

A close-up photograph of a snowman constructed from marshmallows and pretzels, floating in a bowl of creamy soup. The snowman's head is a large marshmallow with two small pretzel sticks for eyes and a larger pretzel stick for a nose. Its body is another marshmallow with two small pretzel sticks for arms. The background is a soft-focus view of the soup and other ingredients in the bowl.

THE GROWN-UP'S GUIDE TO...

**.....SURVIVING THE
HOLIDAYS!**

**BECAUSE WE ALL CAN
USE A LITTLE HELP**

.....

What's inside this eBook?

Prep Your Pipes! 3

Tips to Avoid Plumbing Hazards 3

How-to Prep Your Plumbing 5

DIY Holiday Spice Recipes. 7

Cinnamon Oil for Mold Removal 7

Crock-pot Holiday Scent Recipes 9

Reduce the Stress! 11

How-to Prepare Your Home for Guests 11

Are Your Guests Allergic to Pets? 12

Keep Your Wallet Happy! 13

Holiday Hacks to Save You Money 13

Is Your Christmas Tree "Fir" Real? 14

Tips to Keep Your Tree Fresh 14

Christmas Tree Allergy Tips 15

Ways to Upcycle Your Tree 16

Prep Your Pipes!

PLUMBING PREP FOR THE *Holiday Season!*

FOLLOW THESE TIPS TO AVOID
HOLIDAY PLUMBING HAZARDS!



Thanksgiving, Black Friday, and the few days preceding the festive feasting are the busiest days for plumbers. During the hustle to baste the turkey and bake the pies things like grease and gizzards end up where they don't belong...in your garbage disposal. Homeowners trying to use their sink or garbage disposal as a garbage can is the number 1 culprit for plumbing problems during Thanksgiving.

So, along with meal planning, prep your holiday guests on the do's and don'ts of household plumbing to prevent water damage in your home this year.

Don't let your Garbage Disposal Gobble up your holiday Fun!

Be Clog Free!

TIPS TO AVOID HOLIDAY PLUMBING HAZARDS



Mesh screens are your drain's life-saver.

These small screens stop unwanted particles from going down your drain. If you're cooking in the kitchen, put a mesh screen in your sink and empty it once food particles get stuck. Additionally, it's also a great idea to put a screen in your bathtub or shower to stop hair from clogging up your drains as well.

1.

Place a garbage bin in the cleanup area, so everyone knows to scrape their dishes into the trash not into the disposal.

2.

If you do use your garbage disposal, do not forget to run the water for 10-15 seconds before and after running the disposal.

3.

Never pour grease down the drain. Once the grease hits your drains and cools, it will instantly begin to clog up your drain and possibly ruin your disposal.

4.

If you're hosting your friends and family, make sure you have an available trashcan near the sink or toilet and consider putting up a sign in the restroom that says "TP ONLY".



The Grown-up's Guide to
Surviving the Holidays!

IF YOU HAVE A GARBAGE DISPOSAL, **DON'T** PUT THE FOLLOWING ITEMS DOWN YOUR SINK:



Fats

Cooking oils

Egg Shells



Fibrous vegetables like celery and pumpkin



Bones

Skin from poultry

WHAT YOU CAN DO TO PREP YOUR PLUMBING SYSTEM:

- Fix slow drains, leaky faucets, and check for improperly installed appliances right away.
- Locate your home's main water shut off valve, as well as the hot and cold water supplies to bathroom and kitchen faucets.
- If you do have a plumbing emergency, shut off the water supply and call a water cleanup specialist for emergency service.

WHEN TO CALL A PROFESSIONAL



Here at AdvantaClean, we've helped thousands of home owners understand proper water damage prevention, and we can help you too!

If you'd like professional advice about water damage prevention, or if you need help with the damage that already occurred, give us a call at

877-957-5670



DIY Holiday Spice Recipes

MOLD REMOVAL: USING CINNAMON TO "SPICE" UP YOUR HOLIDAY SEASON!

As you and your loved ones celebrate this holiday season nestled around a fire and dreaming of dancing sugarplums, consider giving your family the greatest gift of all: good health.

