

Jensen's Healthy Home News

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

The SECRET to HEALTH is LOVE



Love may very well be the most important factor in keeping us healthy and young. Thousands of hours of research show that love and intimacy (or lack of them) are at the root of what makes us sick and what makes us well, what makes us suffer and what leads to healing:

Being alone increases our chances (by between two and five times) of getting ill and dying young, no matter how healthily we live.

Among patients who survive heart disease, the ones who did best after five years weren't married, but had someone to confide in. The next healthiest were patients who were married and had a confidant. Following were those who were married but didn't have a confidant. The group members who were unmarried and had no close friend to talk to did worst; half died within five years!

You'd think that the more people you talk to the more likely you'd catch a cold from one of them. But research has found the exact opposite...The wider variety of people you talk to often – including partners, children, neighbors, co-workers, fellow volunteers, etc. – the lower your chances of getting the symptoms of a cold, even if you've been infected. Experts speculate that if you're meeting lots of people you'll be happier and therefore have a stronger immune system.

When women marry, they cut their chances of dying young by half. Men reduce their chances of dying young by five times when they're married. Researchers found that married people are most likely to take better care of themselves, for example, by eating breakfast, wearing seatbelts, exercising regularly, etc. Their healthier habits may also explain why they spend fewer days in bed ill, half as much time in the hospital, and are less likely to become disabled as the get older.

Happily married men live eight to ten years longer than single or divorced men. Happily married women live three to four years longer than single or divorced women.

Women who are in happy relationships are less prone to strokes and heart attacks after menopause, when they're most at risk for heart-related problems. Single women and women involved in dissatisfying relationships are significantly worse off than women in happy relationships in terms of heart disease risk factors like high blood pressure and cholesterol levels.

Lonely people, particularly single men, who don't have deep friendships, have higher stress and blood pressure, don't get as much sleep and are more hostile.

Displays of affection, like hugging or kissing, between people in committed, meaningful relationships can help heal the sick and soothe away worries. The act of touching increases the production of oxytocin, a chemical that affects the emotional centers of the brain and can trigger warmer feelings of affection. Positive touch also boosts the immune system, stabilizes blood pressure levels, relieves stress, and produces endorphins, the body's natural pain reliever.

see the

SPECIAL INSERT

inside...

**Fall in love
all over again...
with your carpet**



**1720 Lime Kiln Road
Green Bay, WI 54311
info@jensenscarpetcare.com**

Flooring
Q & A
with
Joel J.



Joel Jensen

Hi Joel!

Q: I dropped a piece of Valentines chocolate on my white carpet and then proceeded to step on it and track it across the room. What do I do now?

A: Start by carefully removing any excess chocolate. Use a paper towel to blot, or scrape it gently with a dull knife. Avoid smearing or grinding in the chocolate. If the chocolate is soft, chill it with an ice cube or frozen package to make it easier to chip out with the knife. Next, mix 1/8 teaspoon dish soap and 1 cup lukewarm water. Dip a clean white cloth in to the solution and blot a test area on your carpet in an inconspicuous spot. If there are no concerns, blot the stain. Press the cloth into the spot for several seconds. Wait 15 minutes to allow the detergent to work. Then use another dry clean white cloth to blot the spot and remove any excess liquid. Repeat as necessary. Follow up with a solution of 1/4 cup white vinegar and 2 cups water. Dip a white cloth into this solution and once again blot where the stain was. Wait a few minutes, then blot with only lukewarm water to rinse. Allow area to dry. This will remove any residual detergent so the area does not attract dirt.

Joel says:

Remember, spots and stains can be tricky, and certain cleaners and techniques can cause permanent damage. Call Jensen's anytime for a free quote if you'd like us to take a look. Have a flooring question for Joel?

Email it to:

info@jensenscarpetcare.com

Healthy talk

Seven best practices for self-love

Self-love is essential for overall well-being and happiness. It involves accepting and valuing oneself for who they are and taking of one's physical, mental and emotional health.

Here are some simple strategies for self-love:



1. Practice gratitude: Taking time to appreciate the things we have in our lives, rather than focusing on what we lack, can help us feel more content and fulfilled. Try keeping a gratitude journal, where you write down three things you're grateful for each day.

2. Prioritize sleep: Getting enough sleep is crucial for physical and mental health. Aim for 7-9 hours of sleep per night, and create a bedtime routine that helps you relax and wind down before bed.

3. Move your body: Regular exercise has been shown to boost mood, reduce stress, and improve overall health. Find a physical activity you enjoy, whether it's dancing, hiking, or swimming and make it a regular part of your routine.

4. Eat a healthy diet: Eating a diet that is rich in fruits, vegetables, whole grains, and lean protein can help you feel better physically and mentally. Avoid processed foods and added sugars as much as possible.

