



Healthy Home News

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

May is National Sleep Month

Feeling crabby lately? Feeling simply worn out? Perhaps your solution is better sleep. Think about all the factors that can interfere with a good night's sleep-from pressure at work, family responsibilities, to unexpected challenges. It is no wonder that sleep for some can be elusive. Although you may not be able to control all the factors that interfere with your sleep, you can adopt habits that encourage better sleep.

- 1. Stick to a sleep schedule.** Go to bed and get up at the same time every day, even on your weekends and holidays. Being consistent reinforces your body's sleep-wake cycle and helps promote better sleep at night.
- 2. Pay attention to what you eat and drink.** Don't go to bed either hungry or stuffed. Both could keep you awake. Things like nicotine, caffeine, and alcohol can disrupt your sleep. Protein before bedtime helps you fall asleep and reach a deeper, better quality sleep.
- 3. Create a bedtime ritual.** Do the same thing each night to tell your body it is time to wind down. Some ideas are a warm bath, a relaxing shower, listen to soothing music and dim the lights. Relaxing activities ease the transition to falling asleep.
- 4. Get comfortable.** Create a room that is ideal for sleeping. Cool, dark, and quiet are usually your best bet! Consider room darkening shades and a fan. Comfortable pillows and a great mattress are key to getting a good night sleep. Try to limit children and pets sleeping with you.
- 5. Limit daytime naps.** Naps can interfere with nighttime sleep especially if you struggle with insomnia or poor sleep quality. If you have to nap, limit yourself to 10 minutes midafternoon.
- 6. Work Out.** There is a correlation between exercise and good sleep. Exercise early in the day so you can fall asleep faster and enjoy a deeper sleep.
- 7. Manage Stress.** When your mind is racing because you have too much to do or think about, your sleep will suffer. Find healthy ways to manage your stress and restore peace in your day. Get organized, set priorities, delegate tasks, and keep a list. Enjoy time with friends and family to relax.

Of course, it is common for people to have an occasional sleepless night, but if the problem persists, contact your physician. There may be an underlying hormonal reason.



**Cool Blogs, Sites
& Online
Resources to
Check Out!**

www.explore-everest.com

Experience the harrowing trek to the summit of the Earth's highest mountain right from your kitchen table. Brought to you by the Discovery Channel, this site will take you through the same section of deadly crevices and unstable boulders of ice that became famous for the Khumbu Icefall in 2014 that claimed the lives of 16 Sherpa. From there you can continue your climb to the summit and the majestic views.

<http://www.projectalexandria.net/>

Project Alexandria is the Pandora of Books. If you still don't understand the reference, this website is basically a recommendation tool for book lovers. Enter the Book Title or your favorite author name to get up to five recommendations based on books like it

www.eatthismuch.com

Treat this website as your virtual Dietitian. Enter your dietary plans to get recommendations from this website along with a grocery list that you would need to follow the diet for the entire week

Get Inspired

“Nothing is impossible, the word itself says “I’m possible!”.”

– Audrey Hepburn, US
Actress born on May 4, 1929



My clients always ask me what to do about their pet problems/accidents. The answer is to take quick and thorough immediate action. If you have pets, it is a good idea to have a bottle of Bac-Out by BioKleen or Natures’ Miracle on hand at all times. They are enzyme products that digest the urine or feces or any food spill for that matter, and ensure that an odor issue doesn’t occur in the future. If you have a pet problem you don’t know what to do with, please call me and I’ll talk you through it over the phone. Anytime. Really.
541-821-3664

See Offer This Issue...



Get my ideas on saving your carpets,
your money, and our planet!

May is National Barbecue Month

There’s no other style of food quite like barbecue. When a piece of meat spends hours upon hours inside a smoker, something magical happens, and the resulting product has inspired more fierce and passionate devotion than just about any other type of food on earth. But whether you’re a connoisseur or just an occasional rib-eater, we bet that there are some things you didn’t know about this wonderful style of cuisine.

Barbecue has many different definitions around the world; in Britain, for example, to barbecue is to cook directly over high heat (what Americans call grilling), and even in America, barbecuing and grilling are occasionally (and incorrectly) used as synonymous. But for today’s purposes, we’re talking about real barbecue: the process of hot-smoking meat low and slow.

There are different regional barbecue styles across the country, and for a barbecue lover, one of the great joys of traveling across the country is sampling as many as possible. While there are plenty of nuances and micro-regional styles, there are four styles that anyone who claims to be a barbecue lover should know about. In **North Carolina**, barbecue revolves around the pig: the “whole hog” in the east and the shoulder in the west. The pork is chopped up and usually mixed with a vinegar-based sauce that’s heavy on the spices and contains only a small amount of tomato sauce, if any. In **Memphis**, it’s all about the ribs. Wet ribs are slathered with barbecue sauce before and after cooking, and dry ribs are seasoned with a dry rub. You’ll also find lots of barbecue sandwiches in Memphis: chopped pork on a bun topped with barbecue sauce, pickles, and coleslaw. **Kansas City** barbecue uses a wide variety of meat (but especially beef) and here it’s all about the sauce, which is thick and sweet — think KC Masterpiece. Kansas City is a barbecue melting pot, so expect to find plenty of ribs, brisket, chicken, and pulled pork there, all served with plenty of sauce and a side of fries. Brisket burnt ends are also a specialty here. And there are a few different styles native to **Texas** (it’s a big state, after all), but the most famous variety is the Central Texas Hill Country “meat market” style: heavy on the beef brisket, which has been given a black pepper-heavy rub. Sauce and side dishes usually play second fiddle, because in Texas it’s all about the meat, be it ginormous beef ribs, pork ribs, chicken, brisket, or sausage.

