning!

Monthly Coupon!

Hand Tufted Rugs Now Available!

Fun Summer Recipe!!!

~ Our Services ~

Carpet Cleaning & Repair / Re-stretching

Upholstery Cleaning

Oriental Rug Cleaning and Repair

Area & Braided Rug Cleaning and Repair

Custom sized padding for Area Rugs

Drapery Cleaning

Tile & Grout Cleaning

Flood Damage Cleanup & Restoration

Cancer Myths

A Very Simple Hot Flash Cure

Most menopausal women are awakened by hot flashes in the first half of the night.

Reason: Rapid eye movement (REM) activity, which suppresses hot flashes, is less frequent at this time. In a new study, turning the thermostat to 64 F reduced the occurrence of hot flashes by 68%. – *North American Menopause Society*

Better Ovarian Cancer Detection

Ovarian cancer has been known as a “silent” killer – a disease that can progress without warning. However, research shows that nearly all ovarian cancer patients have some symptoms in the disease’s early stages, such as bloating, increased abdominal size, fatigue, bladder problems (including frequent urination) and pain in the stomach and pelvic area.

Self-Defense: If you experience any of these symptoms for more than three weeks, see your doctor and ask for a pelvic exam, which may include a pelvic ultrasound. – *Barbara Goff, MD*

Myth #1: Cancer is Usually Fatal

In a recent American Cancer Society (ACS) survey, 68% of respondents said that they believe the risk of dying of cancer is increasing. Not true. Though the number of people in North America diagnosed with cancer has increased (because the US population is increasing and getting older), the risk of dying of cancer has decreased due to early detection and improved treatment. More than half of people diagnosed with cancer survive the disease – and for some cancers, such as lymphoma and leukemia, the cure rate is between 70% and 80%.

Cancer isn’t a single disease. It includes many types of tumors, all of which behave differently. Some tumors, such as those found in the breast, respond very well to chemotherapy and to other treatments. Lung tumors are more resistant to treatment. The likelihood of a cure depends not only on the type of tumor but how far advanced it is at the time of diagnosis.

Myth #2: Cancer Runs in the Family

Only about 8% of cancers are genetically linked. These usually are cancers that occur in younger patients, such as sarcoma or early-onset colon cancer. But the vast majority of cancers occur without a known cause or are related to lifestyle.

A family history does increased risk for certain cancers. For example, when a woman has a first-degree relative (such as a mother or a sister) who developed the BRCA1 form of breast cancer at an early age, her risk for getting that cancer is increased.

However, only about 10% to 20% of women diagnosed with breast cancer have a family history of the disease. That’s why it is important for every woman to undergo regular mammograms and do breast self-exams on a regular basis.

Myth #3: Surgery Causes Cancer to Spread

In the ACS survey, 41% of respondents said they believe that cancer spreads through the body during surgery. In reality, the risk of cancer spreading during surgery is close to zero. This myth probably started in the days before early detection of cancer. It was common for doctors to find advanced cancers during surgery – even in patients who may have had only mild symptoms. Patients and their families concluded that the surgery itself made the disease worse.

Some cancers in the abdomen or ovaries produce large amounts of malignant fluid. In those cases, it’s theoretically possible for cancer cells to spread if the fluid leaks into the abdomen during surgery, but there is no actual evidence of that ever happening. – *Gregory Pennock, MD*

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Your New Issue Has Arrived!

*Look Inside For Some
Amazing Money-Saving
Tips and More!*

Celebrating Elvis

- *Elvis Aaron Presley* was born on Jan 8, 1935 in East Tupelo, Mississippi.
- Elvis is the best selling solo artist in U.S. History and remained 80 weeks atop the charts – more weeks than any other artist.
- Elvis had 10 consecutive #1 hits – the greatest number of back-to-back hits by any artist.
- In total, Elvis had 18 #1 hits, second only to the Beatles.
- Elvis has 55 Platinum albums, 27 Platinum singles, 25 Multi-Platinum albums, 97 Gold albums and 24 Gold Singles – an unparalleled record to this day.
- In overall album sales, Elvis is second only to the Beatles. The Beatles have sold 166.5 million while Elvis has sold 117.5 million.
- The song “*Heartbreak Hotel*” was Elvis’ first #1 hit, which he recorded in February of 1956.
- Presley made his big-screen debut with the musical western “*Love Me Tender*.”
- Elvis died in Memphis, TN on Aug. 16, 1977.

FUN SUMMER RECIPE!

What You Need!

- 4 cups fresh strawberries, divided
- 1 can (14 oz.) sweetened condensed milk
- 1/4 cup lemon juice
- 1 tub (8 oz.) COOL WHIP Whipped Topping, thawed, divided
- 8 OREO Cookies, finely chopped
- 1 Tbsp. butter, melted

Make It!

LINE 9x5-inch loaf pan with foil, with ends of foil extending over sides. Mash 2 cups berries in large bowl. Add milk, juice and 2 cups COOL WHIP; mix well. Pour into prepared pan.

MIX chopped cookies and butter. Spoon over COOL WHIP mixture. Cover with ends of foil; gently press cookie mixture into COOL WHIP mixture. Freeze 6 hours or until firm.

INVERT dessert onto plate when ready to serve; remove pan and foil. Frost dessert with remaining COOL WHIP. Slice remaining berries: arrange over dessert. Freeze leftovers.