The molds inside our homes produce toxic agents known as mycotoxins which can have negative effects on human health, and the World Health Organization (WHO) recently reported that seven million premature deaths are linked to indoor air pollution annually. And according to the Occupational Safety & Health Administration (OSHA), the people at greatest risk of health effects and mold symptoms due to mold are infants and children, elderly people, and pregnant women; as well as individuals with allergies, asthma, sinusitis, or other respiratory conditions.

The good news is that there are precautions that you can take at home. A common misconception is that chlorine bleach can be used as an effective cleaning method, but that is far from the truth - it's neither safe nor effective. However, essential oils - particularly cinnamon oil - are a harmless and potent killer of molds. (And just in time for the holidays!) Of course, there are mold problems that can't be contained by at-home remedies. If you have any concerns, don't hesitate to call AdvantaClean to set up a consultation at 877-957-5670.

**Cinnamon oil
has been shown by the
National Library of Medicine
to be one of the strongest oils
used for killing mold,
as well as for suppressing
bacterial growth for 60 days.**



The Grown-up's Guide to
Surviving the Holidays!

How to

USE CINNAMON OIL FOR MOLD REMOVAL AND PREVENTION:

DIFFUSE



Diffuse cinnamon oil to reduce mold spores in the air.

CLEAN



For small mold contaminants on hard surfaces, you can dilute essential oils with water and vinegar to clean.

RECIPE



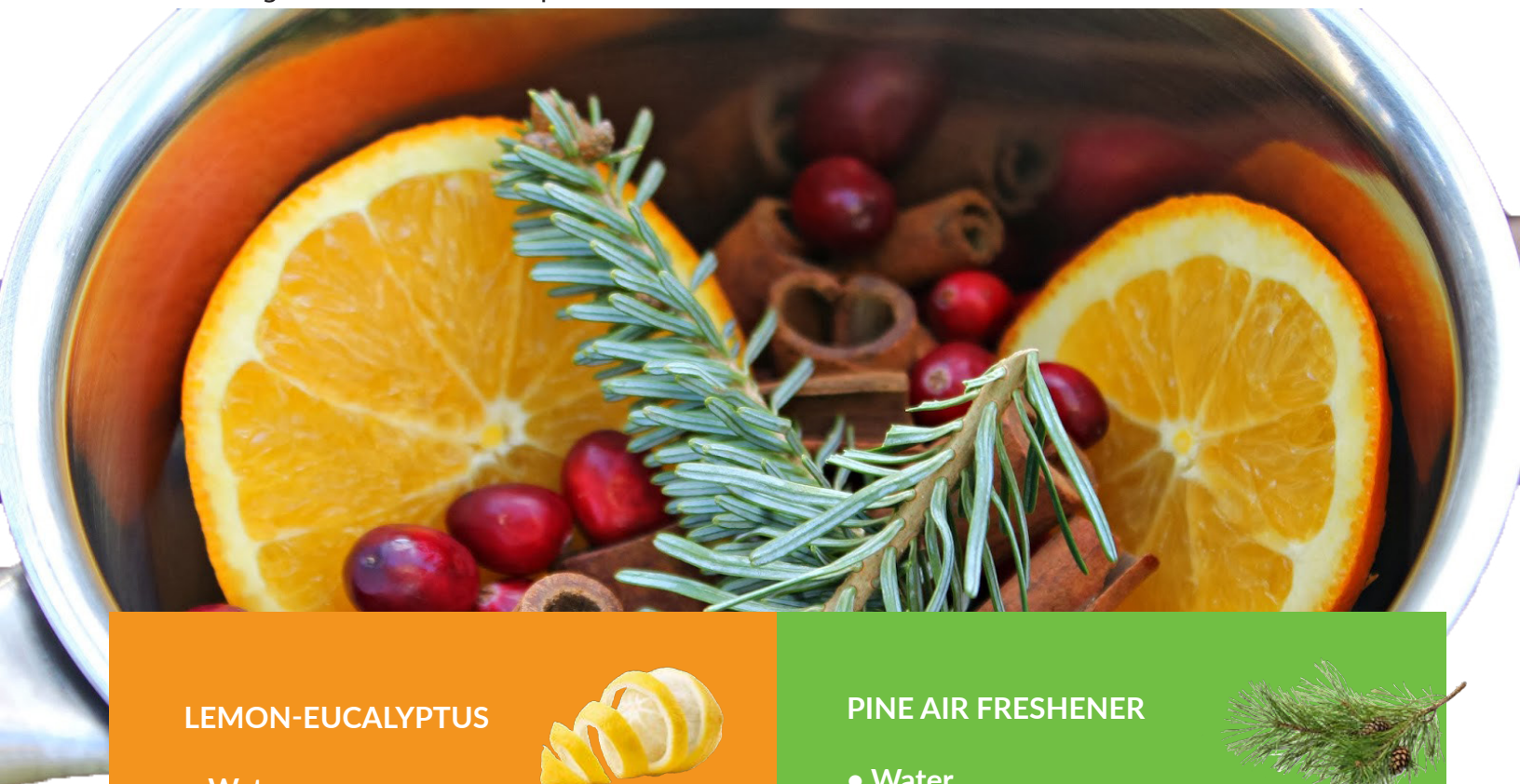
Try a half-gallon of water mixed with one-thirds of a cup of vinegar and 10-15 drops of cinnamon oil.

