



Healthy Home News

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



*The birds are gone,
The ground is white,
The winds are wild,
They chill and bite;
The ground is thick
with slush and sleet,
And I barely feel my feet.*
- Unknown

Longest Over-land Tunnel: Officials in Switzerland recently opened a 21-mile rail tunnel. It is the world's longest over-land tunnel and runs through the Alps. It is meant to ease highway traffic jams in the mountainous country. The tunnel took eight years to build and cost \$3.5 billion. It reduces the time trains need to cross from Germany and Italy by one and a half hours.

Valentine's Day Around the Globe

Valentine's Day also has regional traditions in the **UK**. In Norfolk, a character called 'Jack' Valentine knocks on the rear door of houses leaving sweets and presents for children. Although leaving treats, many children were afraid of this mystical person.



In **Wales** many people celebrate Dydd Santes Dwynwen (*St. Dwynwen's Day*) on 25 January instead of or as well as St. Valentine's Day. The day commemorates St. Dwynwen, the patron saint of Welsh lovers.

In **France**, a traditionally Catholic country, Valentine's Day is known simply as "Saint Valentin", and is celebrated in much the same way as other western countries.

In **Sweden** it is called *Alla hjärtans dag* ("All Hearts' Day") and was launched in the 1960s by the flower industry's commercial interests, and due to influence of American culture. It is not an official holiday, but its celebration is recognized and sales of flowers for this holiday are only bested by those for Mother's Day.

In **Brazil**, the *Dia dos Namorados* ("Day of the enamored") is celebrated on June 12, when couples exchange gifts, chocolates, cards and flower bouquets. It is the day before the Saint Anthony's day, known there as the *marriage saint*, when many single women perform popular rituals, called *simpatias*, in order to find a good husband or a boyfriend.

In **Colombia**, the *Día del amor y la amistad* ("Love and Friendship Day") is celebrated on the third Friday and Saturday in September. In this country the *Amigo secreto* ("Secret friend") tradition is quite popular, which consists of randomly assigning to each participant a recipient who is to be given an anonymous gift (similar to the Christmas tradition of Secret Santa).

Staying Well: Wine Headache Is Genetic



Does it happen to you? You have a nice dinner and some wine. A few hours later, you've got a pounding headache.

Researchers at the University of California, Berkeley, they say the red wine headache can also come from sake, another wine.

If you are sensitive to the amines in red wine and sake, including tyramine, histamine, and others, indulging can not only give you a headache but it can make your heart race. Heart specialists warn that in people sensitive to them, amines can trigger sudden high blood pressure, heart palpitations, and an elevated adrenalin level.

Lower levels of amines occur naturally in aged, pickled, and fermented goods, chocolate, and some cheeses, olives, nuts, and cured meat.

Virgin Olive Oil is Best

Olive oil is a natural juice which preserves the taste, aroma, vitamins and properties of the olive fruit. Olive oil is the only vegetable oil that can be consumed as it is - freshly pressed from the fruit.

Many people have switched from regular vegetable oil to olive oil for their salads and cooking. The phenols in olive oil reduce the danger of blood clots, which could cause a heart attack or stroke.

Researchers have found that pure virgin olive oil has a far higher phenol content than other forms. It's a better choice.

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Outstanding Client of the Month!

Meet Connie Shoalts

Connie Shoalts has become a well recognized name in our office these days! Connies became a Customer of our's in Sept 2007. Since that time, she has referred us numerous times to friends and business contacts. To date she has earned almost \$110 in referral bonus dollars! Special thank you to you Connie for your trust in referring us to your friends and business colleagues!

YOU might be my next **Client of the Month!** Every month, as my special way of saying "thanks" for support and referrals "above and beyond", I choose a **Client of the Month**. Watch for your name in an upcoming issue!

When you are making a success of something, it's not work. It's a way of life. You enjoy yourself because you are making your contribution to the world.

Andrew Granatelli

Take time to deliberate, but when the time for action arrives, stop thinking and go in.

Andrew Jackson

The most expensive piece of real estate is the six inches between your right and left ear. It's what you create in that area that determines your wealth. We are only really limited by our minds.

Dr. Dolf de Roos

See Insert This Issue:



6 Reasons Why February is the Best Month to Clean Your Carpet...



A Little Play Does a Body Good

No time to ride a horse, play chess, or go to a ball game? You'd best make time because the need to play is hardwired into the genetics of human beings.

Fun and play can almost instantly reduce stress and add a feeling of relaxation to daily living. Even watching others play has a similar effect. It brings joy into your life.

More people are looking for the energy fix fun creates. They are playing golf and tennis, making scrapbooks, and working with their photos. Companies are recognizing the importance of play as they create teams for games like kickball. It doesn't take an athlete to enjoy it and get some outdoor fun.

If you're a telecommuter or don't have much interaction with others on the job, consider something that puts you with like-minded people.

That could mean a cooking class, bowling league, or hiking club where social contacts and friendships could develop. Pick something that is far different from what you do at work and have a good time doing it.

If you can "get away from it all" and have a good time, you'll have better physical and mental health. You'll find you have more energy and are able to think more creatively when you're back on the job.

