



# Healthy Home News

"Secrets For Living A Healthy, Wealthy & Happy Life..."

732-777-6857

## National Foot Health Month Foot Health Tips from the APMA

[www.podiatrists.org](http://www.podiatrists.org)

Diseases, disorders and disabilities of the foot or ankle affect the quality of life and mobility of millions of Americans. However, the general public and even many physicians are unaware of the important relationship between foot health and overall health and well-being. With this in mind, the American Podiatric Medical Association would like to share a few tips to help keep your feet healthy.

1. **Don't ignore foot pain** – it is not normal. If the pain persists, see a podiatric physician.
2. **Inspect your feet regularly.** Pay attention to changes in color and temperature. Look for thick or discolored nails (a sign of developing fungus), and check for cracks or cuts in the skin. Peeling or scaling on the soles of the feet could indicate athlete's foot. Any growth on the foot is not considered normal.
3. **Wash your feet regularly,** especially between the toes, and be sure to dry them completely.
4. **Trim toenails straight across,** but not too short. Be careful not to cut nails in corners or on the sides; it can lead to ingrown toenails. Persons with diabetes, poor circulation or heart problems should not treat their own feet, because they are more prone to infection.
5. **Make sure that your shoes fit properly.** Purchase new shoes later in the day when feet tend to be at their largest and replace worn out shoes as soon as possible.
6. **Select and wear the proper shoe** for the activity that you are engaged in (i.e. running shoes for running).
7. **Alternate shoes** – don't wear the same pair of shoes every day.
8. **Avoid walking barefooted** – your feet will be more prone to injury and infection. At the beach or when wearing sandals always use sunblock on your feet, in addition to the rest of your body.
9. **Be cautious when using home remedies** for foot ailments; self-treatment can often turn a minor problem into a major one.
10. If you are a person with diabetes, it is vital that you see a podiatric physician at least once a year for a check-up.

## We offer the greatest Bed Bug education anywhere..

Just log onto our website at [www.pestplus.net](http://www.pestplus.net) and click on the Bed Bug education link. I consistently interview Bed Bug professionals and add new videos regularly. My goal is to help you avoid getting these blood sucking creatures. If you do gettem, please don't spray anything yourselves!!!



I am pleased to bring our 1<sup>st</sup> 2010 issue of Healthy Home News. Normally I send out this newsletter every other month. This year I got sidetracked.

At PestPlus we have a lot of great things happening. Most have you have met my lead tech Manny Santiago. I receive calls and e-mails all the time from customers telling me how great of an experience they had with Manny. Then there is Brian Glaser. Brian is my inside guy and helps me with all the administration. Brian is eager to get out into the field and has been with me on occasion. We have been training Brian and as we get busier you will see Brian more and more.

I believe I have the best team I have ever had up to date. Each one of us operates as a team and shares the same purpose "provide an outstanding experience" to our customers.

As for me, I have been doing a lot of research on what is the best products and the best programs for you as the buyer. My decisions lead you to have the best experience by giving you the greatest results.

We are not the same company! We have gone from "good to great" and will continue to work on improving. We are always eager to hear from you. If my team has given you a great experience or even a poor one, please let me know. *It's important!*

Get Free Pest Tips and Specials at our blog: [www.pestplus.net/blog/](http://www.pestplus.net/blog/)

## Repellant Pesticides Vs. Non-Repellent Pesticides.

Not all pesticides operate the same way. Some pesticides work by having the insect eat or stay in the product undetected and others make the insect leave the area you treated. Your issue is understanding that if you spray a repellant pesticide on your own, you are forcing the insect to go elsewhere and infest another area. That's why setting off "bug bombs" is NOT the answer! And can make matters worse. Before you self treat, read the label and apply accordingly. If you can't get the results you are after, call my office.

