



Healthy Home News

"Secrets For Living A Healthy, Wealthy & Happy Life..."



Lose A Pound and Save Your Knees: Even small amounts of weight loss can improve knee function, especially in osteoarthritic adults. Each pound you lose means four less pounds of pressure on your knee joints, say researchers at Wake Forest University.

Achieving and maintaining a healthy weight pays off in pain reduction.

Snacking Can Be Healthy: When it's midway between meals and you feel hungry, what should you do?

Doctors at the Mayo Clinic say self-denial is no virtue when you are actually hungry. Snacking can be good for you, but that depends on what you eat and how much. This is particularly true for people who are burning fewer calories than they did earlier in life.

Many people find it easier to digest smaller, more frequent meals than two or three large ones. What's more, regular intervals of nutrition help to maintain consistent blood sugar levels. And snacks help to prevent overeating at mealtimes.

When deciding on what to eat, the Mayo Clinic recommends: Whole grain crackers and breads, fruits and vegetables, nuts and seeds in moderation, low-fat dairy products.

9 Ways to Better Brainpower

1. *Breath deep.* More air in means more oxygen in the blood and therefore in the brain. Breath through your nose and you'll notice that you use your diaphragm more, drawing air deeper into your lungs. Several deep breaths can also help to relax you, which is conducive to clearer thinking.

2. *Meditate.* A simple meditation you can do right now is just closing your eyes and paying attention to your breath. Tensing up your muscles and then relaxing them to start may help. When your mind wanders, just bring your attention back to your breath. Five or ten minutes of this will usually relax you, clear your mind, and leave you more ready for any mental task.

3. *Sit up straight.* Posture affects your thinking process. Prove it to yourself by doing math in your head while slouching, looking at the floor and letting your mouth hang open. Then do the mental math while sitting up straight, keeping your mouth closed and looking forward or slightly upwards. You'll notice that it's easier to think with the latter posture.

4. *Use dead time.* This is time that is otherwise wasted or just under-utilized. Driving time, time spent in waiting rooms, or even time spent raking your yard can be included in this. With a tape player and a trip to a public library, you can start to use this time to listen to books-on-tape. You may spend 200 hours a year in your car. What could you learn in that time?

5. *Learn a language.* Learning a new language has been shown to halt the age-related decline in brain function. It also introduces your mind to new concepts and new ways of looking at things. It is one of the best brain exercises.

6. *Phosphatidyl Serine (PS).* This supplement has been shown in clinical studies to increase lucidity and rate of learning. It activates cell-to-cell communication, helps regulate cell growth, improves the functioning of the special receptors found on cells, and prepares cells for activity. In other words, it can help your brain power. It's also thought to reverse memory decline. Phosphatidylserine has no known adverse side effects.

7. *Vinpocetine.* This extract, derived from an alkaloid found in the Periwinkle plant, is used as a cerebral vasodilator. It increases blood flow to the brain, which improves its oxygenation and thereby increases mental alertness and acuity. Research suggests it may also be the most powerful memory enhancer available.

8. *Ginkgo Biloba.* The leaves of this tree have been proven to increase blood flow to the brain. The trees are often planted in parks. It is inexpensive, if you buy the capsules or tea at any health food store.

9. *Saint John's Wort.* This is a common weed that may be growing in your yard. Although it's brain enhancing qualities are less documented, many people swear by it's temporary mood-elevating effect, and our brains tend to function better when we are happy. It is inexpensive; you can even collect it in the yard and make tea of it. (*Hypericum Perforatum* is its botanical name.)

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Here is LUCKY Doris Eaglesham with her winning basket!!! Doris has this great prize by winning our Referral Contest - she won theatre tickets for 4, dinner certificate to the Blue Mermaid and a limo for the evening. But, that's not the only way she is lucky - by referring Professional Carpet Systems she receives 10% of the work done taken off her next cleaning. And you know spring is just around the corner !!!

If they want peace, nations should avoid the pin-pricks that precede cannon shots.

Napoleon Bonaparte

I have never advocated war except as a means of peace.

Ulysses S. Grant

It is our duty to proceed as though the limits of our abilities do not exist.

