



# Healthy Home News

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



Now turns the year,  
and Janus at his door  
Let's out the old  
to welcome in the new;  
While snowdrops, overlooking  
hard-faced moor,  
Proclaim fierce Winter's tenure  
nearly through.

**January Origins:** "January" comes from "Janus," the Roman god of gates and doors. He had two faces -- one to look in each direction, symbolizing beginnings and endings. Historians believe that the Roman ruler Numa Pompilius added January to the end of the 10-month Roman calendar around 700 B.C.E. and gave the month 30 days. In 46 B.C.E, Julius Caesar changed it to the first month and added a day (from August), making it 31 days.

*A human being should be able to change a diaper, plan an invasion, butcher a hog, steer a ship, design a building, write a sonnet, balance accounts, build a wall, set a bone, comfort the dying, take orders, give orders, cooperate, act alone, solve equations, analyze a new problem, pitch manure, program a computer, cook a tasty meal, fight efficiently, and die gallantly.*  
*Specialization is for insects.*

**Robert Heinlein**

## Stop Food Cravings and Lose Weight

*Elizabeth Somer, RD, nutritionist.*

If you're berating yourself because you simply can't seem to cut back on potato chips, ice cream or some other tempting food - stop. Your problem may *not* come from a lack of willpower.

Food cravings are linked to low levels of critical nutrients and/or an imbalance of brain chemicals that affect appetite as well as mood.

**Example:** Low levels of *serotonin*, a "feel good" neurotransmitter, trigger cravings for carbohydrate-rich foods, including cookies, pasta and candy. Such foods elevate levels of *tryptophan*, an amino acid that is converted into serotonin in the brain.

Cravings can often be reduced by eating a healthful breakfast and a nutritional meal or snack every four hours throughout the day...and getting at least 30 minutes of exercise five days a week.

Other helpful solutions for common problem foods...

### - FAT -

The craving for fat is driven, in part, by a brain chemical called *galanin*. Galanin levels are lowest in the morning, rise during the day and peak in the afternoon. Eating fatty food keeps galanin circulating in the body, which stimulates a strong craving for *more* fat later in the day.

This physiological response makes sense in evolutionary terms. Fat was once scarce, so people had to eat as much as possible whenever it was available in order to survive.

Today, with rich food all around, fat cravings can lead to obesity, diabetes and heart disease. *Much better for you...*

**Eat half a small avocado or one ounce of nuts daily.** These foods usually satisfy fat cravings because they contain monounsaturated and polyunsaturated fats, which are more healthful than the saturated fat found in meat and rich desserts.

**Satisfy cravings with fat-free creamy foods**, such as fruit-and-yogurt smoothies or puréed squash soup. Their creamy textures help reduce cravings.

### - CARBOHYDRATES -

Carbohydrates, such as candy, pie, doughnuts and cake, provide a temporary serotonin boost. But the cravings return as soon as serotonin levels wane. *Better approach...*

**Eat complex carbohydrates.** Whole-wheat toast...a whole-wheat bagel...a bowl of air-popped popcorn are all low in fat and calories, but raise serotonin levels.

**Stock up on healthful snacks** so you will be prepared if you tend to crave carbohydrates in the afternoon.

**Good Choices:** Low-fat bran muffin, English muffin, baked tortilla chips and salsa, or lemon sorbet with fruit.

*(Continued on Page 4)*

**Get Free Cleaning Tips And Specials At Our Hotline 905.646.6445!**

**See Insert This Issue:**

**Happy New Year!!!**

**Time Marches On**

**& It Will Soon Be**

**Running Out On Our Best**

**Offer Ever...**



## Outstanding Client of the Month!

**Renate Dyck**

**“Mrs. Dyck has been  
fabulous as we have worked  
through her home.”**

Every month I choose a very special **Client of the Month**. It's my way of acknowledging good friends and saying “thanks” to those who support me and my business with referrals, word of mouth and repeat business...YOU might be my next **Client of the Month**! Watch for your name here in an upcoming issue!

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*Only those who risk going too far can  
possibly find out how far one can go.*

**T. S. Eliot**

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*A New Year's resolution is something  
that goes in one year & out the other.*

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*All that really belongs to us is  
time; even he who has nothing else  
has that.*

**Baltasar Gracian**

## The Scoop On Coffee

Humans have been consuming caffeine for nearly 5,000 years. A naturally occurring substance in more than 60 plant species, caffeine is commonly found in coffee beans, cocoa beans, tea leaves and some seeds and fruits.

