



Healthy Home News

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

This Year You CAN Keep Your Resolutions! Here Is How...

The New Year ushers in that desire to start fresh, to make resolutions and to stick to them. According to many sources, the top resolutions that people make are: *losing weight, eating healthier, getting fit, quitting smoking, spending more time with the family, going back to school, getting a better job, saving more money, volunteering, and traveling.* These are all great goals! Check out these tips...

- 1. Keep it real.** Have you ever heard this expression? "*The easiest way to eat an elephant is one bite at a time.*" So, whatever you're tackling this year, chunk it down. For example, instead of saying I'm going to work out at the gym every day, resolve to start with 3 days per week and build from there when your ready.
- 2. Write it down.** Some people say, "*a goal not written down is just a wish.*" So put it in writing. Hang your words up where you can see them and be moved by them everyday. Who cares if there are sticky notes all over the bathroom mirror as long as you're keeping yourself motivated.
- 3. Architect your journey.** Do more than write the end goal, spell out the path to getting there. How are you going to get from point A to point B? Create a tangible map for this journey.
- 4. Find your cheerleaders.** Get the support of the people in your life that care about you and want to see you reach this goal. Enroll their support by telling them about your plans, you can do this both offline and through social media online.
- 5. There is probably an App for that.** You've got the world at your fingertips and whether you are losing weight, quitting smoking, going to school, or saving money there is probably an App for that.
- 6. Keep track.** There is no growth without measurement, so measure! Create a visual system that will help you to chart your progress and keep you on track towards your goals.
- 7. Press on.** It's not over til it's over. If there are roadblocks, and there will be, you'll need to figure out a way around them. Don't let anything keep you from your goals this year.

Keeping your resolutions can help you to feel happier and more fulfilled. Be tenacious and stick to your plans. Then next year, you can look back with a sense of accomplishment.



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

www.SparkPeople.com

This web site is so cool for anyone seeking a healthier lifestyle. It's got a great, usable platform and is packed full of motivation. You can have access to a community, fitness trackers, calorie counters and more. Plus, there are loads of very well written motivational articles and advice. You'll enjoy the look and feel of the site, but best of all you'll love the content.

www.StickK.com

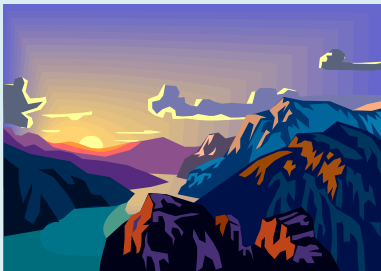
This is a really fun concept. You set the stakes against your goals in the form a monetary pledge, or there are referees to monitor you, and people to cheer you on.

You're required to sign a "commitment pledge" and studies show that those who work with a referee are 2X as likely to reach their goals and those who work with a cash pledge are 3X as likely. So if you're ready to take your goal setting and achieving to new heights check out this super cool website and go for it in 2017.

Get Inspired

“Write it on your heart that every day is the best day of the year.”

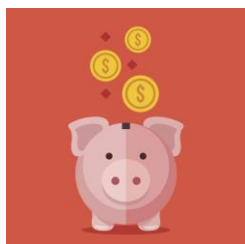
– *Ralph Waldo Emerson, mid 19th century American Poet and Writer and Author of The Snow Storm.*



Add Oils to Your Skincare Routine

There are many natural oils that have hydrating and healing properties and they will do more for your skin than a simple layer of lotion. Almond Oil, Coconut Oil and Olive Oil have many healthy fatty acids [that do amazing things for your skin](#). Add a few drops of essential oils to this base oil of Almond, Coconut, or Olive and watch your skin heal. Some favorites are Rosemary, Eucalyptus, and Helichrysum.

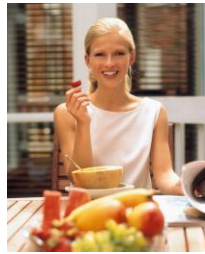
See Offer In This Issue...



Get my deepest discounts of the year! (See Offer)

Healthy Talk

4 Websites That Will Help You Eat Great And Lose Weight In 2017



If eating a healthier, fresher, whole foods diet is on your list in 2017 then look no further than the device in the palm of your hand. Check out these gorgeous photographs of delicious food, and easy recipes that will please the pickiest of pallets. Here are four websites to check out in 2017....

www.OhSheGlows.com

Who doesn't want to glow with health and vitality? Angela Liddon will lead the way with tasty vegan recipes that will make the most devout carnivore want to sample this healthy and delicious fare.

www.MarksDailyApple.com This website is packed full of information and recipes for healthy "primal" living. Rooted in paleo philosophy, you'll find all kinds of recipes and advice for this lifestyle.

www.OhMyVeggies.com A gorgeous vegetarian based website with advice on all kinds of healthy, veggie cooking ideas. Even tutorials on how to make a pie crust with coconut oil, or four ways to make Brussels sprouts irresistible. How can you go wrong?

www.IQuitSugar.com This gorgeous website touts the health benefits of a balanced, whole foods based diet, sans the sugar. The recipes are tasty and founder, Sarah Wilson, has created a bit of a cult following for her sugar-free, healthy lifestyle. The articles and recipes on this site will not disappoint.

