



Healthy Home News

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

The Origins of Halloween

The story of Halloween goes back over 2000 years to the ancient Celts. Druidic priests regarded the day as the end of the year. Not only was it their day for celebrating the year's harvest, but October 31 itself was also the day of Samhain, a festival for honoring the dead. In order to appease the wandering spirits they believed roamed at night, the Celtic priests made fires in which they burned sacrifices, made charms, and cast spells.

Portions of the Celtic holiday of the dead eventually passed into Christian culture after the Romans conquered the Celts and tried to bring the Celts into the "Christian fold." It eventually became apparent to the church leaders that the Celts, in spite of their conformation to some aspects of Christian culture, were stubbornly sticking with elements of their old religion.

So, in the 7th century AD, the church moved its All Saints' Day, a holiday for honoring early Christian martyrs, from a day in May to November 1, thus associating it with the old Druid death rituals of October 31. By the 10th century A.D., the Catholic Church had added a new holiday, All Souls' Day. This day was set aside to honor all of the dead, not just the early Christian Saints.



Celebration of Halloween came to America with early Irish and Scottish immigrants. By then, though, it had already started to lose its mysterious overtones and was becoming merely a harvest celebration: a night of bobbing for apples, eating popcorn, and telling ghost stories around a bonfire. It was already changing into the holiday for children with which we in the 20th century are so familiar.

Scents to Boost Your Energy, Mood and More

by Alan Hirsch, MD, neurologist, psychiatrist & author

Scents stimulate important mental and physical functions. They trigger the release of neurotransmitters, chemicals that send signals to the brain. *What scents can do for you...*

Control Appetite: In a study of 105 people, we found that those who inhaled a chocolate-like aroma whenever they felt like eating lost nearly three pounds in two weeks. One study of 3,193 volunteers found that sniffing banana, green apple or peppermint scents resulted in an average weight loss of 30 pounds in six months.

Sniff the above scents often, and remember to smell every food before you eat it. Your brain will perceive that you're eating more, thus suppressing your appetite.

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October gave a party

The leaves by hundreds came

The ashes, oaks and maples

And those of every name

George Cooper

How October Got Its Name:

In the original Roman calendar, a year was based on the lunar cycle and had 10 months and 304 days. The year would start in March and end in December, with a period of festivals in between until the next year was ready to begin. October was originally the 8th month, so called because "octo" is Latin for "eight."

The first Sunday of October is the **Pearly King Harvest Festival**, at the church of St Martin-in-the-Fields.

Dating from the 19th century, the Pearly Kings & Queens are a much-loved Cockney tradition. It started when a young boy covered a suit with pearly buttons to attract attention and to raise money for the poor at charity events and fairs. Other boroughs were so impressed that they got their own Pearly King or Queen.

The tradition continues to thrive today and Pearly Kings and Queens can be seen in their full spectacle at the annual Pearly Kings and Queens Harvest Festival.

The annual Harvest Festival Service at the church of St. Martin-in-the-Fields offers a spectacular display of historical London in all its glory.

WE STILL NEED YOUR HELP!!

We continue to get asked everyday for **GREAT** service providers. And we would love to help the inquirers!! So we have decided to build a "Business Referral Rolodex" to help us serve you better. Please fill out our "Referral Rolodex Company Recommendation" form and help me serve you better.

We started to build this Business Referral Rolodex last month. Everyone who has sent us a referral or any referrals we receive this month will be entered into a draw to win a **Large Black Amanati Golf Bag with Fold Up Cart and \$100 in Restaurant Gift Certificates.** So please fill out the form and enter to win!!

