

Ideal Carpet
Cleaning

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Healthy Home News

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

Seven Tips for Better Sleep

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 can be elusive for some. 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 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, listening to soothing music and dimming 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 mid-afternoon.
- 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 reason you are not able to find better quality sleep.

Check out our website at idealcarpet.ca!



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.

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, Actress born on May 4, 1929*

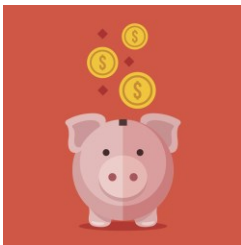


Outstanding Client Of The Month!

Meet Fran Doy

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 some great discounts
(see insert inside)!*

Raising Healthy Kids

Growing up is hard work, and a child has a special set of requirements to get the job done. Here are a few ways in which kids are different from you—and how you can give them what it takes to get big and strong.

Kids Dehydrate More Easily- Water makes up a greater proportion of a child’s body and children have faster metabolisms, which means their systems need more water to run smoothly. If plain water doesn’t go over so well, try adding frozen fruit slices (such as lemon, lime, or strawberry). If your kids are doing a lot of sweating, watch for signs of dehydration, which can include light-headedness, nausea and weakness. And when they are sick and losing fluid through diarrhea or vomiting, consult your pediatrician, who may recommend a replenishing electrolyte product.

They Need More Physical Activity-The Centers for Disease Control and Prevention recommend that kids get at least 60 minutes of age-appropriate physical activity each day. According to several studies, exercise can strengthen kids’ growing bones. Most effective are weight-bearing exercises, like running around, dancing and strength training—and hanging from monkey bars counts.

Kids Need More Fat and Calcium-Kids require plenty of fruits and vegetables, whole grains and lean proteins. But very young children need a little more fat because they burn more body fat than adults do. Fat is essential for brain and nerve development. Kids also need more calcium, because childhood is a time of turbo bone growth. In fact, children’s bones grow so rapidly that breaks can heal in weeks, versus months for an adult.

Kids are More Sensitive to Environmental Toxins-Continued exposure to household chemicals and pollutants (paint fumes, cleaners, insecticides) isn’t good for anyone, but kids are especially vulnerable. A child’s lungs are still developing, so irritation caused by toxins can result in an obstruction in her airway, leading to issues like allergies and asthma. You may not be able to keep all chemicals out of your house, but when possible, opt for nontoxic cleaners without harsh ingredients, like ammonia and bleach.

They Need More Sleep-Adequate sleep is important for kids and adults. But for kids, who take in a great deal of new information daily, it’s crucial. Think of kids’ brains as batteries that need to be recharged each day. Studies have shown that the brain consolidates networks for memory and learning during sleep and that kids who don’t get enough are more likely to act impulsively and score lower on cognitive tests. Adequate sleep also promotes growth-hormone activity.

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*

Start Up the Barbecue!

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 fiercer and more 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 Canadians call grilling) and even in Canada, barbecuing and grilling are occasionally (and incorrectly) used as synonyms. But for today's purposes, we're talking about real barbecue: the process of hot-smoking meat low and slow.

Our American cousins have several different regional barbecue styles and, for a barbecue lover, one of the great joys of traveling 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!

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! A special thanks to all the fine folks who referred me last month...

May in Canada's History



May 4, 1910 - The Naval Service Act founds the Royal Canadian Navy.

May 12, 1958 - Canada and the United States co-found the North American Aerospace Defense Command to jointly protect the security of North American airspace.

May 17, 1642 - Montreal, then known as Ville-Marie, is founded by Paul de Chomedey Sieur de Maisonneuve.

May 20, 1980 - Quebec voters reject a referendum on separation from Canada.

May 22, 1867 - The British North America Act passes the British Parliament, uniting the former United Provinces (Quebec and Ontario) plus Nova Scotia and New Brunswick into a new self-governing colony, the Dominion of Canada.

May 23, 1873 - The Northwest Mounted Police, precursor to the Royal Canadian Mounted Police, are founded.

May 24, 1918 - Women are granted the right to vote in Canadian federal elections. Provinces follow suit at different times between 1916 and 1940.

Thanks for All the Kind Words!

Sitha and Devan did a superb job on the broadloom upstairs

- Fran Doy in the Glebe

Stain Cleaning Tips from Mohawk Industries

It's almost inevitable that carpets and rugs will attract stains. Each manufacturer has its own recommendations on how to remove stains from their carpets and rugs. You should follow your manufacturer's recommendation to achieve best results and maximize your warranty coverage.

Mohawk Industries, one of the world's largest carpet manufacturers, has a "home remedy" guide for removing stains from their carpets in their warranty brochure. [Click here to download their full brochure.](#)

[On our blog, you'll find an excerpt](#) from pages 18 and 19 Mohawk's warranty brochure. Of course, you're taking on some risk by trying these procedures. You can avoid that risk by [contacting us instead](#). But for small or hidden areas, the risk you take on may be worth the time and cost savings.

Mohawk's guide splits stains into three categories: most water-based stains, "special" water-based stains (tea, coffee, urine) and oil-based stains. They provide three cleaning procedures, depending on the category of stain.

To see the full version of this article, as well as posts on a wide variety of topics, see our blog at

idealcarpets.ca/blog/