### On Friendship...

*A friend is one who knows you and loves you just the same.*

**Elbert Hubbard**

*A single rose can be my garden... a single friend, my world.*

**Leo Buscaglia**

*I have friends in overalls whose friendship I would not swap for the favor of the kings of the world.*

**Thomas A. Edison**

*It takes a long time to grow an old friend.*

**John Leonard**

*It's the friends that you can call up at 4 a.m. that matter.*

**Marlene Dietrich**

*True friends stab you in the front.*

**Oscar Wilde**

### See Insert This Issue:



## The Top 3 Common Household Spots & Spills

## Surprise: Chocolate Is Good For You!

To help celebrate *National Chocolate Week*, here is some good news about the health benefits of chocolate from Superfoods expert, David Wolfe, taken from a recent interview:

*All chocolate is made out of a nut. We've heard of it as "cocoa," but really the word is "cacao." The cacao nut is the size and shape of an almond, except it has so many antioxidants in it, it's actually purplish-brown instead of white like an almond. It is the highest antioxidant food in the world, this nut we make chocolate out of.*

*I began to do a lot of scientific research into the cacao about 10 years ago, and unearthed a lot of information. It appears that chocolate, especially in its raw form (cacao) is the #1 food for cardiovascular health in the world, period, end of story. There's nothing else even close, according to scientific literature.*

*So you may ask, "Okay, I should eat chocolate, but what kind?" Of course, there are many gradations of quality. Move away from the Hershey's and the Mars Bars and the KitKats, over to dark, organic chocolate, eventually over to raw organic chocolate products, which are now available in almost every health food store in the western world. This is an amazing development over just the last 5 years.*

*If you are really into it, you can get your own cacao beans at home and play with making your own chocolate drinks and concoctions with the real substance itself.*

*Chocolate is the drug of choice for our world for a reason. The reason is because it is so rich in the minerals that help us fight stress: magnesium, chromium, iron, copper, zinc, manganese and phosphorus. Those seven minerals are probably the most important array of stress-fighting compounds that we can have. For example, when we take in magnesium, our body uses that to regulate hormone cycles, to regulate brain function and to regulate our heart. These are all things affected by stress.*

**David Wolfe** is the author of *Superfoods*. For access to a free interview with him about the subject, visit [www.GeniusNetwork.com/Superfoods](http://www.GeniusNetwork.com/Superfoods).

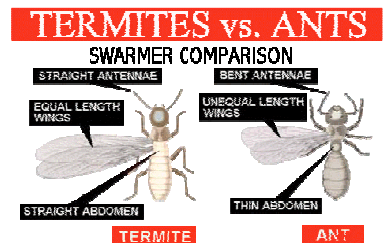
## Termite Vs Carpenter Ants

Tis the season to be worried and to be prepared....

As our weather changes so does our pest experience. We have several types of Wood Destroying Insects throughout NJ; the two biggest ones that do the most damage are Carpenter Ants and Subterranean Termites.

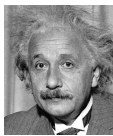
Both will do a significant amount of damage and both insects need a professional solution. As you can see from the picture, the termite has one long body and the CA looks like a large ant. You can help yourself by doing the following: A-If you have a deck, remove all old and stored wood (get it out of there).

B-Have your gutters cleaned of debris. C- If you store firewood outside, make sure you keep it off your porch or up against your home. D-Remove all the old wet leaves away from your home and from under your porch. E-If you haven't had your home inspected in awhile call us so we can assist you.



A Few Fun Facts about Einstein...

- When Albert Einstein died, his final words died with him. The nurse at his side didn't understand German.
- Albert Einstein was once offered the Presidency of Israel. He declined, saying he had no head for problems.
- Einstein was not present in December 1922 to receive the Nobel Prize in physics. Instead he was on a voyage to Japan.
- A simple compass is the instrument that shaped Einstein's career. His father gave it to him while he was sick in bed at the age of 5. His curiosity in the unknown thus began.
- In the period before World War II. Albert Einstein was so well known in America that he would routinely be stopped on the street by people wanting him to explain "that theory" to them. He finally figured out a way to handle the incessant inquiries: he told his inquirers, "Pardon me, so sorry! Always I am mistaken for Professor Einstein."



A few facts about me and my family...

In January, me and my wife celebrated our 18<sup>th</sup> year of marriage. It hasn't always been easy (mostly due to me) but it is an accomplishment. Without her support I would have never been able to peruse my goals. Our daughter is 17 and drives (scary). She believes she is going to be named Vala Victorian of her school next year. And our 15 year old son is also an "A" student. Both our kids are 1<sup>st</sup> degree Black Belts in full contact karate, both our kids excel in life. It's what we wanted to achieve, it was our shared vision. We are not perfect but we are on track as a family. Thank GOD, He's the man!!!

