



Healthy Home News

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

Dealing With Persistent Insomnia

Some people are born with a neurological "hardwiring" that causes *hyperarousal* – the brain stays alert when it is time to sleep. But there are other causes...

Negative life experiences, such as a stressful family life or abusive childhood. Stress and anxiety inhibit sleep by causing the brain to remain "on guard."

Medical problems, such as restless legs syndrome, which causes leg pain or discomfort at night...and sleep apnea, a condition in which breathing periodically stops – sometimes hundreds of times each night.

Restless legs syndrome is usually treated with medication, vitamins and other preventative measures. Sleep apnea may require surgery, respiratory devices and/or exercise.

Menopause. About one in four women experiencing menopause has insomnia. Hormonal changes and the resulting hot flashes and night sweats can disrupt sleep.

Disruptions of the body's internal clock. Individuals with *advanced sleep phase syndrome* fall asleep very early in the evening and wake up very early in the morning. People with *delayed phase sleep syndrome* fall asleep very late and wake up late the following day.

Best Treatments

Insomnia that is caused by a medical problem or hormonal change will generally clear up when the underlying condition is treated. Other cases usually require a combination of drug and behavioral treatments. Drugs can provide immediate relief. Behavioral therapy has long term benefits that may make medication unnecessary. Psychotherapy may also be necessary to relieve anxiety.

Nearly everyone with insomnia sleeps better when they develop better lifestyle habits, including:

Relax an hour before bedtime. Read, listen to music, take a hot bath. Or try yoga, meditation or deep breathing. Avoid activities that bring on anxiety, such as paying bills or watching the news.

After noon, avoid caffeine. Coffee, cola, black or green tea, chocolate and some pain medications. Even in small amounts, caffeine can disrupt sleep in vulnerable individuals. Foods containing *L-tryptophan*, such as milk and turkey, may promote sleep, but studies in this area are unclear.

Don't drink alcohol at night. It makes sleep less restful.

Go to bed and get up at the same time every day, even on the weekends. Avoid naps, even short ones. They make it harder to fall asleep at night.

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*Come ye into the summer woods;
There entereth no annoy;
All greenly wave the chestnut leaves,
And the earth is full of joy.*

Mary Howitt

How July Got Its Name: July was named in 44 BCE for Julius Caesar, the ruler of Rome. He reorganized the calendar to bring it closer in sync with the seasons, adding 67 days to the year 45 BC & introducing 12 months of 30/31 days instead of the original 10. The Senate, grateful for righting the chaotic calendar, named the month after him.

Alternatives To Hormone Replacement:

Menopausal women concerned about hormone replacement therapy should consider these alternatives...

Traditional Remedies for hot flashes and night sweats, such as black cohosh, licorice, red clover and chasteberry.

Estradiol and progesterone (best administered in a cream base) – prescription medicines identical to the hormones produced in the body.

Soy-rich foods or ground flaxseed – sprinkle over cereal, mix in a smoothie, etc.

There is a wonderful mythical law of nature that the three things we crave most -- happiness, freedom, and peace of mind -- are always attained by giving them to someone else.

Peyton Conway March

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See Insert This Issue:



**Telling A Friend
About Me
This Month
Is Worth
\$60!**

Outstanding Client of the Month!

Meet Sandy Hind-Smith

Living in lovely Niagara-on-the-Lake Sandy Hind-Smith is a fabulous customer who really appreciates our efforts to improve her interior environment.

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!

Ode to a Spell Checker

I have a spelling checker
It came with my PC;
It plainly marks for my revue
Mistakes I cannot sea.
I've run this poem threw it
I'm sure your pleased too no
It's letter perfect in it's weigh
My checker tolled me sew.
Fred Pryor

*The price of freedom of religion,
or of speech, or of the press,
is that we must put up with
a good deal of rubbish.*
Robert Jackson

*I wonder if other dogs think
poodles are members of
a weird religious cult.*
Rita Rudner

Did a Power Outage Spoil Your Food?

Have you ever returned from a trip to find your clocks blinking, a clear sign of a power outage that occurred while you were gone? Here's an easy way to determine whether it was a momentary blip or a longer-lasting shutdown that could have spoiled food in your freezer. Before you leave for your trip, put a bag of ice cubes in the freezer. When you return, if the cubes have retained their shape, you'll know that your frozen food is safe to eat. But if the ice has melted and refrozen into one big mass, you'll know that the outage was lengthy enough to do the same to your frozen food.

Don't Be Late with Your Credit Card Payments

Read the fine print on your credit card bill. If you are late with even one payment, your credit card company may jack up your interest rate. According to the advocacy group Consumer Action, penalty rates range from 12 to nearly 30 percent. The group surveyed 143 credit cards and found 76 percent that engaged in "repricing," as the industry calls this practice.

St. Swithin's Day, July 15th

St. Swithin's Day is 15th July, a day on which people watch the weather for tradition says that what ever the weather is like on St. Swithin's Day, it will continue so for the next forty days.

There is a weather-rhyme is well known throughout the British Isles since Elizabethan times.

*St Swithin's Day, if it does rain
Full forty days, it will remain
St Swithin's Day, if it be fair
For forty days, t'will rain no more.*

St. Swithin (or more properly, Swithun) was a Saxon Bishop of Winchester and legend says that as he lay on his deathbed, he asked to be buried out of doors, where he would be trodden on and rained on. For nine years, his wishes were followed, but then, the monks of Winchester attempted to remove his remains to a splendid shrine inside the cathedral on 15 July 971. According to legend there was a heavy rainstorm either during the ceremony or on its anniversary.

This led to the old wives' tale (folklore) that if it rains on St Swithin's Day (July 15th), it will rain for the next 40 days in succession, and a fine 15th July will be followed by 40 days of fine weather.