5. Practice mindfulness: Being present in the moment and focusing on our thoughts, feelings, and physical sensations can help us feel more grounded and in control. Try meditation, yoga, or simply taking a few minutes to breathe deeply and focus on the present.

6. Connect with others: Strong social connections have been linked to better physical and mental health. Make time to connect with friends and family, and consider joining a group or club that interests you.

7. Practice self-compassion: Be kind and understanding towards yourself, just as you would be with a friend. Remember that everyone makes mistakes and has imperfections, and try not to be too hard on yourself.

By incorporating these easy health insights for self-love into your daily routine, you can improve your overall well-being and feel more positive about yourself and your life. Remember to be patient with yourself and to take small steps towards self-love, and be persistent in practicing it over time.

Quote for February

“Never dull your shine for somebody else.” -Tyra Banks

Featured Local Event:
FEBRUARY 2024



Wisconsin State Hunting and Fishing Expo

Location:

Resch Expo
840 Armed Forces Dr,
Green Bay

Date: **February 23-25**

Time: Fri, Noon-8 p.m.;
Sat, 9 a.m.-7 p.m.;
Sun, 10 a.m.-4 p.m.

Local outdoor enthusiasts will find great outdoor exhibitors and seminars at this show.

Cost: **\$10**

Info: <https://wisconsinstatehuntingexpo.com>

Client of the month:
February 2024

John Siemering

Thanks so much for the great social media review. It warms our hearts that you took time out of your day to recognize us for the service we provided to you. Thank you for the kind words.

Snow days: nuisance or not?

Snow can be a nuisance when it comes to shoveling driveways and sidewalks... And, snow can be a beautiful and fun addition to the winter season. There are many things you can do with snow beyond just shoveling it. Here are a few ideas to help you make the most of the snowy season. One of the most popular things to do with snow is to build a snowman. This is a fun activity for both children and adults, and it is a great way to get outside and enjoy the winter weather.



To build a snowman, you will need three large balls of snow, a carrot for the nose, sticks or twigs for the arms, and other items such as buttons, coal, or a scarf for decoration. Another popular activity to do with snow is to go sledding or tubing. This is a great way to get some exercise and enjoy the outdoors, and it is also a fun activity to do with friends and family. If you don't have a sled or tube, you can also use a plastic saucer, a piece of cardboard, or even a garbage bag to slide down a hill.

If you're looking for a more peaceful activity, you can also take a walk in the snow. Snowshoeing is a great way to explore the winter landscape and get some exercise. Snowshoeing is also a great way to see wildlife, as many animals are more active in the winter. If you're looking for something more challenging, you can try cross-country skiing. This is a great workout, and it is a great way to explore the winter landscape. If you're new to cross-country skiing, you may want to take a lesson or two to learn the basics. Finally, you can also try ice skating on a frozen pond or lake. This is a great way to enjoy the winter weather, and it is a fun activity to do with friends and family. If you don't have access to a frozen pond or lake, you can also find indoor ice skating rinks in many cities.

So, next time it snows, don't just see it as a nuisance, but as an opportunity to have fun and enjoy the winter.

Making snow ice cream

It's likely that your grandparents made snow ice cream when they were kids, and your grandchildren will like it too. This delicious treat is simple to make and, according to nutritionists, safe to eat if you use fresh, clean (non-yellow) snow from un-trafficked areas. Here's the recipe:

Ingredients: 1 cup cream, 3/4 cup sugar, 1 teaspoon vanilla, 2 quarts clean, compacted snow.

Directions: Mix cream, sugar and vanilla in a large bowl. Add snow and stir well. Serve immediately. Enjoy!



Cool blogs, sites and online resources to check out this month!

Gifts.com/Valentines-day-gifts

Personalize your gift to that special someone, from chocolates, wall décor, to socks with your picture on them, this is your one stop shop for sweet gifts this month.

MrAndMrsSmith.com

The travel club for hotel lovers helps you find the most romantic getaways.

locksoflove.org

Locks of Love is a public non-profit organization that provides hairpieces to financially disadvantaged children under age 21 suffering from long-term medical hair loss from any diagnosis.

baublebar.com

This jewelry store stands out from competitors by basing its web design off classic fashion magazines. Plus it's a good place to search for unique statement jewelry pieces for anyone who likes standing out from the crowd.

February

Fun Facts!

Weird ways to keep clothes fresh

- Put a dab of clear nail polish on the front and back of buttons to help prevent the thread from unraveling.
- Rub zippers with a bar of soap to keep them from sticking.
- Use a banana peel to clean and shine shoes.
- Hang dingy white clothes in the sun to brighten naturally.
- For a hem crease that you want to remove, dab the area with a little white vinegar and then iron.
- Air out down-filled comforters and jackets by hanging them outside on sunny, breezy days.

Jensen's Healthy Home News

1720 Lime Kiln Road
Green Bay, WI 54311

*Your new February
issue has arrived...*

Inside:

- The secret to health is love
- Seven simple self-love strategies
in Healthy talk
- Make the most of snow days

Need help now? Call us!

