



# A Slice of Heaven

Heaven's Best Newsletter

August 2014

**Back  
to  
School**

**\$87**

**3 Room  
Carpet Special**

**\*applies to 600 sq ft  
or less**

**Heaven's Best of  
Birmingham**

[www.heavensbestof  
birmingham.com](http://www.heavensbestofbirmingham.com)

**(205) 618-9150**

**Dry in 1 Hour!**



## Which Is Better For Allergies: Carpeting Or Hardwood Floors?



Recent studies have indicated that 51% of the people still opt for carpet in many rooms of the home, but as with any other area of decor, flooring trends come and go. Hardwood floors are "in" these days with many homeowners. Meanwhile, carpeting still gets a bad rap from those who feel it traps dust, mold and mildew, while worsening interior air quality and causing an increase in asthma and allergies.

The [Carpet and Rug Institute](http://www.carpetandruginstitute.com) (CRI), an industry trade association, works hard to help people separate truth from fiction. The truth is that although carpet can harbor dirt and allergens, there are no reports linking carpeting with asthma or an increase in allergies. And, rather than carpet's ability to trap particles being considered a bad thing, it actually prevents such particles from becoming airborne. As long as you vacuum frequently and have your carpet cleaned regularly, carpet does not create an allergy risk.

On the other hand, advocates of hardwood maintain that these floor coverings are healthier and easier to clean than carpeting. Yet, hardwoods must also be maintained. Sweeping, mopping, stripping, waxing, and buffing are required to keep hardwoods looking good and are just as labor intensive as vacuuming carpet. And, if you do not frequently attend to hardwood floors, they can develop a serious population of dust bunnies that can easily become airborne and trigger allergies.

These dust bunnies and allergens are stirred up whenever walked on, and this dirt can reach your nose more easily than dirt trapped in your carpet. Therefore, whatever your personal preference; Carpet or Hardwood, cleaning and maintenance are important factors to consider.

Carpet that is poorly cared for with infrequent vacuuming and cleaning can look old and matted within a few years. Hardwood, on the other hand, can acquire scratches from pets, furniture, and general use that can only be fixed by buffing and polishing with special cleansers and equipment. Whatever your choice, **Heaven's Best** can help make it easier to maintain. We clean, wax and polish hardwoods, as well as clean carpets. So, if you need help, call us for a **FREE ESTIMATE** and **15% OFF any Hardwood Cleaning & Polishing**.

Ironically, many people who love hardwoods accent them with area rugs to add warmth, color, and style. These can get just as dirty as carpet. **Heaven's Best** cleans and deodorizes Area Rugs also.

**Bottom line:** Even with allergies, you can go with whichever floor coverings you love, as long as you keep them cleaned and well maintained.

Like Us on FACEBOOK for  
Some fun giveaways and updates on  
events happening in and around  
Birmingham!



<http://facebook.com/heavensbestbhm>





Place  
Stamp  
Here

2499 FOREST LAKES LANE

CHELSEA, AL 35147

**Heaven's Best of Birmingham**

[www.heavensbestofbirmingham.com](http://www.heavensbestofbirmingham.com)

**(205) 618-9150**

## Oreo-Apple Snack Stacks

### what you need

- 1 pkg. (8 oz.) PHILADELPHIA Cream Cheese, softened
- 2 Tbsp. honey
- ½ tsp. zest and 2 Tbsp. juice from 1 orange, divided
- 6 OREO Cookies, chopped
- 4 small apples
- 4 pretzel sticks
- 8 worm-shaped chewy fruit snacks

### make it

**MIX** cream cheese, honey and zest in medium bowl until well blended. Stir in chopped cookies. Core apples. Cut each crosswise into 4 rings; brush cut sides with orange juice. Discard any remaining juice.

**PAT** apple slices dry with paper towels; spread with cream cheese mixture. Restack slices for each apple. Insert pretzel into top of each for stem.

**GARNISH** with fruit snacks. Cut horizontally in half to serve.