The Grown-up's Guide to
Surviving the Holidays!

4 All-Natural Holiday Room Scents

MADE IN THE CROCK-POT!

To help keep your home smelling like Christmas while keeping the cost down, we'd like to share a few air freshener DIY recipes with you! In a crock-pot, simply combine the ingredients from the following DIY air freshener recipes, and set on low.



LEMON-EUCALYPTUS



- Water
- A few drops of eucalyptus essential oil
- One lemon peel

PINE AIR FRESHENER



- Water
- A few sprigs of fresh pine
- A couple teaspoons of vanilla extract

CRANBERRY CANDY CANE

- Water
- Handful of cranberries
- Two candy canes
- Couple drops of peppermint essential oil
- Teaspoon of vanilla extract
- A couple sprigs of fresh pine

LAVENDER-VANILLA

- A few drops of lavender essential oil
- 2 lemons, sliced
- Teaspoon of vanilla extract



The Grown-up's Guide to
Surviving the Holidays!



WHEN IT'S TIME TO CALL A PROFESSIONAL

Smaller mold infestations, including those on non-porous surfaces, can be easy to remove with appropriate precautions and one of the various solutions outlined above. However, more extensive problems on semi-porous surfaces may require an expert hand. The biggest challenge with removing mold is attending to all spores, which release in the air during the removal process.



*Let a professional manage
the big jobs.*

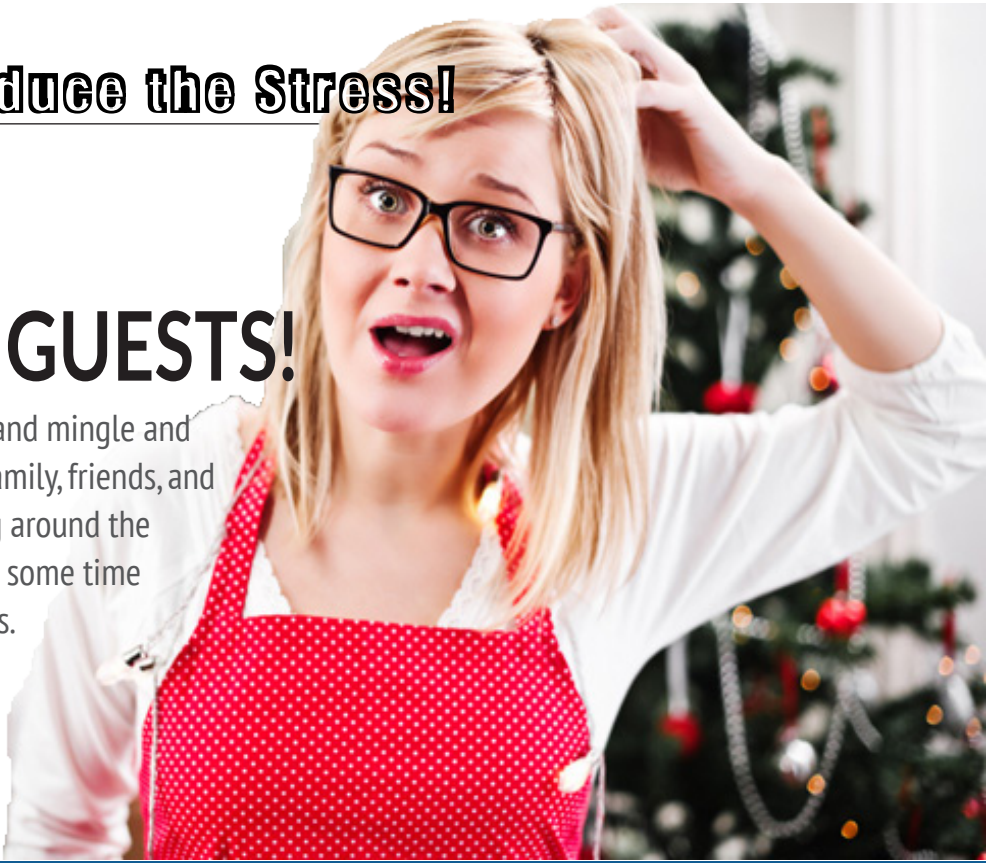
*Schedule a Free Home
Assessment to see how
the mold removal experts
at AdvantaClean can help.*

