

SEASONAL SHIFT

MY WORD

The Importance of Water and Your Health

“I’m dying of thirst!”

Well, you just might. It sounds so simple. H₂O – two parts hydrogen and one part oxygen. **Water is one of the most essential elements to health** and is so important that your body actually has a specific drought management system in place to prevent dehydration and ensure your survival. Water might be everywhere, but one must never take it for granted.

Water makes up more than two thirds of human body weight, and without water, we would die in a few days. The human brain is made up of 95% water, blood is 82% and lungs 90%. A mere 2% drop in our body’s water supply can trigger signs of dehydration: fuzzy short-term memory, trouble with basic math, and difficulty focusing on smaller print, such as a computer screen. (Are you having trouble reading this? Drink up!) Mild dehydration is also one of the most common causes of daytime fatigue. An estimated seventy-five percent of Americans have mild, chronic dehydration. Pretty scary statistic

for a developed country where water is readily available through the tap or bottle water.

Water is important to the mechanics of the human body. The body cannot work without it, just as a car cannot run without gas and oil. In fact, all the cell and organ functions that make up our entire anatomy and physiology depend on water for their functioning.

In addition to the daily maintenance of our bodies, **water also plays a key role in the prevention of disease.** Drinking eight glasses of water daily can decrease the risk of colon cancer by 45%, bladder cancer by 50% and it can potentially even reduce the risk of breast cancer. And those are just a few examples!

Since water is such an important component to our physiology, it would make sense that **the quality of the water should be just as important as the quantity.** Drinking water should always be clean and free of contaminants to ensure proper health and wellness.

By Rich Russinko

Hello Friends,

The last few months have been busy for us. In October our son Nick married his wonderful bride Lizzy. It was a true blessing to celebrate with friends and family, both new and old.



Then at Christmas, Nick and Lizzy gave us a very special gift – baby pajamas! Yes, we’re going to be first-time grandparents. After the initial excitement, my “Dad” mind went into overdrive.

I want Lizzy and the new baby to be as healthy as possible. I know the water in Philadelphia where they live has a strong chlorine taste – and who knows what other chemicals. That’s why I’m installing a Pelican whole house carbon filter in their water system (read more in this issue of the newsletter).

Now, you may not be expecting a baby (or grandbaby!) any time soon. But it’s never a bad time to make sure you’re getting the cleanest water possible. So ask yourself these questions...

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Your **Quick Call** Comfort Hotline:

973-827-1213

FreyHeatingandPlumbing.com



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These Common Products Can Be Used for Cleaning

Vinegar and baking soda are as well-known for their cleaning qualities as they are for the benefits they bring to food. But they aren't the only common household items that can be used as cleansers.

► **Ketchup** can be used to remove tarnish from silver, copper and brass cookware and stainless steel sinks. Squeeze a bit onto a clean cloth, wipe, then wash with warm water and dry.

► **Got Alka-Seltzer?** Drop four tablets in your toilet bowl, leave for an hour, then brush to a sparkling clean.

► **Fabric softener sheets** can be used to dust furniture and television screens. They have an air freshener quality and also eliminate static.

► **Nail polish remover** can remove stains from laminate floors. Just add a few drops on a rag for spot cleaning.

► **WD-40** can be used to remove crayon marks from most surfaces. It is also good for removing adhesive residue on glass.

HEALTHWISE

Spring Cleaning for ... Plumbing?

Spring is here and it's time for the annual "Spring Cleaning." This is the time to throw or give away that which you don't need (yes, that includes your leather disco pants from the '70s) and get more organized.

So what does Spring cleaning have to do with plumbing? Be sure to check these areas for problems that could cause severe damage.

Check for leaks everywhere. Faucets, toilets, drains... anywhere where water may be leaking. Leaks can cause wood rot and cost you hundreds on your next water bill. Not to mention, mold often thrives where there are leaks.

An easy test for a toilet leak is to put six drops of food coloring in the toilet tank. If any color can be seen in the bowl after 30 minutes, you have a leak. Call us as soon as possible to repair or assess any possible leaks.

Check your water heater. If your water heater is more than 15 years old, replace it. It is wasting energy and could die at any moment.

Another way to increase your water heater's efficiency is to drain several gallons of water

from the heater. This flushes out corrosion and sediment, increasing the life of your heater. But do this CAREFULLY; check your manufacturer's specific instructions on how to do this.

Clean your dishwasher.

I'll give you a moment to laugh at the irony of cleaning an appliance that is made to clean. However, this is an essential step that most people overlook. Remove all racks and utensil holders and wipe them down. You also need to put 2 cups of vinegar in the bottom of the washer and turn it on for a cycle. This cleans out all drains and lines that may have had grease and other grime trapped in them.

Last but not least, **clean out all gutters** from leaves, sticks and even bird nests! A clogged gutter can lead to water seeping into the roof or walls, which causes leaks, rotting and mold.

If your water heater is more than 15 years old, replace it.