But despite its long history of use, many in the medical community continue to question the connection between caffeine and health. Over the years, caffeine has been linked to infertility, cancer, bone-density loss, hypertension and a host of other ailments.

Unfortunately, many popularized studies about caffeine have been misleading and have contradicted previous findings, leaving coffee lovers and chocoholics confused. So here is a summary of what is currently known about caffeine's potential health effects:

First, a word about consumption levels and what is considered a “safe” amount. Most experts agree that a moderate intake of about 300 mg per day of caffeine (or about 3 cups of coffee) is safe. However, caffeine sensitivity differs among individuals, influenced by body weight, metabolism and physical condition. So what is moderate for one person could be excessive for another. The following findings are based on this definition of “moderate” caffeine consumption.

**Cancer.** To date, the evidence shows no association between caffeine consumption and the development of cancer, including breast cancer and benign tumors of the breast. The North American Cancer Society confirms that drinking coffee is not a risk factor when it comes to human cancers.

**Bone Health.** Though caffeine has a small propensity to promote calcium excretion, studies have not been able to show an association between caffeine consumption and bone-density loss.

**Heart Disease.** Caffeine can cause a slight rise in blood pressure in some individuals for up to several hours. However, studies have not shown a correlation between caffeine consumption and an increased death risk due to coronary heart disease, stroke or cardiac arrhythmia.

**Fertility and Pregnancy.** Some studies have suggested that women drinking more than 300 mg of caffeine a day have a lower chance of conceiving, and the safety of caffeine consumption while pregnant is also still under debate. Furthermore, there is conflicting evidence about caffeine's effects on spontaneous miscarriage. But, contrary to some reports, caffeine is not associated with premature labor. - *Adapted from Nutrition Today*



## Cold Showers: Advice To Avoid

Here's an old wives' tale that deserves debunking: A cold shower after a workout improves circulation and boosts immunity. Not only does a cold shower not improve circulation, it can be dangerous.

When you work out, your capillaries widen so that they can carry more blood. A good post-workout cool down should give these tiny blood vessels the chance to gradually narrow so that blood flow can return to normal.

A cold shower forces capillaries to quickly snap shut. Theoretically, this could lead to a heart attack because when the blood vessels reopen, the resulting rush of blood could dislodge plaque from arterial walls, sending those obstructions to the heart.

As for the claim that a cold shower after a workout boosts immunity, there does not appear to be any medical evidence to support such a practice. In fact, exercising is itself a boost to the immune system, so a cold shower would just be redundant. - *Adapted from Redbook*

## Getting Rid Of Household Odors

*From doityourself.com*

With all the cooking you're doing this time of year, chances are pretty good that some of the odors may linger around the house. Here are a few simple ways to get rid of those annoying household smells.

- \* Place a pan of white vinegar on the stove and let it simmer for a while.
- \* Use lemon juice to remove fish, garlic and onion odors from utensils, pans, even hands.
- \* Odors from your garbage disposal can be eliminated by grinding up orange, grapefruit or lemon peels while running hot water.
- \* And don't forget about the odor-absorbing magic of baking soda. For nasty spills and odors inside your fridge or freezer, wash it out using a sponge or cloth and a solution of 2 tablespoons baking soda to 1 quart warm water. And keep a box of baking soda in the fridge or freezer to soak up new odors. Baking soda also helps keep kitchen drains odor free. About once a week, toss a handful of baking soda down the drain and let the warm water run.

## A Walk Through Shoe History

Here are some interesting facts and statistics about shoes:

- The first images of shoes were found in 15,000-year-old cave paintings in Spain.
- According to the Northampton Museum in England, the oldest footwear that still exists today is a sandal found in a cave in Missouri; it was made 8,000 years ago.
- Originally, shoes were made to fit either foot; shoes for left and right feet were first made in Philadelphia in the 19th century.
- Platform shoes were first invented in the Middle East to lift the foot from the burning sands.
- The American Academy of Orthopaedic Surgeons reports that 8 out of 10 women say that shoes are painful; 9 out of 10 admit they sometimes wear sizes that are too small.
- According to a survey commissioned by Woolite, North American Women typically own 24 pairs of shoes; 6 percent own 50 pairs.
- Nike says the average North American Boy owns 10 pairs of sneakers.
- The most expensive pair of second hand shoes was auctioned for \$665,000 -- Judy Garland's ruby slippers worn in The Wizard of Oz.
- The boots that Neil Armstrong wore when he walked on the moon are still floating in space.



