

Pacific BREEZE

PRODUCT NEWS & UPDATES

10% off

of any never purchased before Pacific Breeze Signature Product.

Valid through July 31, 2012. Must present coupon at time of ordering with **Sales Representative**. This coupon is not reusable. Valid on regular priced items only. Excludes any servicing carpet cleaning, and paper supplies (toilet paper, towel paper, etc.). One coupon per customer. Cannot be called, emailed, mailed or faxed for discount. Cannot be redeemed for cash. Tax not included. Not for resale. © 2012 Pacific Breeze, Inc.



 **Like**
Pacific Breeze Products
on Facebook to become eligible to win!

WIN*
up to
\$100!

*There will be no CASH payout. Win \$100 to www.pacificbreezeproducts.com

Green Tip of the Month

Save trees, cash and landfill waste. Give an old piece of cloth (stained towels, ratty sheets, etc.) a new life. Simply cut or tear your old item into smaller squares, and voila! Pop them in the washing machine with your laundry to clean, and use them again and again for cleaning windows, mirrors, surfaces, etc.

www.pacificbreezenw.com
facebook.com/pacificbreezeproducts

Pacific Breeze
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1.800.467.5285

Carpet Cleaning & Tile Cleaning Services!

Pacific Breeze & Pure Clean have teamed up together! If you are looking for the highest quality carpet cleaning available in the greater Seattle area* then you've come to the right place. Pure Clean is the highest quality carpet cleaning service you will ever experience. We've invested in state of the art cleaning technology that cleans your carpets deeper and leaves them healthier than anyone - guaranteed. Your carpets are rinsed with our patented Pure Rinse® formula that leaves ZERO residue behind. This is important because soap and detergents attract dirt to your carpets. With our cleaning technology, your carpets will be brighter, cleaner for twice as long as our competition.



- **Child & Pet Friendly-** Our in house cleaners are designed for the highest cleaning capability while also remaining safe enough to drink
- **State Of The Art Equipment-** Leaves your carpets clean, fresh, soft and dry within 1-3 hours.... not days!
- **Pure Clean Promise-** We promise that we will treat you like you're our mother, take great care of your home and leave you with the cleanest, healthiest carpets you've ever seen - or it's FREE



Contact your Pacific Breeze Representative to SAVE TODAY!

* In Select Regions Only



Low Budget? Stretch your dollar!



Here are two simple tips to help feed more mouths for the same amount of money or less!

Forget trying to be loyal to store brands. Purchase the cheapest package of pasta and forget what name it is. If you prefer name brands on certain items than cut coupons from your local paper.

Try cutting back on how much meat your family consumes. It is one of the most expensive items people purchase at the grocery store. Mayo Clinic offers awesome alternatives to meat that come packed with the same amount of protein and hurts your wallet less. Food items like eggs, tofu, cottage cheese, kidney and pinto beans are all fractions of the cost of meat.

Summer Gardening Tips



Lawn care starts to become a big problem around the summer. Resolving this can be as easy as raising the mower's height, watering the lawn less, and going a bit organic. If you keep the grass at about four inches tall, it'll soak up more sunlight while weeds will not be able to get tall enough. When the grass is watered too frequently, its roots stay shallow—so water less and force them to grow deeper. Weeds stay shallow-rooted, so they'll struggle for water as they struggle for sunlight, under your luxuriously tall grass.

Exercising in July



- Avoid exercising from 10AM to 3PM. It's the hottest part of the day, morning is usually the best time to workout.
- Wear loose, light colored clothing. It will help reflect heat.
- Don't forget the sunscreen! It will help protect your skin from sun damage.
- Stay hydrated, don't forget to drink water before and after, even when you are not thirsty.
- Listen to your body, if you are feeling dizzy, faint or nauseous, stop immediately.

Grilled Flank Steak



Ingredients:

- 1 Cup - Soy Sauce
- 1 Tbsp. - Garlic
- 1/4 Tsp. - Red Curry Paste
- 1/4 Cup - Sliced Green Onions
- 1/2 Cup - Sugar
- 1/4 Tsp. - Black Pepper
- 1/2 Tsp. - Sesame Seeds
- Pinch - Red Pepper Flakes
- 2 Tbsp. - Vegetable Oil
- 2 Tbsp. - Sesame Oil

Instructions:

1. Tenderize meat by pounding
2. Marinate for 12-24 hours
3. Heat grill on high and grill for 5-8 minutes per side
4. Let it rest for 5 minutes and slice against the grain

Visit <http://seattlefishworks.com> for more recipes!