



Greg Colosi's Dry Cleaning News

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Placebo Effect?

When is it **not** OK for men to wear shorts, blue jeans, and sandals, or for women to wear perfume, long fingernails or long dangling earrings?

When you're a doctor, of course!

Research has shown that patients **need** their docs to always look professional in order to heal. Recent studies have proven that by dressing in a way that makes their patients uncomfortable, doctors are actually hurting their patient's chances of healing. By looking less than professional, patients doubt a doctor's ability to heal.

Is that a placebo effect or what?

How Often Should You Clean Things?

- Wash sheets weekly – and you should have a protective mattress cover to guard against dust mites that can build up in your mattress.
- Pillows have dust mite problems too. In five years, 10% of your pillow's weight is due to dust mites. Use protective covers, or get new pillows that can be washed weekly with your sheets.
- Towels – Once you dry off from your bath or shower, if you keep your towel open and let it air dry, you can get away with up to four uses. If you fold your towel, where it stays wet for hours at a time, one or two uses and it must be laundered.
- Scrubbing the Shower/Tub – This one is a little tricky. First it depends on how much you use it, but for daily usage, you should scrub once a week. Forget those spray-on cleaners that promise to do the scrubbing for you. They don't touch that biofilm buildup that only goes away with a mechanical action like scrubbing with a brush or sponge.
- Toilets – Should be cleaned daily, but at the outset, at least once a week. Moisture likes to hang around in bathrooms and bacteria loves moisture.
- Dishes – Really these should be done on a daily basis, but if you do have to leave them for a day or two, at the very least rinse them, or soaking in soapy water to avoid the growth of bacteria. A drop or two of bleach won't hurt either.
- Cleaning out the Refrigerator – This is an ongoing job. Any spills should be wiped up immediately, especially if it comes from meat or fish. This will limit your exposure to E. coli or Salmonella. If you have no major spills, then you can get away with cleaning this every two to three weeks or so. Be sure to get rid of all the science experiments while you're at it.
- Washing your fruits and vegetables – A lot of folks skip this step, and that's a dangerous practice. A lot of fruits and veggies are contaminated with E. coli or Salmonella before you even bring them home. They should be soaked for five minutes with a small amount of citric acid, then dried prior to eating. Don't eat a grape in the store, and don't let your kids eat them either.

\$10 Big Ones For Referring Your Neighbor!!

**Recommend your neighbor; she'll get \$10 in
FREE dry cleaning and so will you!**

5 Helpful Hints:

1. Create a padded rake holder by taping $\frac{3}{4}$ in. pipe insulation over your rake handle to prevent blistering your hands while you get rid of those autumn leaves.
2. Use see-through zip bags for storing fasteners, screws, nails, brads, etc. in your junk drawer or garage. Easier to find what you're looking for than digging through an old coffee can.
3. Spray paint nozzles clogging? When you're finished, pop the spray nozzle off and attach it to a can of WD-40. One squirt and the nozzle's clear.
4. Insulating? Prevent fiberglass from rubbing your wrists by duct-taping your gloves to your long shirt sleeves while you work.
5. New leather furniture looking attractive to your cats? Cover the seats with a long piece of tin foil. Cats hate the sound and feel, and will jump off immediately.

3 Ways to Stay Fit

Summer might be ending, but the health benefits don't have to stop.

- Wake up earlier, morning sun works with the cortisol levels in your body to boost your metabolism and help you deal with stress. Sunlight later in the day does not seem to work as well.
- Don't stop that weight training. Every pound of muscle you put on will burn 40 more calories per day. Add ten pounds of muscle and that's a whopping 400 calories a day!
- Fast walking beats jogging. Not only is it easier on your joints, it doesn't make your face droop as much as you age, and it burns 4% more calories than jogging per 12 minute mile. Walking fast is actually harder exercise than jogging.

Cure Bad Breath the Natural Way

Bad breath, or halitosis is caused by bacteria that lingers in your mouth after eating. An easy and natural way to get rid of bad breath germs and odors is to gargle with a little bit of lemon juice mixed with water. Don't add sugar, this can make bad breath worse. Then, follow that up with a teaspoon of plain, again **unsweetened** yogurt. This combination will promote probiotics which compete with the bacteria that exists in your mouth, leaving your breath fresh smelling for about 12 hours.



October gave a party;

The leaves by hundreds came- The Chestnuts, Oaks, and Maples, And leaves of every name.
The Sunshine spread a carpet, And everything was grand,
Miss Weather led the dancing, Professor Wind the band.

~ Georae Cooper . *October's Party*

Get Those Bedspreads Cleaned & Ready For Winter!

The cold weather is coming. And it's time to get all bundled up and warm at night. This is a great time to get your comforters cleaned and ready for the holidays. Thanks for using Colosi's Cleaners. I do appreciate it—and my dog Max does too!!

This month's quotes:

"Nothing else can quite substitute for a few well-chosen, well-timed, sincere words of praise. They're absolutely free--and worth a fortune." - Sam Walton

It is possible to be different and still be all right. -Anne Wilson Schaef, Writer

Do definite good; first of all to yourself, then to definite persons. - John Lancaster Spalding