



Healthy Home News

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

Remembrance Day: November 11

Also named Armistice Day, this holiday was created to remember those that fell during World War I – which ended at 11 am on November 11, 1918. It became Veterans Day (US) in 1954 and expanded to honor and remember veterans of all wars.

The earliest memorial services honored unidentified soldiers killed in battle. The idea for the Tomb of the Unknowns originated with a British chaplain serving in France who came across a grave with a crude wooden cross inscribed with the following words:

An unknown British soldier of the Black Watch.

The clergyman made arrangements for the remains to be returned to England, where on Armistice Day in 1920 they were laid to rest in Westminster Abbey. The French honored their unknown dead at the *Arc de Triumphe*. A similar practice was proposed by an American general for unidentified American soldiers. In 1921, the body of an unknown soldier was interred in a tomb built in Arlington National Cemetery in Virginia. Today, the Tomb of the Unknown Soldier is one of Arlington's most popular sites. It bears the words:

*Here Rests In Honored Glory an
American Soldier Known But To God.*

The nation honors its war dead with special services at the Tomb of the Unknown Soldier. Those in attendance observe two minutes of silence, followed by the playing of taps. A wreath is then placed at the tomb, which houses the graves of three unknown Americans who fought in War World I, World War II, and the Korean War. A wreath is also placed at the Vietnam Veterans Memorial in Washington, D.C.

Thanksgiving Around The World

Thanksgiving Day is a national holiday celebrated in several countries including Canada, the United States, some of the Caribbean islands, Japan, Germany, Grenada, Korea and Liberia. Though not officially celebrated, its popularity is growing in Britain as a new survey revealed one in six British people now celebrates Thanksgiving.

It began as a day of giving thanks for the blessing of the harvest and of the preceding year. Thanksgiving is celebrated on the second Monday of October in Canada and on the fourth Thursday of November in the United States, and around the same part of the year in other countries. Although Thanksgiving has historical roots in religious and cultural traditions, it has long been celebrated as a secular holiday as well.



An Amazing & Fun Website to Visit This Month:

"Draw a Stickman"

This is a really fun website to visit. When you go there you get to draw a Stickman figure, and then you take your character on an adventure.

The website is like a time machine because it transports you back to your childhood. It's a ton of fun, so we suggest you visit and give it a try. (Let us know how you enjoy it.)

www.drawastickman.com

Get Exclusive Specials When You "Like" us at www.facebook.com/HMcarpetcare

Get Inspired



Outstanding Client Of The Month!

Meet Carrie

Every month I choose a very special **Client Of The Month**. It's my way of acknowledging loyal clients and saying a big "Thank you!" to those who support me and my business with referrals and repeat business...You could be my next **Client Of The Month!**

See Insert This Issue...



Don't Be Left Out In The Cold! SAVE
\$15.00 Off Your Carpet Cleaning
\$25.00 Off Carpet Protection

(see colored insert)

Health Corner

We like this news very much. We think you will too.

Having corn on the cob with dinner? Adding a little butter will increase the level of nutrients your body will absorb. Having a salad for lunch? Adding full-fat salad dressing will have the same effect.

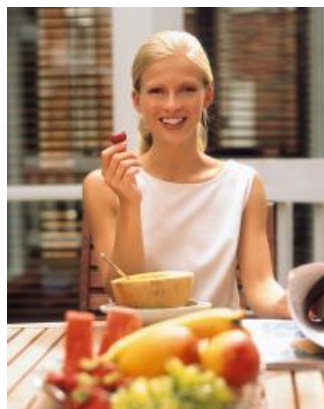
Some people avoid fat at all costs. But is that the best thing to do? Many of the healthful compounds in vegetables are fat-soluble. That means your body can't absorb them very well unless fat is present at the same time.

Researchers at *Ohio State University Comprehensive Cancer Center* in Columbus checked for nutrients that were especially important for cancer prevention. Some of the affected nutrients:

Lutein and *zeaxanthin* found in spinach and kale are important for eye and heart health. *Lycopene*, the red carotenoid found in tomatoes and watermelon, is a potential cancer fighter. *Alpha* and *beta carotene*, the orange pigment in carrots and cantaloupe, help to reduce cancer rates. *Vitamin E* found in mango, broccoli, and spinach is a powerful antioxidant that neutralizes free radicals in the body that cause tissue and cellular damage.

When some avocado was added to salads, blood tests showed the absorption of *lutein* was 18 times greater than without the fatty avocado. Absorption of *lycopene* increased by 4.4 times, and the increase in beta carotene absorption was 2.6 times.