CALL NOW! 877-957-5670

Prepare Your Home

FOR HOLIDAY GUESTS!

The holiday season is a time to jingle and mingle and dance the night away with extended family, friends, and neighbors. But before you start rocking around the Christmas tree, you may want to spend some time preparing your home for holiday guests.



IMPROVE YOUR HOME'S INDOOR AIR QUALITY.

Up to 40 pounds of dust is created and collected every year in a typical six-room home, and pulled into your HVAC system and recirculated up to seven times a day. By having your HVAC system cleaned, you can be sure your guests aren't exposed to those harsh chemicals and particulates.

CHILD PROOF YOUR HOME.

Prepare your home for holiday guests by hiding matches and lighters; transferring toxic cleaners and medicines from base cabinets to wall cabinets; and by asking parents to bring hardware like baby gates and cabinet locks to keep their little ones safe.

START PREPARING YOUR HOME FOR HOLIDAY GUESTS NOW.

The National Association of Realtors points out that the day before guests arrive is no time to clean out linen closets or frantically pull apart junk drawers. Instead, focus on decluttering guest rooms and public areas like the living room and dining room.

PREP YOUR KITCHEN.

Prepare your home for holiday guests by increasing storage space. Install a pot rack to clear cooking items off countertops and ranges, moving your coffee station to a family room so guests don't crowd the kitchen during meal prep time.

The Grown-up's Guide to Surviving the Holidays!

ARE YOUR GUESTS ALLERGIC TO PETS?

If you plan on hosting holiday guests allergic to pets this holiday season, there are a handful of precautions you can take around the home to help prevent your guests from experiencing sneezing, coughing, chest tightness, shortness of breath, wheezing, and itchy eyes.

Ways to provide a safe environment for your holiday guests allergic to pets include:

MINIMIZE ALLERGENS

Reduce your holiday guests' allergic to pets symptoms by washing linens in hot water, mopping hard floors, and using a vacuum cleaner with a HEPA filter. If you can, remove rugs, and try to schedule a carpet shampooing a few days prior to your holiday guests' allergic to pets arrival.

