



Healthy Home News

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

Tea Time: 5 Herbal Teas for Health

Try these easy-to-find and delicious herbal teas for 5 common health problems. Steaming, delicious herbal tea can do more for us than act as an afternoon pick-me-up. A wide variety of herbs have healing applications, and they can be administered as a lovely cup of tea.

1. Chamomile for Anxiety

Chamomile is a gentle healer and highly effective. This yellow daisylike flower is a popular medicine among herbalists and is known to treat a variety of ailments. The flowers have anti-inflammatory properties. Chamomile is also a popular remedy to reduce anxiety and quiet the mind for sleep.

TO MAKE TEA: Gather 1 teaspoon dried or 2 teaspoons fresh chamomile flowers and steep in 1 cup boiling water for 15 to 20 minutes. (The longer it steeps, the more bitter it will taste.)

2. Lavender for Sleep Problems

A beautiful and fragrant addition to any garden, lavender has profound relaxing, calming and uplifting effects. A number of studies have shown this herb to improve sleep quality, promote relaxation and lift mood.

TO MAKE TEA: Harvest lavender flowers when the buds are just starting to open for the highest quality, according to [Rosemary Gladstar's Medicinal Herbs](#). Steep 4 teaspoons fresh lavender buds in 1 cup boiling water for 10 minutes, then enjoy!

3. Peppermint for Indigestion

Renewing, refreshing and energizing peppermint is the perfect herbal pick-me-up. It's renowned as a digestive aid. Several studies have shown it to be effective at treating symptoms of indigestion and irritable bowel syndrome. Its main active agent, menthol, also works as a decongestant and may help loosen phlegm and break up coughs during cold and flu season.

TO MAKE TEA: Steep 1 teaspoon dried peppermint leaves in 1 cup boiling water for 10 minutes. Drink four to five times per day between meals.

4. Ginger for Nausea

We naturally associate this pungent herb with winter, thanks to its warming properties. In addition to helping boost circulation during cold weather, the fragrant root is also known to soothe upset stomachs and help ease nausea in general, especially from motion sickness. It is also known to help with the nausea pregnant women can experience.

TO MAKE TEA: Steep 5 thin slices of ginger root in boiling water for 3 minutes. Strain and enjoy. You can also grate the ginger root into a pot and simmer for 20 minutes, strain and add honey to taste.

5. Dandelion for Bone Health

This plant is packed with essential minerals such as iron, potassium and beta-carotene, plus vitamins A, C and D. The powerful punch of vitamin D in dandelion tea can help build strong bones and ward off osteoporosis. (To learn more about this read [How to Prevent Osteoporosis, Naturally](#).) The young, delicate leaves are also delicious in a salad or steamed with garlic and chili pepper flakes.

TO MAKE TEA: Boil 1 quart water. Turn off heat and add 4 tablespoons dandelion leaf. Cover and steep 30 to 60 minutes, then strain.

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

www.TheBlondeSalad.com

This uber cool lifestyle website is designed to inspire it's readers through all things fashion, beauty, and lifestyle design. This beautifully crafted site is like a fashion and travel magazine rolled into one amazing digital experience. If you want to see what is hot, cool, trendy, and cutting edge then be sure to get the scoop at The Blonde Salad.

www.GalMeetsGlam.com

Another gorgeously appointed website, this one is ran by beauty, Julia Engel. The site is slick and cool and covers all things beauty, fashion, home, and travel. The pictures are inspiring and the posts are entertaining. Plus, you can even shop some of the amazing fashions and styles featured on the site. It's kind of a one-stop shop for current fashion and beautiful home lovers.

Get Inspired

“With the new day comes new strength and new thoughts.”

– Eleanor Roosevelt, American Politician and diplomat, also notably the longest serving 1st lady in the White House.



Outstanding Client Of The Month!

Meet: Jason Isam

Jason is a good person to call when you need lawncare or leaf removal. He also loves my work and refers me to his clients. Thanks Jason!

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 Special This Issue...



Don't Miss!! 4 Great Reasons To Clean With Me In February!
(see back page)

Healthy Talk

Raw Honey

Raw Honey has natural antibacterial and antiviral properties. If you suffer from a sore throat with your cold, raw honey is at least as effective as cough syrup or cough drops. (Remember that honey is a natural sugar and taken in large amounts will adversely affect your insulin and leptin levels).

Honey Lemon Cough Syrup

Lemon helps promote health by quickly alkalinizing your body, and honey will kill any bacteria. This is a perfect choice for a quick cough remedy.

1. Put a pint of raw honey in a pan on the stove on VERY low heat (Do not boil honey as this changes its medicinal properties).
2. Take a whole lemon and boil in some water in a separate pan for 2 to 3 minutes, to both soften the lemon and kill any bacteria that may be on the lemon skin.
3. Let the lemon cool enough to handle, then cut it in slices and add it to the pint of honey on the stove. (I like to remove the seeds now)
4. Let mixture cook on warm heat for about an hour.
5. Then strain the lemon from the honey, making sure all lemon seeds are removed.
6. Let cool, then bottle in a jar with a lid and store in the refrigerator.

