

# THE BEE LINE

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## BENEFITS OF AIR DUCT CLEANING

**T**aking care of your HVAC system should be a top priority. One often overlooked aspect of this is the cleanliness of your air ducts. These pathways play a crucial role in the circulation of air throughout your living space. Let's explore the numerous benefits of air duct cleaning and how it contributes to a healthier, more comfortable living environment.

**Signs You Need Air Duct Cleaning** – Before we delve into the benefits of clean ducts, let's identify some signs to watch for that will tell you when it's worth getting your air ducts cleaned. These could be signs that your air ducts need attention.

- Increase in dust accumulation
- Musty odors

- Frequent sneezing indoors
- Reduced airflow from vents
- Visible mold growth near vents

These are just a few of the most common signs that you're ready for a ductwork cleaning. When in doubt, call a professional and ask if anything you're experiencing indicates that it's time for a good clean.

*See "DUCT CLEANING" on next page*



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## 7 Benefits of Air Duct Cleaning

### 1. Improved Indoor Air Quality

Clean air ducts translate to cleaner air circulating through your living space. Dust and toxins tend to accumulate in the ducts over time, affecting the quality of the air you breathe. Regular cleaning can significantly improve indoor air quality, giving you the peace of mind to breathe easy at home.

### 2. Reduces Allergens

For those who suffer from allergies or respiratory issues, the presence of dust, pollen, and pet dander in the air can trigger discomfort. Clean air ducts help reduce the levels of these allergens, providing relief for those prone to allergic reactions.

### 3. Cleaner Home Overall

When your air ducts are clogged with dust, it's only a matter of time before these particles find their way into your living areas. By keeping your air ducts clean, you'll minimize the amount of dust settling on furniture, counter tops, and floors, making your cleaning routine much easier and less frequent.

### 4. Improves HVAC System Efficiency

Blocked air ducts force your HVAC system

to work harder to maintain the desired temperature in your home. This not only increases your energy bills but also places unnecessary strain on the system. Clean air ducts allow for better airflow, leading to a more efficient HVAC system and possibly monthly savings.

### 5. Reduces Fire Risk

Dust and debris accumulation in air ducts can pose a significant fire hazard. As warm air flows through the ducts, these particles can become heated, potentially leading to a fire. Regular cleaning eliminates this risk, promoting a safer environment.

### 6. Gets Rid of Unpleasant Odors in Your Home

Musty or unpleasant odors in your home can often be traced back to dirty air ducts. Over time, old debris particles from pet dander, dirt, and mold can create an odor that permeates your living space. Clean air ducts help to eliminate these odors, leaving your home smelling fresher.

### 7. Prolongs the Life of Air Filters and HVAC Units

Clean air ducts mean your air filters and HVAC units don't have to work as hard to keep your space comfortable. This

reduces wear and tear on these components, extending their life span, saving you money on frequent maintenance, and reducing HVAC replacement costs down the road.

### DIY vs. Hiring a Pro

While it might be tempting to tackle air duct cleaning on your own, it's often best to leave this task to professionals. **COMPANY\_NAME** has the expertise, specialized tools, and equipment required to safely and thoroughly clean your ducts without causing damage to your HVAC system.

### What You Can Do at Home to Keep Air Ducts Cleaner

While professional cleaning is recommended, there are a few steps you can regularly take to maintain clean air ducts between professional visits:

- Regularly change your air filters
- Keep vents unblocked
- Minimize dust in your living spaces

If you have any questions, need any additional information or want to schedule a cleaning or consultation, contact **Clean Bee** today. We are always happy to help and serve you.

## The Good Life



### Good Clean Funnies

#### Why do hummingbirds hum?

Because they don't know the words.

#### Why is a snake difficult to fool?

You can't pull its leg!

#### Why did the melons choose not to get married?

Because they cantaloupe!



This creamy pineapple cheese ball with green bell pepper is my favorite cheese ball to serve at parties or potlucks.

### Ingredients

- 1 (20 ounce) can crushed pineapple, drained
- 2 (8 ounce) packages cream cheese, softened
- 1 cup minced celery
- 1/2 cup chopped green bell pepper
- 1 teaspoon minced onion
- 1 cup chopped pecans

Recipe courtesy [allrecipes.com](http://allrecipes.com)

## Pineapple Cheese BALL

### Directions

Mix drained pineapple, cream cheese, celery, bell pepper, and onion together in a medium bowl until well combined; divide mixture in half and form two balls.

Place chopped pecans in a shallow dish; roll each ball in pecans. Chill until ready to serve, at least 2 hours.