(920) 393-4062

info@jensenscarpetcare.com

Jensen's Healthy Home News



Jensen's MEGA TRIVIA Question

The first six people who call our office with the correct answer will win a \$15 gift certificate for

Pizza Ranch

2206 Main St.

Take your best guess and call us
at 920-393-4062!

(Be courteous and allow six months between wins)

This month's Mega Trivia Question:

*Which of the following is **NOT** True?*

- A) Having love in our lives can help keep us healthy.
- B) Strong social connections have been linked to better physical health.
- C) Self-love is essential for overall well-being and happiness.
- D) The more people you come into contact with the more likely you are to catch a cold.

Hint: You'll find the answer in the newsletter.

Jensen's Healthy Home News



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

SPECIAL INSERT

Fall in love all over again...
with your carpet...

**Five reasons why if you call us today -
you'll love your carpet tomorrow!**



Love is in the air this month so we've arranged for you to fall in love with your carpet again. Too many people neglect their poor carpet this time of year, thinking they need to wait for sunny spring days before they give us a call. So we're here to change all that. Here are five reasons to love your carpet by calling us today...

1: You get prime choice in our little black book (schedule book that is!)

February is usually a really slow month for us so that means you don't have to wait for an appointment. We can usually accommodate you and your carpets within a day or two this time of year. So call today and clean tomorrow.

2: You save lots of money!

Because this is our "off season" so-to-speak, **you'll get great savings and discounts.** So now you have more money to spend on life's necessities like roses and chocolates. (See our special offer below!)

3: Love your carpet and it will love you back with healthier indoor air.

We'll bet you're spending more time indoors this time of year. That means you probably want your indoor air to be healthy and clean. Cleaning your carpet cleans your indoor air. Just imagine, with every step you take right now you are releasing thousands of pollutants and allergens into your home's air. **Call us today and you will breathe easier tomorrow.**

4: You'll be toasty warm inside!

A lot of people don't like to clean in the winter because they think we're going to leave their door open and let in all the cold air. But it isn't so! **We have special door covers to keep you warm inside and the cold outside.** Plus, with our unique drying process your carpets will dry almost as fast as they do on those hot summer days!

5: Fall in love with your carpet again.

Love is in the air so don't neglect your carpet. If you're putting off a much needed cleaning until spring... irreparable damage and wear could result. **If it's been at least six months since your last cleaning, soils and dirt trapped deep inside your carpet are breaking down and wearing your carpet's fibers.** Call us today and after we clean you will fall in love with your carpet like you did when it was brand new. Plus, you'll be protecting your investment so check out this great offer below...

February's "fall in love again...with your carpet" special

Astonishing Savings!

Call Jensen's Carpet Care & Restoration

920-393-4062

or email: info@jensenscarpetcare.com

before February 29, 2024, and:

You get

**\$15 OFF General Carpet
Cleaning***

*Not valid with other offers. Minimum charge always applies.

Do you know anyone who is an off-season bargain hunter? Please be sure to call or email us and we will give them a **FREE** room of carpet cleaning in your name! Thanks!

P.S. We will send you a \$10 Gift Certificate for your referral. So thanks in advance!!

February thanks from



Thank you for the referrals!

Special thanks to all those who referred Jensen's...

Tom and Lynda Hansen, Mark Messerschmidt, Chad Baudhuin, Penny Williamsen, Marguerite Blecha, Mark Wegner, Dan Marquardt, Facebook, Google Search and Reviews, Yelp and Angie's List, Toonen Properties, Kos Management, Brook Park Apartments, Alliance Management, Olejniczak Realty, Keller Williams Realty

Thanks for all the kind words!

Tony Hoes - "Cleaning went great, and everything looks fantastic!"

Jen Mankovecky - "Everything went great. We are very satisfied with our service."

Ginger Micksch - "Cleaning went nicely. I am very pleased."

Donna Franke - "Cleaning was perfect. I love it."

Jeannie Poehls - "The guys did a good job! The chair looks almost like new."

Gary Buyeske - "Techs did a beautiful job cleaning my carpets! They answered all my questions and left the house in perfect condition."

Connie Worzala - "Excellent work by your tech. Very pleased with his service and outcome of the rugs."

Tara Benz - "Everything was fantastic."

Jeannine Krueger - "Great job!"

Chris Schmidt - "Our carpet looks great. (The tech) was professional and efficient in his work. I would easily recommend your company to others."

Ellen Ladowski - "Everything was fantastic."

Tyler Vandenberg - "Your crew did great! Very professional and respectful...couldn't have asked for a better crew. Your company is very fortunate to have these two employees. Job well done."

Lois Kane - "Carpet cleaning was good. Smells good and dried well."

Janet Piontek - "Carpet cleaning was perfect."