Although peanuts come in many varieties, there are four basic market types: Runner, Virginia, Spanish and Valencia. Each of these types is distinctive in size, flavor and nutritional composition. Within each of the four basic types, there are several "varieties" for seed and production purposes. Each of these varieties contains distinct characteristics which allow a producer to be specific in selecting the peanut that is best suited for its region and market.

**The Runner:** Runners have become the dominant peanut type due to the introduction in the early 1970's of a new Runner variety, the Florunner, which was responsible for a spectacular increase in peanut yields. Runners have rapidly gained wide acceptance because of the attractive, uniform kernel size. More than fifty percent of the Runners grown are used for peanut butter. Runners are grown mainly in Georgia, Alabama, Florida, Texas and Oklahoma.

**The Virginia:** Virginias have the largest kernels and account for most of the peanuts roasted and processed in the shell. When shelled, the larger kernels are sold as snack peanuts. Virginias are grown mainly in southeastern Virginia and northeastern North Carolina.

**The Spanish:** Spanish-type peanuts have smaller kernels covered with a reddish-brown skin. They are used predominantly in peanut candies, with significant quantities used for snack nuts and peanut butter. They have a higher oil content than the other types of peanuts, which is advantageous when crushing for oil. They are primarily grown in Oklahoma and Texas.

**The Valencia:** Valencias usually have three or more small kernels to a pod and are covered in a bright red skin. They are very sweet peanuts and are usually roasted and sold in-the-shell. They are also excellent for fresh use as boiled peanuts. New Mexico is the primary producer of Valencia peanuts.

**Thank You!**

Thanks to YOU the word is spreading! Thanks to all of my wonderful clients and friends who graciously referred me to their friends and neighbors last month!

My business runs on the positive comments and referrals from people just like you! I couldn't do it without you!

A special thanks to all these fine folks who referred me...

**You are the best and I appreciate you!!!**

**Congratulations to:**

**Shelee Sal**

Our Dec 09, Newsletter Trivia Contest Winner. Shelee was the 1<sup>st</sup> to call in the correct answer. Shelee..Thanks for playing, enjoy the movies on us!!!

A PestPlus,LLC  
518-7 Old Post Road, PMB 181  
Edison, NJ 08817

Check out our blog at: [www.pestplus.net/blog](http://www.pestplus.net/blog)

**BED BUG SPECIALISTS**

**CUSTOMIZED PEST  
CONTROL PROGRAMS**

**ENVIRONMENTALLY  
FRIENDLY PROGRAMS**

## Your New Issue Has Arrived!

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

*Please feel free to share this newsletter with co-workers, friends and other family members.*

### Remember 2010 is our BIGGEST Contest yet.. are you in?

Why not be in it! Your chances are great, you can win. Jeanine Purruso won \$100.00 dinner on us contest in 2009, she was quite happy.

#### Here is how it works:

- Every time you purchase a service from us you receive (1) ticket.
- Every time you provide us with a real referral, you receive (3) tickets.
- Every time your referral makes a purchase you receive (10) tickets.
- Every time you call with the correct answer to our trivia contest you receive (2) tickets.

#### Here's what you have an opportunity to win:

- 1<sup>st</sup> Place: \$150.00 Elegant restaurant cert.
- 2<sup>nd</sup> Place: \$50.00 Visa Gift Card
- 3<sup>rd</sup> Place: \$20.00 Movie Gift Card
- 4<sup>th</sup> Place: Mystery Gift

*Raffle to be drawn Jan 1, 2011. Good Luck!*

**Hold onto your tickets!! You must have it to win!!!**

I am not writing the names on the tickets, you must have the ticket to win!!!!!!!!!!

### 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 person 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 **732-777-6857 (you must leave the answer, I won't call you back)**! Remember, your chances of winning are better than you think!

#### This month's Mega Trivia Question:

**What basic scientific instrument was the source of Albert Einstein's curiosity into the unknown?**

- A) an abacus B) a sextant C) a compass D) an iPod

*HINT: The answer is somewhere in this newsletter  
(Remember you may only win 1<sup>st</sup> prize every 18 months)*