*A man should go on living
-- if only to satisfy his curiosity.*

Yiddish proverb

*The only thing you can make from
sour grapes is whine.*

Mark Temares

*Love is like war:
easy to begin but very hard to stop.*

H.L. Mencken

*People who will lie for you,
will lie to you.*

Unknown

*The rung of a ladder was never
meant to rest upon,
but only to hold a man's foot
long enough to enable him
to put the other somewhat higher.*

Thomas Henry Huxley

See Insert This Issue:



**Is It That
Time of
the Year
Again?**

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Scents and Odors: *Continued from Page 1*

Increase Energy: These odors stimulate the part of the brain that promotes wakefulness:

- **Jasmine** causes an increase in beta waves in the brain, a sign of alertness. Jasmine tea is a great pick-me-up.
- **Strawberries and buttered popcorn** will cause exercisers to burn more calories.
- **Peppermint** works on sensory nerves and increases alertness. Try a peppermint candy or chewing gum.
- **Freshly brewed coffee** is very stimulating, probably because we associate the aroma with the energizing effects of caffeine.

Boost Romance: Both men and women are sexually stimulated by scents, but the odors that arouse them aren't the same.

For men: The smell of lavender or pumpkin pie increases blood flow to the penis by about 40%. The smell of black licorice, vanilla or women's perfume also is sexually stimulating.

For women: The odors of cucumber and licorice are stimulating. Women are turned off by the smells of cherries, barbecued meat and men's cologne.

Reduce Anxiety: Fresh, natural scents in general induce calm. In one study we conducted, volunteers became extremely anxious when they were confined in coffin-like tubes, but then calmed down when the tubes were infused with the smells of green apple and cucumber. These odors seem to have an impact on the limbic system, the emotional center of the brain.

If you anticipate a situation in which you will feel anxious, wash your hair that morning with a green-apple-scented shampoo and/or put a dab of the shampoo in a cloth to take with you.

Improve memory: People who sniff floral scents increase retention of new material by 17%. Sniff a floral odor when learning new material, then smell it again when you want to recall it. This is known as state-dependent learning. The material you learn in one state – while smelling roses – will be more accessible when you replicate that state in the future.

Support for Wellspring Niagara is "Well" Deserved

A diagnosis of cancer can lead to a personal crisis. People often have difficulty finding the emotional, psychological and practical support they need so urgently.

Wellspring centres offer free, one-to-one peer support, information sessions, support groups, and coping skills. Wellspring's programs provide people touched by cancer with a variety of effective ways to cope with the diagnosis, the disease and its effects...for patients as well as those who care for them.

Wellspring is a registered charitable organization that relies entirely on donations for daily operations and programs. HOW TO SUPPORT WELLSPRING 1-888-707-1277



I'm seen here congratulating Tracy Buzdygan for the longest drive at the Chamber of Commerce Charity Tournament to benefit WELLSPRING NIAGARA

On Apples and Oranges...

Here are some apple facts from the University of Illinois Agricultural Extension Service:

- There are 2,500 apple varieties grown in the United States and 7,500 varieties grown worldwide.
- China is the only country that grows more apples annually than the United States.
- The top 8,000 apple growers in the United States have orchards that cover more than 430,000 acres.
- There are over 7,000 apple orchards in Canada, with Ontario being the leading province.
- Apple trees take four to five years of growth before beginning to produce fruit. The average tree yields 20 bushels per year.
- Two pounds of apples make one 9-inch pie.
- The science of apple growing is called *pomology*.
- Apples were the favorite fruit of ancient Greeks and Romans.
- Apples ripen six to ten times faster at room temperature than if they were refrigerated.



Oranges For Healthy Lungs:

A joint Canadian-American study from KGK Synergize (a Canadian R&D firm) and the US Dept. of Agriculture showed that certain substances found in citrus juices called flavonoids may help to prevent prostate cancer, lung cancer and melanoma. A flavonoid found in tangerines and oranges effectively inhibited human lung cancer cells in laboratory studies. Yet another reason to eat citrus fruits, which are also a great source of vitamin C, potassium and folate.



Lost Traveler Story

In Hampshire, in the eighteenth century, a Mr. William Davis was riding home when a heavy fog surrounded him, and in no time at all he found that he had lost his way. Suddenly, he heard the bells from his church start to ring, so he followed the sound and arrived safely home. Later on, he worked out that, while in the fog, he must have been only a few yards away from chalk pits, where the ground had been dug deeply. Had he gone any further, he would likely have been killed. When Mr. Davis died in 1754, he left some money in his will. The money was to pay the bell ringers to ring the church bells at 6:30 a.m. and 7 p.m. on October 7th every year, to help travelers find their direction should they get lost the same night he had been lost.