USE AIR FILTERS

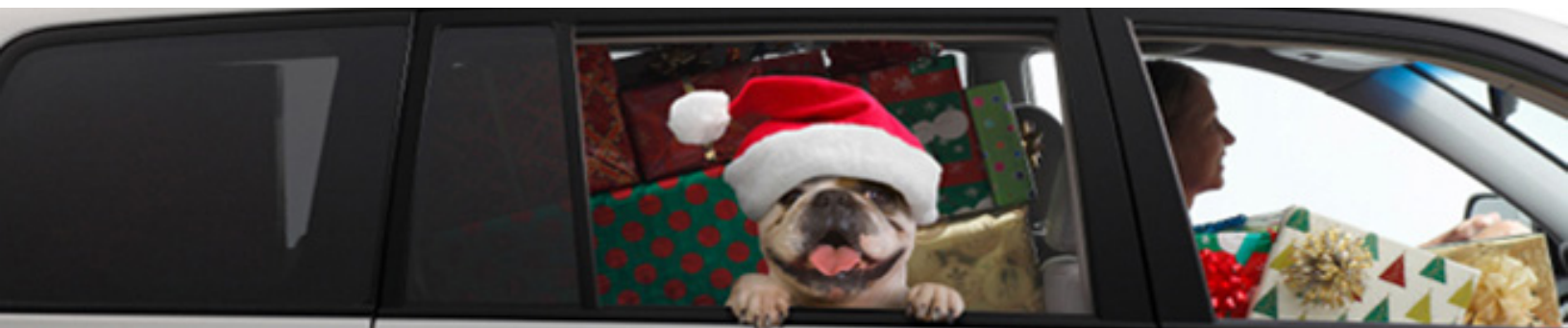
Place a HEPA filter in each holiday guests' bedroom, as well as in common areas, making sure to run them for a couple of days before your holiday guests allergic to pets arrive.

PROVIDE AN ANIMAL FREE ZONE

Because allergens can persist for months, it's important to think long-term. Consider making a room in your home off-limits to pets year-round so that your holiday guests allergic to pets will have a safe haven to retreat to.

BATHE YOUR PET

With a mild, pet-safe shampoo, give your pets a thorough scrub-down before your holiday guests allergic to pets arrive.



Holiday Hacks

TO HELP \$AVE MONEY!

As much as we love the holidays and all that they represent, there's no denying that this time of year can be pretty costly. Do you want to learn how to save money this holiday season? Fortunately, we've put together a list of holiday hacks explaining how to save money this holiday season.



USE LED LIGHTS

- According to Wired, running as many as 25,000 twinkle lights just for four hours costs about \$11 a day, or \$0.04 per minute. By switching to brighter, safer, and more eco-friendly ENERGY STAR® qualified LED light strands, you'll wind up using 70% less energy than with traditional bulbs, helping you save money.



TURN DOWN THE HEAT

- Feel free to turn down the thermostat if you're having people over, taking advantage of the body heat that generates in your home instead.



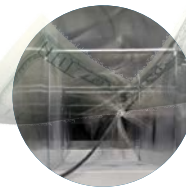
PAY ATTENTION

- The Consumer Energy Center of the California Energy Commission suggests resisting the urge to open the oven door when cooking. Instead, turn on the oven light and check the cooking status through the oven window. Opening the oven door lowers the temperature inside by as much as 25 degrees, which increases cooking time and wastes energy.



SEND POSTCARDS

- Postage for postcards costs less than postage for card/envelope combinations; plus, you won't have to buy an envelope. Better yet, send eCards!



CLEAN YOUR AIR DUCTS

- A thorough air duct cleaning can yield long-term energy savings, not just around the holidays. American Society of Heating, Refrigerating and Air-Conditioning Engineers (ASHRAE) Bob Baker and Ross Montgomery explain that dirty coils and blowers can cut efficiency by as much as 40%.



SAVE MONEY TRAVELING

- Book your flight either before the first week in November or between December 4 and December 10. According to Travelocity, this is when airfare prices are at their lowest for the holiday season.

The Grown-up's Guide to Surviving the Holidays!

Is Your Christmas Tree "Flr" Real?

For many, when December hits, the Christmas season has officially begun, and the first step is buying a tree. According to Square, a credit card processing company, the busiest week-end for buying a tree is the first Saturday in December. While there are a lot of tree options to choose from, both real and artificial, every tree poses a risk to your home if it doesn't receive the right care. Follow some easy Christmas tree care tips to ensure a happy holiday season.



THE BEST CHRISTMAS TREE CARE TIPS

The best Christmas tree care tips revolve around adequate watering of the tree. Christmas trees are just like every other plant; they require water to survive. Without water, your cut

tree will die faster, losing its needles sooner and posing a higher risk of catching on fire during a residential fire incident. A fresh cut tree consumes one gallon of water in

the first 24 hours, and drinks 65% of its water in the first week it's in your home.

HERE ARE SOME HELPFUL TIPS TO HYDRATE YOUR TREE AND KEEP IT FRESH LONGER.

