



**ROYALTY
SERVICES GROUP**



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Healthy Living

You probably already know that you should drink at least eight glasses of water a day. It can, however, sometimes be a challenge to get in all that water. To make it easier, consider filling a large pitcher with the amount of water you need each day. Don't go to bed without finishing that water. You can try drinking a glass of water with each meal and every hour that you are at work. Also be sure to drink during exercising. With these strategies, it will be easy to get the water you need.

Our Latest News... **Royalty Services Group just finished a large industrial air duct cleaning job near Elko, Nv.**

We appreciate your patience while we spent nearly 3 weeks working in Nevada during the month of August. This was a tremendous opportunity for us to perform a great deal of air duct and air handler cleaning services in a heavy-duty industrial environment. The job went very well and we are glad to be back in Utah!

Common Sense Stress Reducers

Along with all the complicated advice on how to reduce stress, there are some simple things you can do to make things a bit easier.

Live In The Present

Brooding about the past or worrying about tomorrow can increase your stress level. Be realistic about what you can control. Try to focus on the here-and-now in order to not only enjoy what you are doing, but to reduce some of the stress you feel from past or future events.

Help Others

Stress can grow in your mind when you are only focused on yourself. Take time each day to reach out to others around you. It can be as extensive as volunteering to help cancer patients or to teach children to read, or you can simply lend a sympathetic ear to a friend. Either way, you will be less focused on your problems and may be able to better put your worries into perspective.

Laugh

Humor is a powerful antidote to stress. Laughter distances you from problems, allowing you to gain some perspective on the situation. Try to look

on the bright side of things and find the humor in every situation.

Let It Go

One thing you don't need is more stress. Be sure that your worries are yours and not those of other people. You can not control the actions or situations of others, and you may not always know the best way to deal with the things others have to face. You can be sympathetic, but try not to get upset over other people's problems.

Back To School Tips For Parents

There are some simple things you can do to help your kids be safe as they head back to school. Take a moment to go over this list of safety reminders.

- Your child should know his or her address, phone number, your cell phone, work, or other contact number, and how to use 911 in case of an emergency.

- Plan a safe route to school, choosing the most direct way with the fewest street crossings. Tell your child to stay on this route and review safe street crossing procedures. Teach your child all traffic safety rules and remind him or her to be especially careful during bad weather. If possible, your child should always walk or bike to school with a buddy.

- Your child should be instructed to never talk to or accept rides or gifts from strangers. Discuss what a "stranger" is with your child. Many children consider a "stranger" to be someone who looks menacing, but a stranger is simply anyone that your child doesn't know or trust.

“The Home Cleaning & Services Experts” Toll-Free (866) 971-7801



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Get Your Furnace's Ductwork Cleaned!

(Not intended for the squeamish!)

Reason #1 - Picture yourself taking deep breaths from your vacuum cleaner's bag—just before you empty it!

As awful as this sounds, it gives you an accurate picture of what the air you breathe is like after it passes through the crud and decaying material in your furnace's ductwork.

That's because your ductwork is a lot like your vacuum cleaner. And if you think about it, the main difference is that your vacuum only runs a few minutes each day compared to the hours on end that your furnace fan runs. Every time your furnace runs, things are sucked into your ductwork. Things like dust, pet hair, cooking grease, cigarette smoke and other debris that will stay in your ductwork—until they eventually break down and are released back into the air stream for you and your family to breathe.

Anyone who has ever cleaned underneath or behind their refrigerator knows just how much gunk a fan will collect. So if you want to know what's in the dark depth of your ductwork, just look in your vacuum cleaner—and see what you're breathing, too. This alone is reason enough to get your ducts emptied.

Reason #2 - Maybe you just “thought” the cat ran away...

This sounds extreme, but you wouldn't believe what we find in ductwork. I can't say we've found anything as large as a cat, but we have seen everything else imaginable. Everything from long forgotten victims of De-Con to lost pet turtles, that now only resemble small ashtrays.

You see, even though you're the best housekeeper in the world, what about the person who lived in the house before you? Unless it's a new house, you don't know what stuff remains in the ductwork from previous owners. Stuff that depends entirely on what their hygiene, housecleaning and smoking habits were (not to mention how they took care of their pets). In most cases it's probably better that you don't know.

You can be certain that if your furnace's ductwork isn't clean, you're breathing air that passes through the accumulated dust and crud from everyone (and everything) that has ever lived there. I hope this unpleasant picture doesn't make you swear-off breathing completely – remember it's still safe to exhale. All is not lost: This debris will be totally removed when you have your system cleaned!

Filthy Ductwork before being cleaned. Caked with dirt.



Bright and Shiny Duct work after being cleaned

Reason #3- The “Mushroom Theory” and “Mutant Rabbits”!

The mushroom theory usually compares the “essentials of mushroom growing” with how politicians treat you. Everyone knows that the best place to grow any type of mold, fungus, or bacteria is in a dark moist environment where it can feed on decaying organic matter. Amazingly, this is also pretty descriptive of the conditions inside ductwork located in a damp basement or crawl-space. In most cases, unclean ductwork is a perfect place to start a little fungus farm.

Not only will dirty ductwork act as a breeding ground for unwanted bacteria and mold, it also acts as a gathering place for everything else that enters a home. Things like pesticides, lead, chemicals and other such unhealthy particles. These unwanted substances enter the house through open windows or are tracked in, and upon entering, bind with household dust. Unfortunately, once in the house and sucked into your ducts, nature has no way of dealing with this potential health time-bombs. In fact, the pollution that gets trapped in your home today is 5 times that of outdoor levels. You need to picture all those soft, fluffy, little “dust bunnies” living in your ducts as having large claws and nasty teeth. Teeth that can really take a bite out of your family’s health if you don’t deal with them.

Can duct cleaning really solve these problems?

You bet it can. Although I won’t promise to find your lost cat or pet turtle, I will promise that you will breathe better and healthier by having us clean your ducts properly. You see when we clean your ducts, we do the job right. You’ll be amazed at what a difference cleaning the home’s heating and cooling system can make. We use state-of-the art equipment specifically designed with a powerful vacuum system in conjunction with specialized air tools to reach every area of your home’s circulation system. We clean the furnace blower and use high pressure air to scrub the heat exchangers, burners, and the furnace cabinet – the vacuum hose pulls out all that dust, soot, and debris out of your house and into our Giant Power-Vac truck. We remove the registers, grills, and hand wash them, plus air brush or air whip the duct work. All this is part of a normal cleaning, other companies may not do or charge extra for these cleaning services.

Don’t spend hundreds of dollars annually to clean your carpets & home – then totally forget all the dirt in your duct system!

It never stops to amaze me how many people will get the carpets cleaned and not even consider their ductwork which is typically filthy. Since most duct systems contain enough sheet metal to completely enclose an average bedroom, imagine one whole room in your house totally caked with pet hair, grime, and dirt. This will give you a great picture of what the air you breathe has to pass through every single time your blower runs.

Isn’t it time you breathed easier about your home’s air quality.

By all means, don’t settle for second best, make Royalty Services Group your air duct cleaning company! For all the above benefits and peace of mind that having your ducts cleaned right will provide you and your family, why not get it done now? **Call 866-971-7801**



Pictures from the jobsite

Large TruckVery, Very Large Truck!



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