"Quotable"

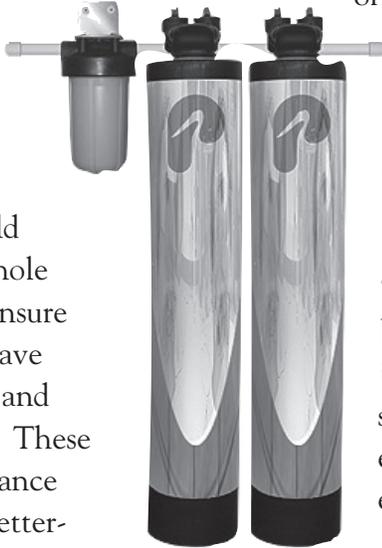
In the Spring, I have counted 136 different kinds of weather inside of 24 hours." ~

-Mark Twain

Taking Water Matters in to Your Own Hands

One of the biggest concerns our customers have is the quality of the water coming into their homes. In the 30 years we have been in business, this continues to be one of the most common concerns. Unfortunately, without expensive water tests, it is difficult to know, and even then the results may vary from day to day.

We believe the best option is to take matters into your own hands, which is why every home should be equipped with a whole house water filter to ensure you and your family have access to the cleanest and freshest tasting water. These premium low-maintenance systems will provide better-than-bottled water from every tap in your home and are surprisingly affordable with a lifetime warranty on all parts. Imagine never having to buy expensive bottled water again.



In addition to water quality, we are also frequently asked about the best way of dealing with hard water. There are a ton of different softener/conditioners available on the market today. Most of which require constant maintenance, backwashing, and lugging enormous bags of salt. We provide an alternative which require none of those. Our Pelican Salt-Free Systems treat hard water without the use of sodium or electricity. No heavy bags, no salt, and no more 'slimy' feeling. We believe this system is (by far) the best solution for our clients as well as the environment.

If you are interested in learning more about the benefits of installing a new Pelican Water System into your home, please contact Frey Heating & Plumbing today.



Go Green

We've all heard the term "going green," but have you ever actually wondered what it takes to go green? Help save the environment (and money!) with these easy tips:

- **Using a high-efficiency showerhead** can save up to 3,000 gallons of water a year, as well as reduce carbon dioxide emissions by 1,000 pounds.
- **Buy a compost bin.** Depositing food and lawn wastes in a compost bin will create nutrient-rich soil perfect for spring planting.
- **Increase the efficiency of your water heater.** We all love hot water, and now you can reduce your carbon emissions and energy bills by 25% or more. Set your water temperature to 120° and wrap the heater in a water heater insulating blanket.
- **Replace your current lights with compact fluorescents.** Buying compact fluorescents may be more expensive; however, they pay for themselves in less than two years. Compact fluorescents last longer than normal light bulbs, and can significantly reduce your energy costs.

DID YOU KNOW?

- *The average coach airline meal costs the airline \$4.00. The average first class meal: \$50.*
- *In 30 minutes, the average body gives off enough combined heat to bring a half gallon of water to boil.*
- *An earthquake on Dec. 16, 1811 caused parts of the Mississippi River to flow backwards.*
- *The symbol on the 'pound' key (#) is called an octothorpe.*
- *In Ancient Egypt, some people paid their taxes in honey.*

MY WORD (...from page 1)

What's in your water? Do you trust that your drinking water is chemical and pesticide free?

If you answered "no" or "I don't know" to either of those questions, you may want to consider a Pelican Water System for your home.

If you call before June 30, we'll include a \$125 discount. Why?

HomePoints

System maintenance combined with thermostat settings and recommended insulation can cut your energy use for heating and cooling by 20%-50%.

As your plumbing contractor, the health and safety of your family is as important to me as my own family's. Having the cleanest water possible is the best thing for all of us. So give us a call to see how we can help improve your home's water quality.

Sincerely,



Rich Russinko

P.S. Hope you'll use the offers in this newsletter for helpful savings – or share them with a friend!

Drip, Drip, Drip

It's more than the annoying sound keeping you up at night. The "small" drip of leaky faucets can actually add up to a significant amount of wasted water – and that means utility costs. So what can you do to make sure there's no a steady leak from your wallet? Give us a call at **973-827-1213**. We'll give your entire plumbing system a tune up and take care of any small drips before they become a drain on your utility bill. Call **973-827-1213** today.

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Is Your Water Giving You a Hard Time?



Nothing sends a day down the drain like hard water. Soap won't lather, dishes have spots, and clothes are stiff and uncomfortable.

And, you pay to feel that way.

Make it easy on yourself. Call **Frey Heating & Plumbing** today at **973-827-1213** to fix your water – and your wallet.

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Oh, how small things grow large...

Time has a way of wearing on all of us, including your plumbing. But maintenance can keep your system in good working order for a long time to come.

It's just the way things go. Years of continuous pressure cause leaks, though this condition can usually be spotted or avoided before damage occurs. Sediment in pipes wears connections. It can also cause a severe drop in your water pressure at the faucet. But it's fairly simple to correct.

Contaminated pipes lead to contaminated water. Lead, pesticides, and other contaminants can get into your water. Good filtration can take care of this too. Crusty pipes clog and prematurely wear your costly faucets and appliances. But we can help there as well.

Just call **Frey Heating & Plumbing** at **973-827-1213** for a Plumbing Check-Up. We can perform a simple maintenance check that could save you a fortune.

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HOMESENSE