1. Whether you go to a tree farm to have a tree cut fresh for you, or you pick one out at a local lot or store, the tree needs a fresh start before you place it in water. As soon as a tree is cut, pitch starts oozing out and covering the pores in the tree's trunk. Saw a couple of inches off the bottom of the trunk before placing it in the stand and watering. The sawing opens the pores and allows the tree to drink.
2. When it's time to place the tree in the stand, ensure you're using one designed for the size of the tree you bought. You don't want to whittle away any of the outside trunk. The outside layers are the best at taking up water. It's also critical that your stand can provide enough water for your tree. The National Christmas Tree Association writes that, "stands should provide 1 quart of water per inch of stem diameter."
3. If you want your tree to last as long as possible, keep it away from heating ducts and other heat sources. They dry it out faster. Also, use low-heat lights on it.



The Grown-up's Guide to
Surviving the Holidays!

CHRISTMAS TREE ALLERGY TIPS FOR A HEALTHY YOU

'Tis the season to be ... sneezy?
Stuffy? Coughy? Watery-eyed?

This holiday season, unfortunately not everyone will be quite as jolly as they might like to be - thanks to Christmas tree allergies.



CHRISTMAS TREE ALLERGY TIPS:

• CONSIDER AN ARTIFICIAL TREE.

Keep in mind that artificial trees, if not routinely properly cleaned, can become an unlikely home for dustmites.

• CLEAN YOUR TREE.

Reduce the potential for Christmas tree allergy symptoms by shaking your tree, removing as much debris as possible before bringing the tree inside of your home.

• MINIMIZE ALLERGENS ELSEWHERE.

Wash linens in hot water, mop hard floors, and use a vacuum cleaner with a HEPA filter or double bags (so you don't expel more allergens into the air).

• WEAR A DUST MASK.

Christmas tree allergy symptoms can be reduced by protecting your airway passages by wearing an N95 mask while transporting and setting up your Christmas tree. Wearing an N95 mask can be helpful when bringing dusty items out of storage.

• USE AIR FILTERS.

To reduce Christmas tree allergy symptoms, place HEPA filters in all the bedrooms, as well as in common areas, making sure to run them for a couple of days before setting up your tree.

• TAKE THE TREE OUT THE DAY AFTER CHRISTMAS.

Don't delay! Christmas tree allergy symptoms can be due to the accumulation of mold on your Christmas tree. Mold accumulates the longer your live tree stays inside your home.

• CONSIDER A PROFESSIONAL AIR DUCT CLEANING.

Removing mold spores from your HVAC system can be a key component to improving your home's air quality, and will prevent the Christmas tree mold from continuously being recirculated throughout your home.



WAYS TO UPCYCLE YOUR CHRISTMAS TREE • • •

- Toss the tree into a backyard pond for fish to use as a feeding area and refuge.

- Turn it into a bird sanctuary by standing the tree upright and adding orange slices, pine cones stuffed with peanut butter and bird seed. Birds will come for the food and stay for the shelter the branches offer.

- Saw thin slices off the trunk that you can decorate and use as next year's ornaments or give as gifts.

- Cut branches from the tree and place them over perennial beds to minimize frost heaving.

- Make coasters by cutting thin slices from the trunk, sanding them smooth and applying a thin coat of polyurethane.

- Saw the trunk into different lengths and use the pieces as risers for flower pots.



WHEN TO CALL A PROFESSIONAL

You might be surprised to find out how much dust is in your home.

Cleaning of the air ducts helps maintain healthy indoor air quality in your home.

It's time to call a professional if...

- ✓ you notice that you need to sweep and dust more than usual.
- ✓ experience higher than normal utility bills – cleaning of air ducts can improve your system's efficiency. ASHRAE study concluded that maintaining HVAC system cleanliness in homes would reduce average operating costs by 10% to 25%.
- ✓ allergy signs appear, especially after air starts to flow – cleaning of air ducts can remove particulates such as mold and dust, which are known triggers.
- ✓ rooms in your home have little or no air flow coming from the air conditioning vents – cleaning of air ducts will help restore air flow throughout your ventilation system.



Call for a FREE Air Duct Cleaning quote and to see how the indoor air quality experts at AdvantaClean can help.

877-957-5670