So loosen your belt, get your favorite bottle of barbecue sauce ready, and prepare yourself to be in the mood for some smoked meat, because you’ll most likely be craving some by the time you’re done reading our newsletter!

Quotes for May...

“Prejudice is a burden that confuses the past, threatens the future, and renders the present inaccessible” – *Maya Angelou*

“Your big opportunity may be right where you are now.” – *Napoleon Hill*

“You may never know what results come of your actions, but if you do nothing, there will be no results.” – *Mahatma Gandhi*

The Potassium Blood-Pressure Connection

A proper balance of potassium both inside and outside your cells is crucial for your body to function properly. As an electrolyte, potassium is a positive charged ion that must maintain a certain concentration (about **30 times higher inside than outside your cells**) in order to carry out its functions, which includes interacting with sodium to help control nerve impulse transmission, muscle contraction and heart function.

There is so much research showing a link between low levels of potassium and high blood pressure that researchers now believe increasing your levels should receive just as much attention as a low-salt diet in blood pressure management. So if you have high blood pressure, it could be a sign that you're lacking in this vital mineral.

Signs of severe potassium deficiency include fatigue, muscle weakness, abdominal pain and cramps, and in severe cases abnormal heart rhythms and muscular paralysis. If you are struggling with high blood pressure, optimizing your potassium intake is highly recommended. The current recommended level for adults is 4,700 mg a day.

- Swiss chard (960 mg of potassium per 1 cup)
- Avocado (874 mg per cup)
- Spinach (838 mg per cup)
- Crimini mushrooms (635 mg in 5 ounces)
- Broccoli (505 mg per cup)
- Brussels sprouts (494 mg per cup)
- Celery (344 mg per cup)
- Romaine lettuce (324 mg per 2 cups)

May Fun Facts



The birthstone for May is the Emerald which represents Success or Love

The flower for May is the Lily of the Valley

The Empire State Building opened on May 1, 1931

The Kentucky Derby is always held on the first Saturday in May

On May 5, 1961, Alan Shepard became the first American in space by piloting the Freedom 7

Lewis and Clark began their trip on May 14th

May 15th is recognized as National Hug your Cat Day

Emilia Earhart made her famous flight on May 20, 1932

The Golden Gate Bridge opened on May 27, 1937 with crowds of over 200,000 people strolling across in celebration

May has a unique feature that is always begins and ends on the same day of the week.

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:

Which is NOT a suggestion for better sleep?

- A) Good pillows B) A relaxing bath
C) Watching TV from bed D) Stick to a schedule

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

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!

Thanks for All the Kind Words!

Joanna does such an incredible job cleaning carpets! I had carpeting in a room that a tenant had totally abused, parts of the carpet were almost black on a beige berber.

Joanna really worked on it and actually removed the black ground in stains! It was amazing! Joanna is a really hard worker and has very high standards for her work.

Highly recommend!

Diane Paulson, Ashland



Healthy Home News

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

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Carpet Cleaning

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Carpet Repair

**Congratulations to Peg Shrader
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!!**

"You Can Save More Money Over The Next 5 Years By Cleaning Your Carpets..."

Hello, it's Joanna, from Swept Away Carpet Cleaning. In today's economic environment, most people are looking for ways to be more "green". **How does that work with carpet cleaning? Let's take a minute and ... "Crack The Code"**

Did you know that the manufacturer expects your carpets to last between 20 and 30 years, depending on how often you clean. First let's ask... **how much would replacing the carpets in your home cost? The cost is not only money, but time as well. And how long will your current carpets last?** On average, most people would be looking at around \$3,000-\$8,500 for a whole house, depending size and on the quality of carpet installed.

So how about extending the life of your current carpet to avoid such a big expense?

Honestly in the thousands of homes I've cleaned. I've seen 5 year-old carpets that needed to be put in the trash and 20 year-old carpets that still looked brand new.

The only difference was in the care.

Most people can't afford the luxuries of a "throw away" society and certainly our planet can't afford it.

But your carpet can look brand new for years to come with the proper home care and maintenance...

Here Is The Simple Formula: *Remove your shoes + Vacuum weekly + Immediately take care of spills + Have proper steam cleaning done every 8-12 months= Long Lasting Carpet = Better for your health and that of our planet.*

If you follow that formula you will extend the life and beauty of your carpet.

Please see special offer...

Protect Your Home's Valuable Asset by Scheduling Your Carpet Cleaning Today:

Please Call Swept Away Carpet Cleaning at **541-488-3660**

or text me at **541-821-3664**

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www.sweptawaycc.com

*Some restrictions apply. Not valid with other offers.