



780 456-3644

September 2018

Healthy Home News

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

Labour Day

Monday, September 3rd

Labour Day is an annual holiday to celebrate the achievement of workers. Labour Day has its origins in the labour union movement, specifically the eight-hour day movement, which advocated eight hours for work, eight hours for recreation, and eight hours for rest.

(Aren't you glad we don't have 12 hour work days any more?)

For most countries, Labour Day is synonymous with, or linked with, International Workers' Day, which occurs on May 1. For other countries, Labour Day is celebrated on a different date, often one with special significance for the labour movement in that country. Labour Day is a public holiday in many countries.

In Canada and the United States, Labour Day is celebrated on the first Monday of September and has become the unofficial end of summer with vacations ending, swimming pools closing, and school beginning.

It's one of the most popular days of the year for picnics and swimming parties. So if you don't really want a day of rest, why not make it a day of fun?



An Amazing Website to Visit This Month:

"Laughing Squid"

Laughing Squid should be a favorite blog to check out just for all the wacky, inspiring and unbelievable stuff you can find there. You can find all sorts of highly visual posts about art, culture and technology on this site, most of which are photos and videos.

It's updated with several new posts a day featuring the newest, freshest content. Posts are kept pretty short too, making it perfect for browsing casually.

www.Laughingsquid.com



Your Bucket List:

Things to do in Canada before you die

Your bucket list is personal, and is for you to create. But if you'd like a suggestion on something amazing to add to your list in Canada, here's something you may want to check out:

"Trip the Northern Lights fantastic in The Yukon"

Northern lights, camera tripod, action! Seeing the aurora borealis in full sky-dance motion captures you like nothing on earth, and Canada's Yukon territory is one of the best places to make it happen.

The small town of Whitehorse is the main gateway for aurora borealis tourism, with November to March the peak months for activity.

Once there, you can snow-shoe, snowmobile or even dog-mush into the wilderness.

How's that sound? It may not be first on your list, but it's a good one to add if you want.

Adapted from independent.ie

Get Exclusive Specials When You "Like" us at www.Facebook.comHMcarpetcare!

Get Inspired

A LOT OF
PROBLEMS
IN THE WORLD
WOULD
DISAPPEAR
IF WE TALK
TO EACH OTHER
INSTEAD OF
ABOUT EACH OTHER

Outstanding Client Of The Month!

Meet Miya

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...



**"How Do You Like
These Apples?"**

You get big savings
this month!

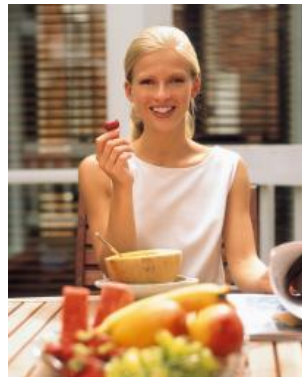
(See the insert)

Healthy Eating

Change Your Mood - With Food

Not only does what you eat impact your weight and health, studies show it can affect your mental and emotional states as well.

- ◆ **Need a boost?** Protein will perk you up. Norepinephrine and dopamine, found in protein-rich foods, increase concentration and alertness. Sources: Beans, lean poultry, red meat or cheese.
- ◆ **Anxiety keeping you up?** A small, carbohydrate-based snack may be just what you need to relax and ease into sleep. Serotonin has been shown to have a calming effect, and production can be boosted by eating carbohydrates. Sources: A small bowl of fiber-rich cereal with skim milk before bed can help give you a good night's sleep.
- ◆ **Nervous?** Foods that stimulate the release of dopamine may produce pleasant feelings, translating to a more approachable persona. Sources: Bananas, milk and leafy greens.
- ◆ **Depressed?** Fish is more than just brain food. Recent studies have shown that the omega-3 acids found in fatty fish may help ease symptoms of depression by raising the levels of serotonin in the brain. Sources: Fatty fish such as salmon, herring, tuna or sardines.
- ◆ **In a bad mood?** Several studies have linked low levels of selenium with tendencies towards anxiety and irritability, so load up on this nutrient to shake your foul mood. Sources: Sunflower seeds, whole grain cereals and Brazil nuts.