Fortunately, the amount of fat in the entire meal can aid nutrient absorption. Nutritionists say you should choose at least one food per meal with a high fat content. That means if you have a small steak or hamburger with dinner, you'll be fine.



Quotes for November...

"Fallen leaves lying on the grass in November sun brings more happiness than the daffodils."
-Cyril Connolly (English Critic)

"Autumn: the year's last, loveliest smile." -William Cullen Bryant

Facts on Hearing Loss

Age is one of the major causes of hearing loss. Our hearing ability is decreased in our 30s or 40s and loss is significant by age 80. Despite this, more than half of all hearing-impaired people are of working age.

Often hearing loss comes so gradually that people ignore it or deny it. Only after others tell them the TV is too loud or when people object to repeating things over and over do they finally admit it. Only about 25 percent of people who could benefit from hearing aids actually wear them.

Studies show that those with untreated hearing loss suffer more often from depression, anxiety, emotional problems, and loss of social activity.

What causes hearing loss?

- **Heredity.** If your parents or siblings have hearing loss, your risk is increased.
- **Exposure to loud noise.** Continuous noise of 85 decibels results in hearing damage. (This is the sound of heavy road traffic.) Most work environments are kept to 80 dB, and hearing protection is provided.
Exposure and intense sounds can cause a temporary threshold shift. It is experienced as a temporary dullness in your hearing after exposure to loud noise. Hearing fully or partially recovers.
A permanent threshold shift is experienced 48 hours after exposure to very loud noise or exposure to excessive noise for long periods. This type of hearing loss can increase for up to five years after exposure.
Rock concerts can reach 110 to 120 dB. The same intensity can easily be produced in stereo headsets.
- **Cigarette smoking** can damage your ability to hear. The risk increases with the number of cigarettes smoked.
A study published in the Journal of the American Medical Association showed that 25.9 percent of smokers in the 48 to 59 age group suffered hearing loss compared to 16 percent of nonsmokers.

November

*November comes
And November goes
With the last red berries
And the first white snows
The fires burn
And the kettles sing
And earth sinks to rest
Until next Spring.*

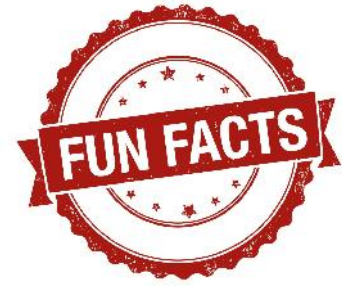
Clyde Watson

Thank You!

Thanks to YOU the word is spreading! Thanks to all of my wonderful clients who graciously refer me to their friends, family, and neighbors! My business runs on the positive comments and referrals from people just like you. I couldn't do this without you! A special thanks to all these fine folks who referred me last month...

Carrie

Wacky Days in November



Back again (due to popular demand) here's the November list of fun & wacky days!

2 *Deviled Egg Day*

6 *Marooned without a Compass Day*

8 *Cook Something Bold Day*

12 *Chicken Soup for the Soul Day*

15 *Clean Your Refrigerator Day*

16 *International Tolerance Day*

17 *Homemade Bread Day*

20 *Absurdity Day*

20 *Universal Children's Day*

23 *Eat a Cranberry Day*

28 *French Toast Day*

30 *Stay At Home Because You Are Well*

Source: www.TimeandDate.com

Thanks for All the Kind Words!

Thank you H&M carpet care for a great job on cleaning my furnace and carpets ☺

Healthy Home News

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

We go that extra step to please you



Call us today to book your furnace and carpet cleaning

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HMcarpetcare@shaw.ca

Inside This Issue You Will Discover...

- ✓ *Thanksgiving around the World*
- ✓ *Facts on Hearing Loss*
- ✓ *Here's "good news" in the Health Corner*
- ✓ *Stories, and quotes to get you inspired*
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- ✓ **Thank You's, a Fun Website, Famous Quotes...AND...**

Discounts, Specials And MORE!

Keep Reading Inside...

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 2 people who call my office with the correct answer will win **two FREE movie tickets**. Enjoy a night out on me with someone special in your life! Take your best guess, and then call me at **780-456-3644!** Remember, your chances of winning are better than you think!

This month's *Mega Trivia Question*:

Where is Thanksgiving NOT officially celebrated?

- A) Japan
- B) Britain
- C) Korean
- D) Germany

Hint: You'll find the answer in the newsletter.