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Healthy Home News

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

This Year, You CAN Keep Your Resolutions! Here's 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 travelling.* 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, take it slow, chunk it down. For example, instead of saying, "I'm going to lose X amount of weight by such and such date," resolve to eat healthier, have portion control and move your body for 30 minutes a day.
- 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's 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's 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.

Visit our website at
www.idealcarpetcleaning.ca



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 poet, writer and author of The Snow Storm.*



Outstanding Client of the Month!

Meet Claire Scullion

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...



Get my deepest discounts of the year!

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 palates. 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.*

“Every time you tear a leaf off a calendar, you present a new place for new ideas and progress.” – *Charles Kettering, 19th century American inventor.*

“If I waited for perfection.... I would never write a word” – Margaret Atwood, contemporary Canadian writer.

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

Is 2017 Calling You Back to School?

One of the top New Year's resolutions is to go back to school and get a better job. A noble goal indeed. But there are many factors involved that some people forget to consider when making the time and financial investment in going back to school.

1. **What's the ROI (Return On Investment) of your degree?**

This is something everyone should ask themselves, whether an adult returning to school or a teen headed off to college or university for the first time. How wise it is to spend \$50K+ on a degree that will get you a \$25K per year job? Not a great investment, but investing \$20K in an education that will land you a \$60K per year job is something to think about.

2. **How will it affect your family and home life?**

Sometimes, a person can jump into the idea of going back to school without realizing the affect it will have on the family. Sometimes it's worth it and sometimes it's not. One mother of 3 who went to school for 18 months to become a massage therapist put it this way, *"It's incredible going back to school after being a stay-at-home mom, remembering your aspirations are still there as an individual. But it's also scary. You're paying for it so your grades matter and it's a constant juggling act of balancing your school with your home life and your job as a mom. It's not easy!"*

3. **How will it affect your stress levels and health?**

Take a good hard look at the workload, your schedule and your time commitments outside of school. Also, going into debt can cause stress so never over-borrow and look for grants and scholarships where available.

4. **Are the sacrifices worth the potential rewards?**

Many people will take a closer look and still say yes! But for others, it may not be the right time. That's okay. When the time is right and the opportunity is right, you will know. You will feel it and that's when you know it's time to go for it.

For some great resources on going back to school check out www.CollegeScholarships.org for information about financial aid and grants for adults going back to school. Also, various online and local colleges will have lots of guidance in choosing the right degree or certificate for 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 mosquitoes. Geranium and lavender are known to keep away flies and mosquitoes. Lavender has even been known to repel ticks. 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.

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!

We're long-time customers of Bruce's. We like being treated well. This last job lived up to that value and trust that first made us his customers.

Gael S.

Some Perspectives on Ottawa's History

We don't usually learn of Ottawa's history in a systematic way. The school curriculum is set at the provincial level and not much is taught about local history, apart from events of national or at least regional significance. Those who have an interest in knowing about the forces that shaped our city are left, somewhat, to their own devices. We'd like to devote some space in our newsletter, occasionally, to some of the history of our region.

With its recent campaigns and elections, the United States has been in the worldwide spotlight even more than usual. Though the election has created and highlighted many rifts in American society, it is to be hoped that our neighbours will heal quickly. And this might be the right time to review, briefly, just a couple of our area's connections to the U.S.

Canada has a complicated relationship with the United States, like any small (population-wise) country bordering a much larger neighbour. Though I'm not nearly as well-travelled as many of our clients (among whom are military folks and diplomats), I've observed a similar dynamic in other places: Belgium with France, the Netherlands with Germany and Nepal with India. In fact, all of those smaller countries have been deeply influenced by the tensions between their larger neighbours, too (for Belgium and the Netherlands, the tensions between France and Germany, for Nepal, the tension between India and China).

In the smaller countries, there is a great deal of shared culture with the larger neighbour yet a bit of resentment that the neighbour dominates the interaction - usually without even being aware it is doing so. It's just the power of numbers: a more-populous country is a larger market for both creating and consuming cultural material such as books, movies and television shows.

Canada's history, too, has been shaped by the interplay between two world powers: Britain and the States. It could be said that our country's public sector (government, traditions, spelling, etc.) was created by the former but its private sector (entrepreneurship, popular culture, pronunciation, etc.) owes much to the latter. And while it's well-known that defending against the Americans was a key consideration for the British choosing our city as the national capital, what's not well-known is that many of the area's most loyal and prominent citizens were themselves American. Here are two examples.

Philemon Wright was the first to settle in the area in the early 1800's. Wright, his extended family and employees settled in what is now Gatineau. Though First Nations people passed through the area frequently - taking advantage of the confluence of rivers - there were no indigenous settlements in Ottawa at the time.

Wright came from Massachusetts and intended to farm. Clearing the land produced a large amount of lumber, which Wright took down the Ottawa River to the Saint Lawrence and sold at the city of Quebec. He was very lucky: getting the lumber to Quebec proved harder and took longer than he'd anticipated. He was late getting there and the original buyer voided the contract. But another convoy arrived from England very late in the season and Wright was able to sell the lumber. Wright went on to become a lumberman on a large scale.

Ezra Butler Eddy (E.B. Eddy) was also an American from Vermont who became a lumberman. He started making matches by hand from his home using wood salvaged from what local lumbering operations discarded. Eddy grew his operations quickly and became one of the world's largest match factories. His factories were completely destroyed by fire twice: in 1889 and in 1900. After each fire, Eddy's industriousness had his output back to nearly 100% within a year, despite heavy losses beyond what was covered by insurance.

Ottawa's history is full of many other Americans who have had a deep and meaningful impact on the city. Though we've had a complex relationship with them, it is to be hoped that the relationships between us and our American cousins will remain strong and perhaps grow even stronger in the years ahead. Whatever else you may say about them, it's worth getting along even just for the weather we Ottawans long to escape to in the middle of our winters!