Quotes for September...

"By all these lovely tokens September days are here, with summer's best of weather and autumn's best of cheer."
—Helen Hunt Jackson

"My favorite poem is the one that starts 'Thirty days hath September' because it actually tells you something." —
Groucho Marx

Signs You Are No Longer A Kid

- Your back goes out more than you do.
- You send money to Public Broadcasting Stations.
- You are proud of your lawn mower.
- You buy a compass for the dash of your car.
- You sing along with the elevator music.
- You can go bowling without drinking.
- You got cable for the weather channel.
- You would rather go to work than stay home sick.
- You constantly talk about the price of gasoline.
- You quit trying to hold your stomach in, no matter who walks into the room.
- You consider coffee one of the most important things in life.
- You make an appointment to see the dentist.
- You no longer think of speed limits as a challenge.
- People call at 9 p.m. and ask, "Did I wake you?"
- The end of your tie doesn't come anywhere near the top of your pants.
- You know what the word "equity" means.
- You can't remember the last time you laid on the floor to watch television.
- You have a party and the neighbours don't realize it.

Are You A Workaholic?

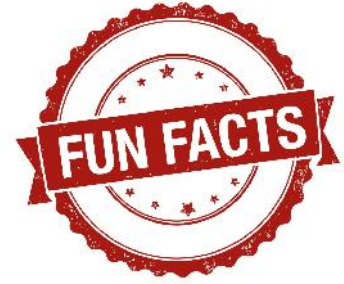
Being truly dedicated to your work is a plus no matter what your position may be. For some, however, dedication can become addiction.

It's a fact of life that high earners work more than 50 hours a week. They are defined as people age 25 to 34 who earn \$75,000 a year, or people age 35 and older with higher earnings. Some workers at various levels work 60 hours a week. They're on cell phones 24/7, no longer enjoy social activities, are the last to leave the office, and their families are left out of their lives.

The situation has generated support groups in various cities. Work addicts share stories about how their addiction has damaged their health, destroyed relationships, and hurt spouses and children. Workaholics don't get enough sleep, rarely exercise, tend to overeat, and may drink too much alcohol.

There have always been workaholics, but technology has vastly increased their numbers. They will even work from the shower or bath. They always focus on the next goal and worry they will fail if they don't keep it up. To curb the constant activity, these people must acknowledge the problem and realize they are a victim of their work, rather than the master of it.

Wacky Days in September



Due to popular demand (you loved the July & August lists), here's the September list of fun & wacky days!

2 International Bacon Day

5 Be Late for Something Day

10 Sewing Machine Day

11 Make Your Bed Day

13 Blame Someone Else Day

15 Make a Hat Day

19 International Talk Like A Pirate Day

22 Elephant Appreciation Day

23 Autumn Equinox

27 Crush a Can Day

28 Ask a Stupid Question Day

Source: www.TimeandDate.com

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...

Miya

Thanks for All the Kind Words!

I just bought a new house and was referred to H&M carpet care to get my carpets cleaned, I was very pleased with how good the carpets looked after and service was superb

Healthy Home News

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

We go that extra step to please you



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Inside This Issue You Will Discover...

- ✓ ***"Your Bucket List" idea***
- ✓ ***Signs you're no longer a kid!***
- ✓ ***Healthy Eating: Change your mood with food!***
- ✓ ***Stories, and quotes to get you inspired***
- ✓ ***PLUS MORE ... Stuff from September***
- ✓ ***Thank You's, Cool Website, 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 favourite 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:

If you're in a bad mood eat this:

- A) Pizza
- B) Popcorn
- C) Sunflower Seeds
- D) Bacon

Hint: You'll find the answer we want in this newsletter.