



780 456-3644

February 2018

Healthy Home News

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

Didja' know this about Valentine's Day?

Some historians believe that the origins of this day can be traced back to Saint Valentine, a Bishop of Interamna, near Rome, who secretly married young soldiers to their sweethearts in the face of an edict banning such unions. The Roman emperor believed that married men would not be willing to fight in remote lands for years at a time.

Today, according to the Diamond Information Center, 10 percent of the 2.3 million couples who become engaged every year choose Valentine's Day to do so. Valentine's Day is also one of the busiest days for weddings in Las Vegas.

Since 1994, the Empire State Building in New York City has offered free wedding ceremonies on its 80th floor Sky Lobby in an effort to promote the Art Deco building as a romantic place. Couples are chosen on the basis of the originality, uniqueness, and style of their proposed weddings. Every year, 10 or more are chosen from the letters of application; over the years, more than 300 couples have married or renewed their vows there.

Want A Better Complexion? Look In Your Refrigerator

Your mother was right. What you eat really does affect your complexion. In her book *Smart Medicine for Your Skin*, dermatologist Jeanette Jacknin pinpoints which foods to eat to combat specific skin conditions.

Eating yellow or orange fruits and vegetables helps prevent sun damage. These foods are packed with beta-carotene and antioxidants, like vitamins C and A. Combined they act like a natural sunscreen.

Recent research has shown that drinking green tea can also prevent sun-induced skin damage. Green tea contains polyphenols which reduce cell damage caused by ultraviolet radiation. (A word of caution: these foods should supplement not replace topical sun screens).

To combat wrinkles, include almonds, brown rice and olive oil in your diet. These foods contain high amounts of vitamin E which can protect the cell membranes of the skin. In fact, a study conducted in Australia recently found that people who eat these foods have the least amount of wrinkles.

To improve the skin's elasticity and prevent thin skin, eat whole grains, seafood and garlic. These foods are rich in selenium which can slow the signs of aging by preserving the suppleness of skin tissue. —adapted from *Reader's Digest*



Cool Blogs, Sites
& Online
Resources to
Check Out!

Cool websites to visit this month:

EatingWell

Find healthy, delicious winter recipes, from the food and nutrition experts at *EatingWell*. Find healthy, delicious winter recipes including winter soups, stews and drinks. You'll find healthier recipes from food and nutrition experts.

www.EatingWell.com

RedEnvelope

Stuck for Valentine's Day gift ideas? The gorgeous scrapbook-style images on *RedEnvelope* should provide some inspiration. The site specializes in romantic gifts year round, but they also have a specific Valentine's Day section.

www.RedEnvelope.com

Get Exclusive Specials When You "Like" us at www.Facebook/XXXXXXXXXX.com!

Get Inspired

DON'T FORGET TO
LOVE YOURSELF

Soren Kierkegaard

Outstanding Client Of The Month!

Meet Lori

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...

**"I Am Looking For 15
Volunteers For BIG
Savings...
Can I Count YOU In?"**

Healthy Talk

Increase Good Fats in Winter

If harsh winter weather leaves you suffering from chapped lips, brittle hair and nails, and itchy, flaky skin, increase the amount of "good" fats in your diet, says nutritionist Allyson Mechaber.

The good fats are omega-3 fatty acids, which are an important part of human nutrition. Many studies show that they reduce the risk of coronary heart disease and stroke, auto-immune disorders, certain types of cancers, and rheumatoid arthritis.

"Essential fatty acids are needed for nervous and cardiovascular system functioning, as well as skin, nail, and hair health," she says. "Omega-3 fatty acids are found in fish; omega-6 and -9 are found in soybeans, sunflower seeds, sesame seeds, flaxseed, and primrose oil.

Chamomile Health Tonic

Here's a recipe that contains immunity-boosting ingredients in a homemade health tonic. While the drink may help when you're sick, it's not a quick fix. Regularly drinking wellness tonics, like this one, may over time help boost your immune system. Serve hot, room temperature or cold. This recipe makes four servings and can be refrigerated 3 days.

Ingredients: 4 cups boiling water; 6 bags chamomile tea; 2 teaspoons grated fresh ginger; 4 slices lemon; 2-4 teaspoons honey; 2 sprigs rosemary, lightly bruised.

