

HEALTHY, WEALTHY & WISE

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mold

A SILENT and DESTRUCTIVE HOUSEHOLD PEST

Say the word “pests” and people think about common household varieties such as ants, roaches, and spiders or even mice and rats. But did you know that molds are also considered pests? That’s right. Pests are generally defined as undesirable organisms that are detrimental to humans or human concerns.

Some molds produce gases called mycotoxins that can cause sickness and allergic reactions in humans. There are molds, such as wood-destroying fungi, that cause property damage. Children 2 years and younger are especially susceptible to mold-related illness. Serious complications can result from prolonged exposure. So it is good to know a few things about mold so you can avoid having a problem in your home.

Molds are fungi that feed on nonliving organic matter. In nature, mold and other fungi are responsible for breaking down dead leaves, plant material and wood. Mold derives energy from these materials by secreting enzymes that break them down into simpler compounds that the mold can absorb. This decomposition is a necessary part of Earth’s ecosystem.

See “MOLD” on next page



WATER | MOLD | FIRE | PLUMBING | REPAIRS



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Molds are ubiquitous; they are found everywhere. Some species of mold can survive in sub-freezing temperatures, while others will thrive in extremely high temperatures of the desert, gaining what little moisture is available from the air. Some molds can even grow on diesel fuel and other chemicals like anti-freeze.

The two most common molds found in indoor living environments are Aspergillus and Penicillium. Given a food source, suitable temperature and elevated moisture or humidity, these molds can begin to grow and flourish on many surfaces within a home.

Molds travel from one location to another by releasing microscopic, seed-like spores which can remain dormant for a very long time. When conditions are right, spores begin to grow into an active and growing mold colony.

Stachybotrys is another mold, often referred to as "toxic black mold", which has gotten massive media attention. Stachybotrys is a sticky, slimy mold that grows on surfaces such as drywall, wood, and even paper on insulation.

While Aspergillus and Penicillium can begin to grow in only a couple of days, Stachybotrys needs at least 7-12 days of constant moisture, warm temperatures around 70-80 degrees and minimal air movement.

Therefore, you are most likely to encounter it in your home if you have an ongoing water intrusion from plumbing, foundation problems, roof or window leaks, etc. Note that you may not see it because it tends to flourish in dark, undisturbed areas.

Since Stachybotrys is a sticky, slimy mold, the spores rarely become airborne. However, it may

begin to release spores if it begins to dry out. It can also release mycotoxins into the air as a defense mechanism against other fungi.

Spores and mycotoxins can be transported into the breathable air of the home and create symptoms such as cough, headaches, asthma, rhinitis and other allergic reactions. In some cases, infants or others with underdeveloped or compromised immune systems can have serious, even life-threatening, pulmonary complications.

If you have any type of mold in your home or business, it must be removed as soon as possible. The visible presence of any mold is an indicator that there may be more unseen mold hiding elsewhere.

Because mold can be harmful, call **ServiceFirst Restoration** to identify the cause and develop a strategy to solve the problem and remove the mold from your home.

The Good Life



Good Clean Funnies

What do you call a dog that can tell time?

A watch dog!

Why did the computer go to the doctor?

It had a virus.

Why didn't the sun go to college?

Because it already had a million degrees.



These bacon ranch chicken skewers are intended to star at your next tailgate cookout. They are easy, interesting, and incredibly adaptable.



Bacon Ranch CHICKEN Skewers

Directions

Whisk together ranch dressing and hot chile paste in a large bowl.

Mix in chicken pieces and toss to evenly coat. Cover the bowl with plastic wrap and marinate in the refrigerator for 1 to 3 hours.

Preheat an outdoor grill for medium-high heat and lightly oil the grate.

Remove chicken from the bag and transfer to a plate or baking sheet lined with paper towels. Pat chicken pieces dry with more paper towels.

Thread a piece of onion about 1 1/2 inches down the skewer.

Thread the end portion of one strip of bacon onto skewer so the rest of the strip is hanging down. Skewer on a piece of chicken; thread on the next portion of the bacon. Turn the skewer so that the long end of the bacon is again hanging down. Repeat this process of skewering and turning until the entire strip of bacon is threaded, using 4 to 5 chicken pieces.

Thread a second piece of onion onto the end of the skewer.

Repeat steps 5 through 7 for all twelve skewers.

Season chicken skewers with salt and pepper as desired.

Cook the skewers on the preheated grill, turning every 3 to 4 minutes, until nicely browned on all sides and the meat is no longer pink in the center, 12 to 16 minutes total per skewer. Serve with ranch dressing as a dipping sauce.

Ingredients

- 1/3** cup ranch dressing
- 1** teaspoon hot chile paste (such as sambal oelek)
- 4** skinless, boneless chicken breast halves - cut into 1 inch pieces
- 24** (1-inch) pieces red onion
- 12** slices thick cut bacon
- Salt and black pepper to taste
- 12** (6 inch) bamboo skewers, soaked in water for 2 hours

Recipe courtesy allrecipes.com



3 Types of Sweat - Which One Smells the WORST?



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Whether it's a hot day, you're hitting the gym or you're preparing for an upcoming presentation, many different things can cause you to sweat.