Pierre Teilhard de Chardin

Never walk away from failure. On the contrary, study it carefully and imaginatively for its hidden assets.

Michael Korda

Advice is probably the only free thing people won't take.

Lothar Kau



Take Advantage of February's BIGGEST Savings Special EVER!

Beware of the Many Dangers of Winter

"Ho-hum," you might say. You already know that the streets are icy and the sidewalks are slippery too, what else is there? Plenty, according to Harvard Medical School. Read on.

- **Heart problems and strokes.** There is a well documented rise during winter. In some places, the winter-summer difference is up to 70 percent, say researchers in Canada, but heart attacks and strokes rise even in Los Angeles County. So bundle up, keep your house and car warm, and get enough rest.
- **Flu.** Viruses spread easily when people are inside and in close contact. Experts think the cooler air and less daylight are also involved. Flu shots help to avoid flu, and they decrease heart problems and strokes by half. January is not too late to get a flu shot.
- **Seasonal affective disorder (SAD).** For up to 2 percent of Americans, winter blahs become clinical depression. Light therapy lamps help, but getting outside in daylight for one hour is as effective as 2 1/2 hours under artificial light.
- **Hypothermia.** When the body temperature falls below 95, the heart beats irregularly and kidneys begin to fail. Brain function slows, so people may not realize the danger they are in. It can occur even in mild weather. Wet clothes wick heat from the body. Alcohol is often involved. Hypothermia requires immediate medical attention.
- **Frostbite.** Cold temperatures constrict blood vessels near the skin. Your hands, feet, ears, and nose become more vulnerable to frostbite. Frost nip is when the skin becomes red and swollen. With frostbite, ice crystals may form in and between cells. Mild cases can be treated with rewarming. Start with cool or lukewarm water. If the affected area is large or affects muscle, get expert medical attention.
- **Carbon monoxide (CO) poisoning.** The danger is greater in winter. About 500 Americans die from unintentional carbon monoxide poisoning each year. Many more feel sick because of low-level exposure. To avoid CO poisoning, keep your furnace maintained and buy a carbon monoxide detector.

Florists' Secrets for Keeping Cut Flowers Fresh

Florists say cut flowers will use water faster and wilt faster if they are placed in bright sunlight or in drafty locations. The cooler they are kept, the longer they will last, which is why florists keep flowers in a refrigerator. Misting cut flowers also helps to prolong their life.

Flowers often wilt because air bubbles trapped in the stem won't let them absorb water. Trimming stems under water will keep this from happening.

Stems can also get plugged with bacteria. Changing the water each day helps. Before ever placing flowers in a vase, remove the lower leaves to prevent bacteria growth.

If the flowers have been out of water for a time, cut off the bottom inch of the stem for a cleaner cut. Cut at an angle so the stem won't stand flat in the vase.

Sometimes you can revive wilted flowers. Wrap them in newspaper so the stems are straight. Put the stem and paper in a vase of water until the stem can stand up.

Beer Shown to Have Many Health Benefits

If you like to down a six-pack, you're out of luck when it comes to health benefits. If you are a man who likes to drink up to two beers, or a woman who likes just one, you are doing something good for your health.

The hops in beer contain important antioxidants. *Xanthohumol* shows promise as a cancer preventive, and *8-prenylnaringenin* has been linked to reduced rates of heart disease and cancer. Researchers at Rayne Institute in London say the hops and barley in beer are big sources of dietary silicon, which can increase bone formation. The blood-thinning properties in beer can help to prevent heart disease.

For women, the phytoestrogen in hops is known to help level out hormones, including estrogen. A deficiency of estrogen is linked to hot flashes in the early stages of menopause.

As reported in *Health*, the Rayne Institute study shows no difference in various beers' health benefits. Lighter colored beers and dark beers had the same effects. The American Heart Association says moderate drinking means one 12-ounce beer for women and two for men.

Now, About Your Back...

If you have ever said, "Oh, my aching back!" you are in good company. About 90 percent of Americans will suffer from back pain at some point in their lives. Knowing facts about your back could keep you from injury or help your aching back feel better.