Stir boiling water, tea bags, ginger, lemon, honey and rosemary together in large heatproof bowl. Steep, stirring occasionally, for 20 minutes. Strain the liquid through a fine-mesh sieve, pressing on the tea bags to get as much liquid out as possible.

If you want to see a video showing how to make this tonic, go to:

<http://www.eatingwell.com/video/7848/how-to-make-chamomile-health- tonic/>



Quotes for February...

"February days are a marketing gimmick; love happens every day." -Randeep Hooda

"If you only have one smile in you, give it to the people you love." -Maya Angelou

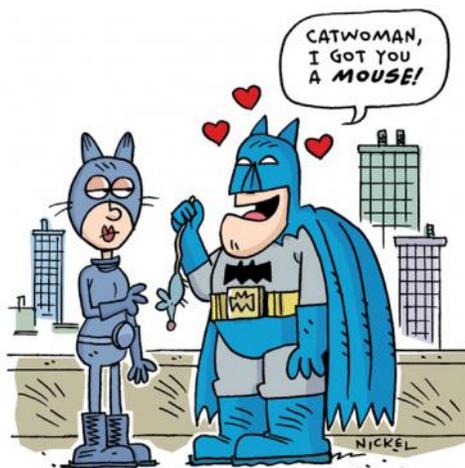
“The Spell” (funny!)

A prince was put under a spell so that he could speak only one word each year. If he didn't speak for two years, the following year he could speak two words and so on.

One day, he fell in love with a beautiful lady. He refrained from speaking for two whole years so he could call her “my darling.” But then he wanted to tell her he loved her, so he waited three more years. At the end of these five years, he wanted to ask her to marry him, so he waited another four years. Finally, as the ninth year of silence ended, he led the lady to the most romantic place in the kingdom and said, “My darling, I love you! Will you marry me?” And the lady said, “Pardon?”



Comic by Scott Nickel



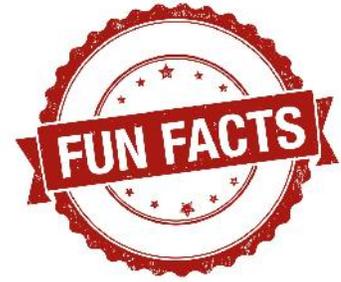
Comic by Scott Nickel

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...

Lori

February Fun Facts



1. February has 29 days in leap years, when the year number is divisible by four. In common years the month has 28 days.
2. When Julius Caesar introduced *Leap Years*, the last day of February was still the 28th. The extra day was achieved by counting February 24th twice.
3. In the Southern Hemisphere February is a summer month the equivalent of August in the Northern Hemisphere.
4. Black History Month is celebrated in Canada and United States.
5. National Day of the Sun is celebrated in Argentina.
6. In order to complete the Soviet Union's victory in Stalingrad during World War II, the last German troops surrendered in the Stalingrad pocket.
7. On February 6, 1952, Princess Elizabeth became Queen Elizabeth II of Great Britain.
8. February 11 - National Foundation Day in Japan
9. February 12 - Abraham Lincoln's Birthday
10. February 24 - Flag Day of Mexico
11. February 25 - People Power Revolution (Phillippines)

Thanks for All the Kind Words!

I have been using H&M carpet and furnace cleaning for years their hard working knowledgeable and excellent at what they do. Always happy and pleased with them

Healthy Home News

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

“
I've learned that people will forget
what you said, people will forget what
you did, but people will never forget
how you made them feel.
”

H & M

Carpet Care

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www.HandMcarpetcare.com

Inside This Issue You Will Discover...

- ✓ *Didja' know this about Valentine's Day? ...*
- ✓ *"EatingWell" cool website (and more)*
- ✓ *Healthy Talk ... Increase good fats in Winter, and an awesome Health Tonic recipe...*
- ✓ **Funny stories, and quotes to get you inspired**
- ✓ **PLUS MORE ... "February Fun Facts."**
- ✓ **Thank You's, Fun Websites, Famous Quotes...AND...**

Discounts, Specials And Much, Much 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:

Who introduced Leap Years?

- A) Cleopatra B) Napoleon
C) Australian Aborigines D) Julius Caesar

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