Did you know there are different kinds of sweat and one type smells **WORSE** than the others?

Heat sweat: Whether it's a hot day or the indoor temperature is too warm for you, your body will self-regulate by sweating for a cooling effect. Heat sweat comes from the eccrine glands and is made of mostly water.

Exercise sweat: As you move, your body temperature rises and sweat glands react to cool you off. Exercise sweat also comes from the eccrine glands.

Stress sweat: You don't need to be moving or feel hot to experience stress sweat. Your body feels stress for any number of reasons and may react by sweating. This type of sweat comes from the apocrine glands which are found in the armpits and other hairy body sites. These glands produce sweat that

contains food for the bacteria that lives on everyone's skin. This bacteria consumes the components of stress sweat and produces foul-smelling gases that we call body odor.

How to manage stress sweat - Taking daily showers can help you stay fresh. Not only does a shower clean your body, but it can be mentally relaxing, helping you to balance the stress in your life. **Here's a trick:** Take a shower at night to relax and promote better sleep. Put antiperspirant after your shower rather than in the morning and it will be more effective. It will give your antiperspirant more time to effectively block your sweat ducts.

Finally, be aware of your body signals and when you need to take a break. Self-care is important and knowing when you need to pause - even for a five-minute break - can help you regulate your mind and body so you feel **(and smell!)** your best.

5 HEALTH Benefits of Eating the WHOLE Egg



Many of us enjoy adding eggs to our daily diets, appreciating the fact that they're nutritious, satisfying, delicious (and easy on our wallet) in a wide variety of sweet and savory dishes.

Still, some people may be missing out on the full nutritional value from their eggs by leaving the yolks out of their recipes and eating just the whites. You paid for it, you should eat it! **Here are five health benefits of eating the entire egg, including the nutrient-rich yolk.**

1. Support your eye health - Studies show that egg yolks allow your body to absorb lutein, which is essential in protecting against age-related eye diseases and promoting overall eye health. You can also lower your risk of heart disease and cancer.

2. Boost your body's immunity - Vitamin D is a vital component in fighting off harmful

bacteria. Making simple swaps in your diet to incorporate foods like eggs with high amounts of Vitamin D will ensure you prioritize overall wellness and build a strong immune system.

3. Provide a natural energy boost - The whole egg contains Vitamin B12 to help maintain energy, which is necessary for your busy life and when you are incorporating exercise into your health routine as well.

4. Support lower blood cholesterol - While some people steer clear of egg yolks in fear of raising their cholesterol, eating the whole egg actually has benefits for your heart health.

5. Promote healthy skin - Having healthy skin isn't just about the products you use or the amount of sleep you get. Vitamin E, which is found in eggs, is known to help nourish and protect the skin against aging, inflammation and sun damage.



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Despite their status as nutritional powerhouses, eggs are too often knocked down a notch by critics who claim their golden yolks are better avoided.



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Want a simplified morning routine that sets the stage for school success? Morning routines don't have to be stressful for kids or adults, with a little proactive planning.



SIMPLIFY Your Morning Get-Ready-For-SCHOOL Routine

Transform your a.m. from awful to amazing:

Reduce morning work - Have your children select and set out the outfit they are going to wear tomorrow. Packing backpacks, snacks, and lunches the evening before streamlines the morning. Set backpacks and all items that don't need refrigeration by the door so the family is ready to head out early.

Use alarms strategically - Don't just use alarms to wake kids up - set an alarm for 20 minutes to eat, 20 minutes for dressing and tidying rooms, and a five-minute warning before it's time to go to the bus.

Simplify breakfast - Breakfast helps fuel growing minds. Save time by planning out easy grab-and-go breakfast items. Things like pre-portioned yogurt, fruit, or granola bars are easy to eat at home or on to the way to school. Since food calms hunger so kids can focus, underscore the importance of eating

breakfast, especially for older kids who may be tempted to skip.

Add in vitamins - Getting the right nutrients is essential, so consider adding a vitamin to your morning routine for everyone in the family - including kids, teens and adults.

Make checklists - Making checklists is a way to help kids be empowered and organized. Be sure to create different to-do's based on their age, abilities and needs. For small children you can even use simple visuals. Older kids go into detail about what they need to do and pack based on the day's activities, such as extracurriculars.

Stay positive - The best way to start the day in a positive way is to model a positive attitude. Compliment your kids, smile and wish them a wonderful day. Model staying calm and organized yourself so they can reflect that energy.





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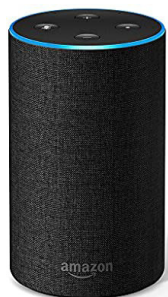
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