- An inactive lifestyle is one of the main causes of back injuries. Inactivity weakens key muscles increasing your risk.
- Only about one in six back problems starts with heavy lifting. Weak muscles are more often the cause.
- Strength training and aerobic exercise are among the most effective treatments for

back pain. Do exercises that don't make the pain worse.

- Only one in 20 back problems require surgery. Always get a second opinion before opting for surgery.
- Doctors quoted in *Prevention* say the old advice about sleeping on a hard mattress doesn't apply. Sleep on a mattress with a little more cushioning.
- Most episodes of back pain clear up within a month.



"Book 'em, Pete, they're being charged as accessories."

Thanks For All The Kind Words!

Rachel Marcone wrote :

Thank you, Thank you, Thank you! for making the best of a very bad situation. I am the lady with the paint spilled in the front passenger side of my new Lexus. You went beyond the call of duty. You realized I was desperate and you responded quickly and kindly. May God bless You.

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This Month in History

10 Years Ago (2/16/1997):

At age 25, Jeff Gordon is youngest winner in Daytona 500 history.

15 Years Ago (2/5/1992):

Jury selection begins in the Los Angeles cops beating Rodney King case.

35 Years Ago (2/5/1972):

Bob Douglas is 1st black elected to Basketball Hall of Fame.

40 Years Ago (2/3/1967):

"Purple Haze" recorded by Jimi Hendrix, (2/14) Aretha Franklin records "Respect".

45 Years Ago (2/2/1962):

8 of 9 planets align for 1st time in 400 years.

65 Years Ago (2/20/1942):

Lieutenant E. H. O'Hare single-handedly shoots down 5 Japanese heavy bombers.

85 Years Ago (2/5/1922):

Reader's Digest magazine 1st published.

145 Years Ago (2/1/1862):

1862 Julia Howe publishes "*Battle Hymn of the Republic.*"

420 Years Ago (2/8/1587):

Mary, Queen of Scots beheaded.

Thank You!

Thanks to YOU the word is spreading! Thanks to all of my wonderful clients and friends who graciously referred me to their friends and neighbors last month!

My business runs on the positive comments and referrals from people just like you! I couldn't do it without you!

A special thanks to all these fine folks who referred me...

Mary Sue Hull, Pat Pokorny, Pino Fratangelo, Ellie McIntyre and Myrna Labrador

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Your New Issue Has Arrived!

Unbelievable Winter Savings Inside !!!

Annette Marchionda

Good Ideas for Long Car Trips With Kids

- **Have kids sleep in their clothes.** They can move to the car early in the morning without fully waking, and they will sleep for two or three hours while you drive. When they wake up, hand out little boxes of cereal.
- **Get plenty of rest yourself.** Go to bed early the night before so you won't be tired and cranky during the trip. The mood is caught up by the kids who will then be cranky too.
- **Instead of leaving in the morning, leave early in the evening before.** Stop for dinner at 8 p.m., and the kids will be asleep in an hour or two after dinner. You can drive undisturbed all night. It works if your destination is a place where you can get some sleep when you arrive.
- For older kids, **have plenty of electronics on hand** including hand-held games and videos. Some families don't like videos because it decreases the feeling of togetherness.
- **Don't forget word games.** They are old, but can be lots of fun. Joke-telling time is good as well as "20 Questions."



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Who Wants To Win Movie Tickets?

Take my Trivia Challenge and you could win too!

Once again we are giving away 3 sets of tickets to the movies! Everyone who responds by the 12th day of the month will be entered into a draw to win 2 FREE movie tickets! Increase your chances of winning! We will draw 2 people with the correct answer sent to me via email – the last set going to a lucky caller. Take your best guess, then EMAIL me at triviachallenge@pcsnigara.com or call (905) 646-6655! Remember, your chances of winning are better than you think!

This month's MegaTrivia Question:

In what year was Reader's Digest first published?

a)1980 b)1965 c)1936 d)1922 e)1899

HINT: *The answer is somewhere in this newsletter*

Last month's answer was: b) over 50%

Last month's winners were: Sharon Lapointe, Mario Elrick and Anne Dobrindt