However, according to the Met Office, this old wives' tale is nothing other than a myth. It has been put to the test on 55 occasions, when it has been wet on St Swithin's Day and 40 days of rain did not follow.

Liverpool Player Damages Cup

A Liverpool player dented the European cup as the team celebrated winning the Champions League final. Striker Milan Baros accidentally dropped it on a grand piano damaging the handle reports The Sun.

The cup is on display at the club's Anfield museum and there are no plans to get it fixed. Museum curator Steve Done said: "We decided not to get it repaired because it is part of the character of the cup."

Liverpool gets to keep the cup after being crowned European champions five times.

Canada Day, July 1

Canada Day, celebrated on July 1, calls to mind how the provinces got their names.

Newfoundland -- From English King Henry VII's reference to John Cabot's discovery as "New Found Luanda."

Nova Scotia -- Latin for "New Scotland."

Prince Edward Island -- Named after the son of King George III of England, who was the commander in chief of British North America at the time.

New Brunswick -- Named in honor of the reigning monarch, King George III, the Duke of Brunswick.

Quebec -- From the Algonquin word "kebek," meaning "narrow passage."

Ontario -- The Huron words "onitari" for "lake" and "io" for beautiful.

Manitoba -- "Manitou bou" in Cree, meaning "narrows of the Great Spirit."

Saskatchewan -- Named after the Saskatchewan River, from the Cree "Kisiskatchewanisipi," meaning "swift flowing river."

Alberta -- Named in honor of Queen Victoria's fourth daughter, Princess Louise Caroline Alberta.

British Columbia -- Chosen by Queen Victoria to replace the original New Caledonia in the North and Columbia in the South.

Northwest Territories -- From its location relative to the rest of Canada.

Yukon -- From the Loucheaux Native word "Yuchoo" for "great river."

Nunavut -- Named after the Inuit word for "our land."

This Month in History

15 Years Ago: 7/7/1990
Bicyclist Greg LeMond wins his third Tour de France.

20 Years Ago: 7/7/1985
Boris Becker at 17 beats Kevin Curren for Wimbledon title.

30 Years Ago: 7/30/1975
Teamsters President Jimmy Hoffa disappears in suburban Detroit.

40 Years Ago: 7/29/1965
Beatles movie "Help" premieres, Queen Elizabeth attends

50 Years Ago: 7/17/1955
Disneyland opens its doors in rural Orange County, California.

75 Years Ago: 7/7/1930
Construction begins on the Hoover Dam.

140 Years Ago: 7/14/1865
The first ascent of the Matterhorn.

350 Years Ago: 7/28/1655
Cyrano de Bergerac (French dramatist-novelist) dies in Paris.

470 Years Ago: 7/1/1535
Sir Thomas More went on trial in England charged with treason, executed 5 days later.

Dealing With Insomnia

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Exercise for at least 30 minutes daily. Weight lifting, aerobic workouts and other exercise may promote sleep. Don't exercise within three hours of bedtime - it temporarily raises alertness. Recommended are outdoor morning exercises, when possible - exposure to light helps regulate the body clock.

Listen to relaxation tapes. Some people sleep better when they listen to recordings of whale songs or forest or ocean songs before going to bed. When sleep is disturbed by traffic or other noise, sound generators that produce "white noise" can help, as can earplugs.

Herbs and supplements. The herb *valerian*, as a supplement or a tea, may help. Further studies are needed before its use can be fully endorsed. There is little evidence that kava or melatonin supplements work - in fact, they may be harmful. Melatonin supplements have been linked to infertility and heart damage. Kava may cause liver damage. -- *Adapted from Karl Doghramji, MD*

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...

Linda & Doug Embleton, Ralph Hogue, Grace & Lorne Stewart, Ruth Ames, Darlene Gifford

Thanks For All The Kind Words!

J. Marshall states:

"Robert was wonderful, very polite and he explained everything to me. I just found him so professional. Thank you for the gift and my carpets look great! I will recommend your company to everyone."

Len Hume
Professional Carpet Systems
300 Welland Ave, St. Catharines,
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Your New Issue Has Arrived!

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

Len Hume



How Late Is Late?

10 minutes, 17 seconds. At least, according to certain researchers. Such is the lateness threshold at which people feel it necessary to telephone and admit they are going to be late.

The study concludes, however, about 10% of us would not consider calling until at least 30 minutes beyond the "agreed appointment time." The study was conducted by motorists' website GetMeThere.co.uk.

More than 80% of people in their 50s claim they are never late for anything because they are gripped by "bus fuss" - the anxiety about being late for crucial events.

But almost 70% of young women believe it is "acceptable, if not fashionable" to be late on a first date because it makes them feel "less desperate".

On one subject, both men and women agree - they "wouldn't care" if they were late for their mother-in-law's birthday party.

During that 10 minutes and 17 seconds, 12 babies will be born in England and Wales, there will be eight road accidents, 3,804 people will board an aeroplane and 590 million e-mails will be sent worldwide.

Earring History

Archaeologists have discovered earrings in the Middle East that date back to 3500 B.C. when early peoples made them from bones, shells, ivory, glass and metal. Asian men and women, to whom jewelry may have been more important than clothing, are known to have worn earrings in 3000 B.C. The Egyptians adopted the practice around 1500 B.C. The early peoples pierced their ears; clip-on earrings were not developed until the 20th century.

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! Each month I'll give you a new trivia question. And the first 10 correct 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 Geography MegaTrivia Question:

Which of the following countries does NOT border Israel?

a) Syria b) Jordan c) Egypt d) Saudi Arabia

June's Answer: c) June 21st

June winners: Ginny Rigby, Pat Tomaino & Carol & Kevin Isaac