



Healthy Home News

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

December

*When the song of angels is stilled,
 When the star in the sky is gone,
 When the kings and princes
 are departed,
 When the shepherds are back
 with their flocks,
 The work of Christmas begins:
 To find the lost
 To heal the broken
 To feed the hungry
 To rebuild peace among brothers
 To make music for all to hear.*

Howard Thurman

Candy Canes

The first historical reference to the candy cane being in America goes back to 1847. About fifty years later the first red-and-white striped candy canes appeared. No one knows who exactly invented the stripes, but Christmas cards prior to the year 1900 showed only all-white candy canes. Christmas cards after 1900 showed illustrations of striped candy canes.

A Third of Adolescents Lack D:

Teens with low levels of vitamin D have lower lung function than those with recommended amounts according to the American Thoracic Society. Vitamin D is found in sunlight, eggs, fish, liver, fortified milk, and some calcium supplements.

Vitamin D is important for bone health because the body needs it to absorb calcium.

Holiday Lighting Safety

Decorating the Christmas tree and mantle doesn't seem like a very dangerous thing to do. However, depending on the condition of your light strings, it could be.

Because you were in a hurry to get decorations put away last year, you may have twisted, bent, or folded your light strings in a way that causes damage to the wires. In storage, lights can be damaged as well. It's important to inspect strands and make sure they are mechanically and electrically sound.

An even better choice is to replace older light strings with new ones. They are inexpensive and most have fuses in the base for safety. They are much safer.

Firefighters say outdoor lights should be on a timer so they don't burn all night. All indoor decorations should be turned off before you go to bed.

The firefighters have seen the pain and anguish of those who have lost their homes, belongings, and Christmas gifts because of a December fire. It has touched some firemen so much that they stock Christmas toys for the children. Some develop a Christmas fund so they can significantly help one or two families who were burned out.

Celebrated in Canada, England, Australia

Boxing Day Has Colorful, Centuries-Old History

When you think of British castles in the days of old, you may visualize the lord of the manor and his family in their elaborate clothes. It took a lot of people to make the castle run smoothly, most of whom were servants inside and the serfs who worked the land.

On Christmas Day, family celebrations were held including gifts that were exchanged among those of equal status, such as family members and friends.

On December 26, each family that served the manor received a box of gifts. Usually included were cloth, leather goods, food supplies, tools, and whatever else was available. It wasn't just charity but was thought to be a part of their wages. Still, it was a happy day. It was Boxing Day.

Merchants gave boxes of food to tradespeople, and churches gave boxes to the poor.

In more modern times, the holiday has evolved into a celebration of family. On Christmas in England, people celebrated at home. On Boxing Day, they visited their grandparents.

Since World War II, the holiday has become a day to do many other things such as attending sports events.

Boxing Day is also St. Stephen's Day. Since St. Stephen is the saint of horses, the day became associated with horse racing. Soccer and rugby games are often played on St. Stephen's Day.

It's a nation-wide holiday. People don't work, and stores are closed.

A Big THANK YOU To My Outstanding Clients

It is the end of the year and I want to thank each and every one of you for your support and referrals. I am glad to make a positive difference in your lives. Have a wonderful holiday season and may the spirit of joy fill your lives.

Exercise Reduces Type 2 Diabetics' A1C Levels

The A1C test is an estimate of a person's blood sugar over a three-month period. It gives a more accurate picture than daily testing.

The good news for people with diabetes is that both aerobic and strength training exercise can lower A1C readings. At the *American Diabetes Association*, they say this is spectacular news. It shows that exercise can lower blood sugar almost as much as any single pill.

Findings in the *Annals of Internal Medicine* show that people who did 45 minutes of exercise such as walking three times a week decreased their levels of A1C by 0.51 percent. During the 22-week study period, strength training for 45 minutes three times a week reduced it by 0.38 percent. Participants who did both kinds of exercise reduced A1C by a remarkable 0.97 percent.

Doctors suggest starting with easy exercise and working up to 30 to 60 exercise minutes per day.

Christmas Candles Reflect Belief

Long ago a wonderful story was told on Christmas Eve. On that night, those who believed told of the Christ Child wandering throughout the world. He was searching for places where He would be welcomed with warmth and shelter.

Those who loved Him, hoping that He might find their homes, placed lighted candles in their windows.

This story is now seldom told, but the world still burns candles on Christmas and Christmas Eve. We burn large glowing candles, tall red tapers, and candles in the center of our holiday tables. Twinkling electric candles are seen in windows and on the branches of Christmas trees. Many still believe that candles are silent witnesses to the glorious light of Bethlehem.

Candles in the windows of our homes welcome our neighbors and friends. And perhaps, just perhaps, even He will see the lights in our windows, and His spirit will be with us on Christmas Eve.

O Holy Night

"O Holy Night" ("Cantique de Noël") is a well-known Christmas carol composed by Adolphe Adam in 1847 from the French poem "Minuit, chrétiens" by Placide Cappeau (1808-1877), an accomplished amateur. Cappeau was asked to write a Christmas poem by a parish priest. It has become a standard modern carol for solo performance with an operatic finish.

Origins: In the carol, the singer recalls the birth of Jesus. It was translated into English by the Unitarian minister John Sullivan Dwight, editor of *Dwight's Journal of Music* in 1855. The lyrics also exist in other languages.