This syrup will keep for two months in the refrigerator.

To soothe a cough, take 1/2 teaspoon for a 25-pound child and 1 teaspoon for a 50-pound child, about four times a day, or as often as needed. Adults can take 1 tablespoon doses.

Quotes For February...

“There is only one happiness in life, to love and be loved.” – *George Sand, 19th Century French Novelist*

“Love yourself. It is important to stay positive because beauty comes from the inside out.” – *Jenn Proske, Canadian Actress.*

“I have found that if you love life, life will love you back.” – *Arthur Rubinstein, 20th Century American Musician*

“Let us always meet each other with a smile, for the smile is the beginning of love.” – *Mother Teresa, 20th Century Saint*

Find some of these and more quotes at www.brainyquote.com

Winter Water Report

Many people in southern Oregon have been anticipating a wet winter and so far, precipitation has been promising for sailors and having our lakes full by the coming summer.

Even though Howard Prairie is over 50% full, most of the increase in the lake level will come between March 15 and June 1 when the snowpack melts. Emigrant is currently above its fill curve, and is expected to be 100% full on June 1 (the historic peak fill date). Howard Prairie experienced a similar snowpack last year with a lower starting level, and filled to over 60% in 2016, leading observers to believe that in 2017 the lake will be 100% full or nearly so.

So it looks like we will have a good summer with little smoke, full lakes, good sailing, and happy sunsets.

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 was the longest running 1st lady of the U.S.?

- | | |
|----------------------|----------------------|
| A) Jackie Kennedy | B) Eleanor Roosevelt |
| C) Martha Washington | D) Michelle Obama |

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!

The Idea Corner



Making your own cleaning supplies is easy and cost effective. Here are some simple recipes.

Recipe for All Purpose Cleaner:

4 Tablespoons Vinegar
2 tsp. Borax
32 oz. hot water
Mix and store in a spray bottle.

Recipe for Window Cleaner:

1 Cup Vinegar
3 Cups Water
Mix and store in a spray bottle. Use a cotton rag or newspapers.

Recipe for Cleaning Wood/Hard Surface

Floors:

¼ Cup White Vinegar
1 Quart Warm Water
Mix in spray bottle. Use sparingly and be careful not to over wet the wood. Use a cotton mop.

A Couple of Notes: Always test a surface before you clean it with any product. For a pleasant scent, add a few drops of an essential oil to your homemade cleaning products. Try lavender, lemon, or tea tree oil or eucalyptus.

Being able to reuse your cleaning supplies cuts down on waste. I opt for reusable, washable cotton rags over paper towels. Better yet, try microfiber clothes and only use water, no products needed! Now clean to your heart's content – all of the recipes above are non-toxic and are safe for you and the planet.

Thanks for All the Kind Words!

Swept Away Carpet Cleaning saved my carpets and I am so happy about that!

Jake Campbell, Talent



Healthy Home News

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

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Swept Away Carpet Cleaning

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541-821-3664 cell

www.sweptawaycc.com

Carpet Cleaning

Upholstery Cleaning

Oriental Rug Cleaning

Leather Cleaning

Odor Removal

Color Repair

Carpet Repair

Congratulations to Susan Fay
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!!**

4 Great Reasons To Clean With Me In February...

Hello Friend! It's your favorite carpet cleaner, from Swept Away Carpet Cleaning, and after years of running my business, I've found a lot of my clients don't like to clean in February. **Now, don't get me wrong, I have clients who just love to clean in February because they know it's actually a great time of year to clean,** but it's just not quite enough to keep me busy.

Discover These 4 Reasons To Call Me Right Now...

Reason #1: You Get Stress-Free Appointment Times. Imagine this – my business drops in winter months and in February – you can call me and have your pick of the schedule. BONUS: I might even be able to get you in the next day.

Reason #2: You're Spending More Time Indoors. So you are exposed to whatever dirt or bugs are in your house. Lets get it cleaned up and keep you healthy this winter.

Reason #3: Your Carpets Tend To Stay Cleaner Longer. Why? Because people are more apt to take their shoes off this time of year.

Reason #4: Your carpets transform from dull to dazzling. Okay, okay I admit I can do that any time of the year, but it's always a great reason to call. Besides aren't there some spots and spills that are starting to bug you?

Wait! I will give you one more reason.... If you clean in February you get this special.

February Specials: Expires 2/28/2017

Get \$35.00 off any carpet cleaning

Get \$35.00 off of any upholstery cleaning

Spots & Spills Cleaned up for 30 days after the job FREE!

\$170 of free cleaning in February!

Call 541-482-3660

*Minimum charge applies. Not valid with other offers. More details on back of card.