## This Month in History

**10 Years Ago:** 1/9/1995 Russian astronaut Valeri Poliakov completes 366 days in space on board the Mir space station, setting a duration record.

**15 Years Ago:** 1/12/1990 Romania outlawed the Communist Party, the first East European state and Warsaw Pact member to do so.

**20 Years Ago:** 1/20/1985 President Ronald Reagan is inaugurated for his second term.

**30 Years Ago:** 1/1/1975 John Mitchell, H.R. Haldeman, and John Ehrlichman are found guilty of the Watergate cover-up.

**40 Years Ago:** 1/14/1965 The prime ministers of Northern Ireland and Ireland met for the first time in 43 years.

**60 Years Ago:** 1/1/1945 France was admitted to the United Nations.

**100 Years Ago:** 1/24/1905 The first automobile to exceed 100 miles per hour is driven by A. G. MacDonald at Daytona Beach, Fla.

## 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...

**Amy Bright, Emily Bright, Bob Hopcroft, Bob Green**

## Thanks For All The Kind Words!

Mrs. Juhlke states:

"Robert was great and I felt very comfortable leaving him to work on his own when I had to leave. When I returned home, my carpets looked fabulous!"

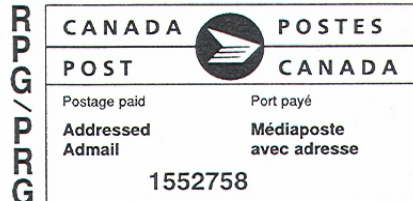
Len Hume  
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## Your New Issue Has Arrived!

*Look Inside For Some  
Amazing Money-Saving  
Tips and More!*

*Len Hume*



**Stop Food Cravings & Lose Weight:** *Continued from page 1*

### - SALT -

The human body needs only about 500 milligrams (mg) of sodium daily, or about one-quarter teaspoon. Most Americans consume about *10 times* that amount. Salty foods increase blood pressure in people who are sensitive to salt. These foods also contribute to weight gain because they are typically high in fat.

Salt cravings usually result from eating habits that are surprisingly easy to unlearn. *Here's how...*

**Snack on crunchy foods**, such as baby carrots or celery. Foods with a crunchy texture help satisfy the craving for salty snacks, such as potato chips.

**Use seasonings** such as lemon juice, fresh ginger, cilantro, red pepper flakes and other spice to enhance the flavor of unsalted foods.

### - CHOCOLATE -

Chocolate boosts levels of serotonin and the morphine-like neurotransmitters called *endorphins*. It also contains caffeine and *theobromine*, a caffeine-like compound that provides a mental lift...*phenylethylamine*, the so-called "love" chemical that increases heart rate and blood pressure...and *anandamide*, a brain chemical that mimics the mood-lifting effects of marijuana. It's no wonder chocolate is the most commonly craved food. Those who crave it find it is almost impossible to give up. *Instead...*

**Eat very small amounts.** Just two small pieces of chocolate, one cup of sugar-free hot chocolate or one small cookie will often correct your brain chemistry without providing too many calories or fat.

**Eat chocolate only after meals.** You will enjoy the taste treat and the boost in brain chemicals, but you'll be less likely to over-indulge than if you eat chocolate between meals when you are hungry.

**Substitute fat-free chocolate syrup for regular chocolate.** It provides the same pleasurable effects but only a fraction of the calories. I often advise, clients to use one-quarter cup of chocolate syrup as a dip for fresh fruit.

## Who Wants To Win Movie Tickets?

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

This is one of my favorite parts of the newsletter! Each month I'll give you a new trivia question. And the first **10** right answers will be entered into a draw for **3** prizes of **two FREE movie tickets**. Enjoy a night out on me with someone special in your life! Take your best guess, then call me at **(905) 646-6655!** Remember, your chances of winning are better than you think!

***This month's Holiday MegaTrivia Question is...  
The Act of Union between Great Britain and Ireland  
became effective, creating the United Kingdom  
on January 1<sup>st</sup> of what year?***

**a) 1753    b) 1788    c) 1801    d) 1835**

***December Winners: Anita Robertson, Mrs. McClellan, Janet Myslowka  
December's Answer: Violins***