On 24 December 1906, Reginald Fessenden, a Canadian inventor, broadcast the first AM radio program, which included him playing "O Holy Night" on the violin. The carol therefore appears to have been the first piece of music to be broadcast on radio. – *Wikipedia*

Warning: Bed Bugs are in the Rogue Valley

Bed Bugs are having an unprecedented comeback. In the last few years there has been a 500% increase in bed bug infestations. A month ago bed bugs were found in the homeless shelters in Medford. Now I am hearing from people bringing them home after a coastal vacation. In the early 1900's bed bugs were almost eliminated through sprays with DDT, but since its' ban they have been slowly gaining in numbers. The most common ways to bring bed bugs home are from public places like motels, or from bringing home used furniture, especially something left curbside. Take a moment to educate yourself about what they look like and how to avoid bringing them home. It's all over the internet. If you catch it fast, you can avoid a major infestation, and then it's much easier to overcome. The most common complaint is that the homeowner thought they were gone, only to return several months later. Exterminators are having little luck in helping, and the best ways are the standard ones of encasing the mattress and diligently using diatomaceous earth.

When you fall in a dream, sometimes you die, sometimes you wake up, and sometimes you learn to fly.

Neil Gaiman

Every decision you make is not a decision about what to do. It's a decision about Who You Are.

Neale Donald Walsh

If the only prayer you said in your whole life was, "thank you," that would suffice.

Meister Eckhart

The price of inaction is far greater than the cost of making a mistake.

Meister Eckhart

Each day comes bearing its own gifts. Untie the ribbons.

W.J. Cameron

Never worry about the size of your Christmas tree. In the eyes of children, they are all 30 feet tall.

Larry Wilde

HAPPY HOLIDAYS



Greet Your Holiday Guests With Fresh, Clean, Healthy Carpet!

Exercise Helps You Think Better and Faster

If your job requires good judgment and quick thinking, you'll do it better if you exercise regularly. Some people think regular exercise is for self-centered people who want to improve their appearance, but studies show that exercise increases brain function. As a "side effect," exercise reduces anxiety and depression and helps to ward off the mental effects of aging.

A report published in the *Journal of Exercise Physiology* looked at fitness scores of 884,000 students. They compared them to state-mandated test scores and found the fittest students scored much better than others.

A study of the cognitive consequences of exercise published in the journal *Acta Psychologica* shows that exercise facilitates thinking, especially information processing.

Other research shows that exercise can make the brains of older people act younger. Magnetic resonance imaging scans before and after six months of aerobic exercise show that the brain activity of older people was similar to that of 20-year-olds, according to the University of Illinois.

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. Anyone who calls in with the correct answer will be put in a drawing to win **two FREE movie tickets**. Enjoy a night out on me with someone special in your life! Take your best guess, then call me at **482-3660!** Remember, your chances of winning are better than you think!

This month's Mega Trivia Question:
Who composed the carol "O Holy Night" in 1847?

- A) Adolphe Adam B) Placide Cappeau
C) John Sullivan Dwight D) Reginald Fessenden

HINT: The answer is somewhere in this newsletter

This Month In History

32 Years Ago (12/1/82):
Michael Jackson releases
Thriller

72 Years Ago (12/2/42): 1st
controlled nuclear chain reaction
(Enrico Fermi-Univ. of Chicago)

92 Years Ago (12/2/27): 1st
Model A Fords sold, for \$385

107 Years Ago (12/10/07):
Rudyard Kipling receives Nobel
Prize for literature

122 Years Ago (12/18/1892):
Peter Ilyich Tchaikovsky's ballet
Nutcracker Suite premieres

127 Years Ago (12/1/1887):
Sherlock Holmes 1st appears in
print: *A Study in Scarlet*

137 Years Ago (12/6/1877): 1st
sound recording made (Thomas
Edison)

142 Years Ago (12/11/1872):
1st black US Governor took
office, Pinckney Benton Stewart
Pinchback (Louisiana)

172 Years Ago (12/7/1842):
New York Philharmonic's 1st
concert

317 Years Ago (12/2/1697): St
Paul's Cathedral opens in
London

*Earnestness is enthusiasm
tempered by reason.*
Blaise Pascal

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A Special Offer For Swept Away Clients Only

Thanks For All The Kind Words!

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

**Congratulations to Susan Fey,
this month's movie trivia winner.....
call in with your answer today and you could be a winner, too!**

Never compromise your health. Choose the most conscious and educated company. **Choose Swept Away!!**

**“Greet Your Guests With Fresh, Clean, Healthy Carpet....
And Still Have Money Left To Stuff Their Stockings!”**

It's that time of year again! Time for baking cookies and gathering with friends and family. Time for making memories. Time for passing on traditions. Time for cleaning those carpets.

After all, you go to so much trouble cleaning the house, changing the bedding, preparing a beautiful spread of food, you don't want to overlook any details and greet your guests with lack-luster (or worse) *dirty* carpets do you?

“But I don't want to worry about people spilling things on my carpet over the holidays.” Not to worry. I've extended my “Stay Clean” warranty through December. And so if you clean before **December 31, 2014**, I'll clean up spots and spills for free until **January 15, 2015**. So no worries. Clean before the holidays, and your carpets will stay clean longer!

“But I've got a lot expenses this month.” That's why in December I offer my discount of **\$30 off of any cleaning service**. I want you to be able to have clean, beautiful carpets to greet your guest with – and still be able to stuff those stockings. And I accept all the major credit cards – so you can use your card if you want to.

Remember, your carpet is the “Welcome Mat” of your home. It greets your guests as soon as you do – make sure it reflects the cleanliness of your home. Plus, you **can take advantage of my “Stay Clean Warranty”** and my **\$30 off of any cleanings**. Just call **541-482-3660** and schedule your cleaning before **December 31, 2014**.

Stuff Those Stocking With The Money You Get From These Discounts!

Expires December 31, 2014

*Not valid with other offers, the minimum applies.