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...

Lisa Wale, Sandra Shorthouse and Malcolm Paine

This Month in History

20 Years Ago (10/10/85): Orson Wells and Yul Brynner both die, at age 70.

25 Years Ago (10/14/80): Bob Marley's last concert.

30 Years Ago (10/26/75): Anwar Sadat became 1st Egyptian president to officially visit the US.

40 Years Ago (10/4/65): Pope Paul VI becomes 1st Pope to visit Western Hemisphere.

50 Years Ago (10/1-3/55): Classic Television shows "Honeymooners," "Alfred Hitchcock Presents," "Mickey Mouse Club" and "Captain Kangaroo" all premiere.

60 Years Ago (10/11/45): Chinese civil war begins, Chiang Kai-Shek vs Mao Tse-Tung

80 Years Ago (10/11/25): Classic American writer Elmore Leonard is born.

200 Years Ago (10/21/1805): Admiral Horatio Nelson dies in the Battle of Trafalgar, defeating the French and Spanish fleets.

230 Years Ago (10/27/1790): United States Navy is established.

Thanks For

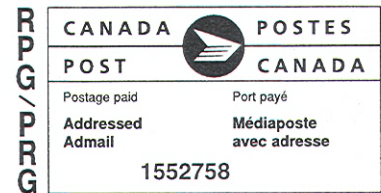
All The Kind Words!

Jean and Douglas Simpson state:

Dave and Ryan were great! Nice young gentleman and they did a great job! Book me for my carpet cleaning again next year.

Client of the month is Robin Weir who not only had lots of work done she introduced us to her sister who we also did work for. Thank you for your patronage!!

Len Hume
Professional Carpet Systems
300 Welland Ave, St. Catharines,
Ontario L2R 7L9 (905) 646-6655



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

Len Hume

This Month's List of Interesting Facts

- The human brain uses the same amount of energy as a 10-watt light bulb.
- The human brain is 85% water.
- Children grow faster in the springtime.
- Leonardo da Vinci invented the scissors.
- Leonardo da Vinci could write with one hand while drawing with the other.
- People speak at a rate of about 120 words per minute.
- Babies are born without knee caps. They don't appear until the child reaches 2-6 years of age.
- More people are killed annually by donkeys than are killed in airplane crashes.
- An Ostrich's eye is larger than it's brain.
- A cat has 32 muscles in each ear.
- A dragonfly has a life-span of 24 hours.
- A goldfish has a memory span of three seconds.
- Reindeer milk has three times the protein of cow milk.
- There is an odd number of steps in every staircase in Thailand.

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. The first 10 people who call my office will be entered into a draw for 3 prizes of **2 FREE movie tickets**. **AGAIN THIS MONTH – INCREASE YOUR CHANCES OF WINNING!!!** The first 2 people with correct answers sent to me via email len@pcsniagara.com will be the lucky winners of the first and second set of tickets – the last set going to the lucky caller. Go ahead and take your best guess, then **EMAIL** me at len@pcsniagara.com or call at (905) 646-6655! Remember, your chances of winning are better than you think!

This month's MegaTrivia Question:

What mountain range was named after a companion of Hercules who was buried in the mountains after being killed by wild boars?

a) Carpathians b) Jura Mountains c) Atlas Mountains d) Pyrenees

The answer to last month's quiz was b) 1875

Last month's winners were: Email Winners: Phyllis Lottridge & Amy Schafer and the Call-In Winner is Rose Shelton.

Top 10 Scariest Movies!

If you're hosting a Halloween party, you may want to play one of these movies from film critic Stephen Wagner:

1. The Exorcist
2. The Haunting (1963 version)
3. Jacob's Ladder
4. Poltergeist
5. The Sixth Sense
7. Rosemary's Baby
8. The Omen
9. The Innocents
10. Psycho
11. The Shining