**Prep Time:** 15 mins

**Additional Time:** 2 hrs

**Total Time:** 2 hrs 15 mins

**Servings:** 16

**Yield:** 2 cheese balls

**Tip:** Best on buttery round crackers

## How to BUILD and SUPPORT Muscle at any AGE



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Whether you're an everyday athlete, weekend warrior, working toward weight loss goals or hoping to maintain your strength and balance as you age, you probably know how vital muscles are.

Protein is essential for building and maintaining muscle, tissue repair, hormone and enzyme production, and overall metabolism. Yet, because requirements vary according to age, sex, body composition and activity levels, many adults may not be meeting their individual needs.

### Here are some tips on how to boost protein:

**Protein needs change with age** - As you age, your body's ability to use protein declines, which means you need a higher intake to maintain muscle mass and overall health.

**Tap into plant protein** - A well-balanced mixture of plant proteins can provide ample high-quality, complete protein. Plant proteins are found in soy foods, beans, peas, lentils and whole grains - which also provide important vitamins and minerals.

**Milk proteins can boost muscle growth** -

Whey and casein - are good sources of a particular set of amino acids that are well-suited for promoting muscle protein synthesis. If you don't prefer dairy, choose proteins that deliver all the essential amino acids in sufficient quantities, or consider a supplement made from a blend of plant proteins.

**Support heart health** - Plant proteins are cholesterol-free and much lower in saturated fats. Swap animal proteins for plant-based options when possible, in order to help keep your cholesterol and blood pressure in check, which helps reduce your risk for heart disease.

**Boost protein intake with supplements** Studies show that consuming protein in amounts that are evenly distributed throughout your day is more effective for muscle protein synthesis than having varying amounts at each meal.

## Understand your Home Energy Use - and CUT Costs



Heating and cooling systems account for around 55% of the average home's energy use, according to the U.S. Department of Energy (DOE). And during the warmest and coldest months, HVAC systems are working at their hardest to keep homes comfortable - which means that energy bills often rise.

Consider the following tips to boost a home's energy performance and save on utility bills to help keep costs down and improve HVAC efficiency.

**Practice routine maintenance** - Clean or replace filters on air conditioners or furnaces regularly, ideally once a month or as recommended. This routine practice will ensure systems run efficiently.

It's also important to schedule seasonal inspections to identify and address poten-

tial issues before they become larger, more costly problems.

**Maintain clear airflow throughout the home** - Proper insulation and air sealing techniques can achieve whole-house energy savings of 10%-20%, proving a cost-effective way to reduce energy waste.

Ensure air return points are not blocked by furniture, carpeting or drapes so that air can flow freely. Confirm that doors and windows are closed when the HVAC system is in operation. Additionally, during warmer months, keep window coverings closed during the day to block the sun's heat.

All these practices can prevent energy waste, lower utility costs, and improve overall performance.



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No matter what your home's heating and cooling needs are, these are a few tools and solutions homeowners can explore to better understand how to make your space more energy efficient.



## Why GLUTEN-FREE Baking is Having a Moment

Consumers are increasingly choosing easy, convenient foods to support their active, busy lifestyles. This trend includes ready-to-bake treats such as brownies and cookies, but with alternative ingredients. That's right, gluten free isn't just for people with food allergies anymore, it's the choice of ingredient-savvy consumers as well as those with gluten sensitivities.

Nearly a third of consumers currently follow a gluten-free diet or have done so in the past. Grocery stores are paying attention, dedicating shelf space and expanding product selections to please the palates of this growing demographic. It's easier than ever to bring home ready-to-eat and easy-to-make gluten-free goodies.

Gluten-free bakers are discovering that mixing and matching alternative flours, such

as rice flour, creates blends that rival the original texture of wheat flour. Use almond flour in your banana bread for an extra-nutty kick. Or swap in oat flour to make pancakes that are thick and sweet. Explore different ingredients that suit your taste. Today's gluten-free baked goods are innovative and indulgent.

### Restaurants and retailers jumping on the gluten-free bandwagon:

Cookie connoisseurs and brownie-baking enthusiasts are benefiting from the evolution of gluten-free baking at bakeries and restaurants, as well as in their own kitchens. In fact, the term "gluten free" has grown 39% on menus over the past four years, making it more accessible than ever.

**When it comes to gluten-free baking, the possibilities are deliciously limitless!**



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In fact, current research shows the U.S. market for gluten-free foods is among the largest in the world. That's why gluten-free baking is having a moment.



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