Disclaimer: These are just suggestions, I'm not a doctor or health specialist.

Quotes For January...

“And now we welcome the new year. Full of things that have never been.” – *Rainer Maria Rilke, 19th Century German poet.*

“The food you eat can either be the safest and most powerful form of medicine or the slowest form of poison” -Ann Wigmore

“Success begins when the fear of doing nothing at all finally trumps the terror of doing it badly”

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

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 wrote the poem The Snow Storm?

- A) Emily Dickenson B) Ralph Waldo Emerson
C) Henry David Thorea D) Walt Whitman

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

Health Benefits of Witch Hazel

Despite its name, the plant has little to do with witches. The "witch" of witch hazel is likely derived from the Anglo-Saxon wych, meaning "pliant" or "bendable." It refers to the plant's historical use as a divining rod (or witching stick) to locate underground sources of water or precious minerals. Witch hazel's real magic, however, lies in its mild astringent and antiseptic properties, which are useful for treating inflamed or irritated skin.

Household first-aid kits have long included distilled witch hazel water, one of the few widely available commercial medicines made from a wild native plant. Witch hazel is a classic astringent—the tannins in its leaves, bark and twigs help treat a variety of skin conditions. Various preparations of witch hazel are used topically to stop bleeding from minor cuts and abrasions; calm inflamed mucous membranes and skin, such as with eczema; and decrease the size and symptoms associated with varicose veins and hemorrhoids.

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



Healthy Ways to Keep Out Unwanted Pests This Winter

Did you know many of the most undesirable house pests are repelled by scents we find very pleasant? For example, peppermint will repel rats and mice, along with spiders and ants. Find a good brand of essential oil and put a few drops into a spray bottle of pure water and spray your most high risk areas, like base boards, windows, under the kitchen sink etc. You can even dab some cotton balls with the peppermint oil and place them discreetly in the back of cabinets and closets.

Other essential oils that you can apply in the same manner that keep out the unwanted guests are citronella, lemon, and eucalyptus for mosquitos. And geranium and lavender are known to keep away the flies and mosquitos. Lavender has even been known to repel ticks and flies. You might not want to use all these scents at the same time, but essential oils really have so much to offer it's worth looking into. And as a bonus your home will smell lovely while you keep unwanted pests at bay.

Thanks for All the Kind Words!

Thanks to Swept Away, great job!

John Burns, Talent



Healthy Home News

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

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Swept Away Carpet Cleaning

PO Box 1134

Ashland, OR 97520

541-482-3660 office

541-821-3664 cell

www.sweptawaycc.com

Carpet Cleaning

Upholstery Cleaning

Oriental Rug Cleaning

Leather Cleaning

Odor Removal

Color Repair

Carpet Repair

Congratulations to Steve O'Brien

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!!**

IT'S A NEW YEAR Here Is MY Solution To TWO New Year Resolutions!

Hello friends and clients. It is a new year! Have you started your list of resolutions? A lot of people I've talked to have two things at the top of their list – living "greener" and saving some of the "green" stuff in their wallets for a better quality of life. So here is my ONE solution to these TWO resolutions: I'm going to be working extra hard at SAVING carpet. Doesn't exactly sound glamorous but here is why it works! **What can be more "green" for our planet than taking care of what we have so we consume less? And it's "green" for your wallet because replacing carpet can cost thousands of dollars!**

Another Year...Another Month...Another Day...How Long Will Your Carpet Last?

I've seen carpets that were 20 years old that looked brand new because they were well cared for! On the other hand I've seen relatively new carpet that looked 20 years old because no one was caring for it properly.

Here are the 5 ways you can extend the life and beauty of your carpets:

- **Remove your shoes.** Do this and you can start saving your carpet today!
- **Vacuum frequently.** You can NEVER vacuum too much.
- **Keep pet accidents to a minimum.** Just remember NOTHING ruins carpets faster than urine.
- **Clean spots and spills immediately.** Warm water, mild dish soap, like Ecover (no dyes, no fragrance). Clean, dry rags. Moisten and blot.
- **Get your carpets professionally cleaned every 6-12 months.** NOTHING extends the life of your carpet like this step. Remember clean before your carpet LOOKS dirty to prevent wear and tear.

There you have it! Five easy ways to save your carpet

Tackle TWO New Year Resolutions With ONE Easy Solution!

**Take Advantage Of Swept Away Carpet Cleaning's
DEEPEST Discounts Of The Year:**

Contact by phone **541-482-3660** (office) or **541-821-3664** (cell) by
January 31, 2017 and **Save \$45 off** your carpet cleaning & **Save \$35 off** any upholstery!

THAT'S \$80.00 In Cash Savings!

*not valid with other offers/minimums apply