5 Ways to Better Brainpower

1. Breathe deep. More air in means more oxygen in the blood and therefore in the brain. Breathe 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 CD player and a trip to a public library, you can start to use this time to listen to audio books. 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 (in English we are afraid, whereas in Spanish we have fear). It is one of the best brain exercises.

Problems and Privileges of Being a 'Leapling'

Leap Year babies born Feb. 29 always had the pleasure of slow aging. A 40-year-old could proudly claim to be 10.

But in the early 1990s they also had another problem: Computers did not believe them. While most databases now recognize Feb. 29 as a valid date, early versions did not. This made for quite a few miscues with drivers licenses and other legal documents

To prevent confusion, doctors have often counseled mothers of children born Feb. 29 to pick either Feb 28 or March 1 as their child's birth date.

Historically, women have been free to propose marriage to their love on Feb. 29. A postcard with a Feb. 29 cancellation is considered a collector's item.

News From Home: Washing Crystal Glasses

After a big fancy dinner, it can be tempting to put your best glasses, crystal or other glass, into the dishwasher.

Don't do it. Nice glasses of any kind should be washed by hand in warm, soapy water and then dried with a soft, lint-free cloth that has been washed and dried without fabric softener.

Don't use the dishwasher even if it has a crystal setting, advises Martha Stewart. The high heat and harsh detergent can etch and cloud the glass after a number of washings. You might not notice any difference at first, but each additional washing in a dishwasher takes you closer to etching.

Cars Really Can Last a Long Time

Driving your car for several years instead of buying a new one can save money, especially if the car is paid off.

Studies show that a well-maintained car will run for about 207,000 km without major repairs. Drive one that long and you'll save money on principal, interest, and insurance.

If your car has 48,000 km on it and isn't requiring a lot of repairs, you can probably drive it three years more, says Philip Reed of edmunds.com. But if it's regularly requiring expensive repairs, you should probably get a new car.

What car names do people like best? The Ford Mustang is the big winner here. The next five names that people like best are Chrysler 300, Toyota 4Runner, Honda Civic, Chevy Malibu and VW GTI.

Hackers Are Now Targeting Macs

Macintosh computer users have enjoyed relative freedom from hacker attacks. Because there were far more PC users, criminals went after them instead.

Researchers at Symantec Corp. say criminals are now going after both Mac and PCs. Online porn hunters are the latest target. Visitors to certain Web sites are led to believe they can download a free video player when in fact they are installing malicious code onto their Macs.

Once the user authorizes the transaction, says Jordan Robertson of the Associated Press, the fraudsters can redirect future browsing to fraudulent Web sites and possibly steal the user's information or passwords.

Sometimes they simply send ads for other pornographic Web sites. This results in thousands of dollars in income for the criminals.

The attack does not target a vulnerability in the Mac operating system. Instead it requires a user to approve the download, then enter his computer password to continue.



Congratulations Sandy Jeffery!

Sandy is the winner of our December sweepstakes has won a \$250 Gift Card from The Bay!

We hope you enjoy your gift!

Fashion is a form of ugliness so intolerable that we have to alter it every six months.

Oscar Wilde

No matter what people tell you, words and ideas can change the world.

Robin Williams

Thank You!

My business grows and flourishes on the positive comments and referrals from clients like you and thanks to YOU we are growing!

Accept my sincerest appreciation and gratitude to all of my wonderful clients and friends for your trust and confidence in referring us to your friends and neighbors.

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

John & Erma Mewhinney, Bob Green, Elaine Amirault, Connie Shoalts, A1 Flooring, Kathryn Berggren, Betty and Frank Phelan, Vi Callahan, Catharine Campbell

Thanks For All The Kind Words!

The entire service was top notch... from the courteous office staff to the professional in-house care.

D. Lavalle, NOTL

Annette Marchionda
Professional Carpet System
300 Welland Ave.,
St. Catharines, Ontario
L2R 7L9

(905) 646-6655



**Unbelievable
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Opportunities!**

Your New Issue Has Arrived!

*Important information
inside! Open Now!*



Who Wants To Win Movie Tickets?

*Take my Trivia Challenge
and you could win too!*

This is one of my favorite parts of the newsletter! 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 tickets! Increase your chances by emailing your answer – we'll put your name in twice! Take your best guess, and then email us at triviachallenge@pcsnagara.com or call (905) 646-6655. Remember, your chances of winning are better than you think!

This month's Mega Trivia Question:

What is Valentine's Day called in Sweden?

- A) All Hearts' Day
- B) Day of the Enamored
- C) Love and Friendship Day

HINT: The answer is somewhere in this newsletter

Last Month's Trivia Answer: **B) 1952**
Last Month's Winners: **Carol Horvat, Beverley Stewart,
Cheryl Thomas**

The Beholder:

A man woke up from anesthesia after surgery, and saw his wife sitting by his side. His eyes fluttered open and he said, "You're beautiful!" Then he fell asleep again. His wife had never heard him say that so she stayed by his side.

A few minutes later his eyes fluttered open and he said "You're cute!" She said "What happened to 'beautiful'?" He replied, "The drugs are wearing off!"