

**Ideal Carpet  
Cleaning**

15 Sherry Lane  
Ottawa K2G 3L4

613-228-8343

# Healthy Home News

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

## Didja' know this about Valentine's Day?

Some historians believe that the origins of this day can be traced back to Saint Valentine, a Bishop of Interamna, near Rome, who secretly married young soldiers to their sweethearts in the face of an edict banning such unions. The Roman emperor believed that married men would not be willing to fight in remote lands for years at a time.

These days, according to the Diamond Information Center, 10 percent of the 2.3 million couples who become engaged every year choose Valentine's Day to do so. Valentine's Day is also one of the busiest days for weddings in Las Vegas.

Since 1994, the Empire State Building in New York City has offered free wedding ceremonies on its 80th floor Sky Lobby to promote the Art Deco building as a romantic place. Couples are chosen based on the originality, uniqueness and style of their proposed weddings. Every year, 10 or more are chosen from the letters of application; over the years, more than 300 couples have married or renewed their vows there.

## Want A Better Complexion? Look in Your Refrigerator

Your mother was right. What you eat really does affect your complexion. In her book *Smart Medicine for Your Skin*, dermatologist Jeanette Jacknin pinpoints which foods to eat to combat specific skin conditions.

Eating yellow or orange fruits and vegetables helps prevent sun damage. These foods are packed with beta-carotene and antioxidants, like vitamins C and A. Combined, they act like a natural sunscreen.

Recent research has shown that drinking green tea can also prevent sun-induced skin damage. Green tea contains polyphenols which reduce cell damage caused by ultraviolet radiation. (A word of caution: these foods should supplement, not replace, topical sunscreens).

To combat wrinkles, include almonds, brown rice and olive oil in your diet. These foods contain high amounts of vitamin E which can protect the cell membranes of the skin. In fact, a study conducted in Australia recently found that people who eat these foods have the least wrinkles.

To improve the skin's elasticity and prevent thin skin, eat whole grains, seafood and garlic. These foods are rich in selenium which can slow the signs of aging by preserving the suppleness of skin tissue.



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

**Cool websites to  
visit this month:**

### *EatingWell*

Find healthy, delicious winter recipes from the food and nutrition experts at EatingWell. Science-based journalism and inspiration to help you make better choices every day and celebrate the joys of food so that healthy eating becomes a way of life.

[www.EatingWell.com](http://www.EatingWell.com)

### *RedEnvelope*

Stuck for Valentine's Day gift ideas? The gorgeous scrapbook-style images on RedEnvelope can provide some inspiration. The site specializes in romantic gifts year-round, but they also have a section dedicated to Valentine's Day.

[www.RedEnvelope.com](http://www.RedEnvelope.com)

**Like us on Facebook at**

[www.facebook.com/IdealCarpetCleaningON](http://www.facebook.com/IdealCarpetCleaningON)

## Get Inspired

DON'T FORGET TO

LOVE YOURSELF

Soren Kierkegaard

## Outstanding Client of the Month!

### Meet Mr. R. Hayes

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...

**"Looking for 18  
Volunteers for BIG  
Savings...  
Are YOU in?"**

## Healthy Talk

### Increase Good Fats in Winter

If harsh winter weather leaves you suffering from chapped lips, brittle hair and nails, and itchy, flaky skin, increase the amount of "good" fats in your diet, says nutritionist Allyson Mechaber.

The good fats are omega-3 fatty acids, which are an important part of human nutrition. Many studies show that they reduce the risk of coronary heart disease and stroke, auto-immune disorders, certain types of cancers, and rheumatoid arthritis.

"Essential fatty acids are needed for nervous and cardiovascular system functioning, as well as skin, nail, and hair health," she says. "Omega-3 fatty acids are found in fish; omega-6 and -9 are found in soybeans, sunflower seeds, sesame seeds, flaxseed, and primrose oil.

### Chamomile Health Tonic

Here's a recipe that contains immunity-boosting ingredients in a homemade health tonic. While the drink may help when you're sick, it's not a quick fix. Regularly drinking wellness tonics, like this one, may over time help boost your immune system. Serve hot, room temperature or cold. This recipe makes four servings and can be refrigerated 3 days.

**Ingredients:** 4 cups boiling water; 6 bags chamomile tea; 2 teaspoons grated fresh ginger; 4 slices lemon; 2-4 teaspoons honey; 2 sprigs rosemary, lightly bruised.

Stir boiling water, tea bags, ginger, lemon, honey and rosemary together in large heatproof bowl. Steep, stirring occasionally, for 20 minutes. Strain the liquid through a fine-mesh sieve, pressing on the tea bags to get as much liquid out as possible.

If you want to see a video showing how to make this tonic, go to:  
<http://www.eatingwell.com/video/7848/how-to-make-chamomile-health-tonic/>



### Quotes for February...

*"February days are a marketing gimmick; love happens every day."* -Randeep Hooda

*"If you only have one smile in you, give it to the people you love."* -Maya Angelou

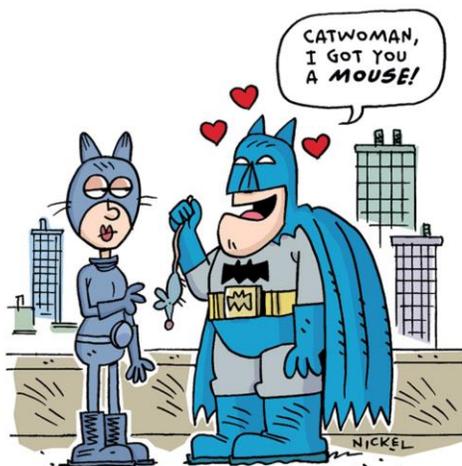
## “The Spell” (funny!)

A prince was put under a spell so that he could speak only one word each year. If he didn't speak for two years, the following year he could speak two words and so on.

One day, he fell in love with a beautiful lady. He refrained from speaking for two whole years so he could call her “my darling.” But then he wanted to tell her he loved her, so he waited three more years. At the end of these five years, he wanted to ask her to marry him, so he waited another four years. Finally, as the ninth year of silence ended, he led the lady to the most romantic place in the kingdom and said, “My darling, I love you! Will you marry me?” And the lady said, “Pardon?”

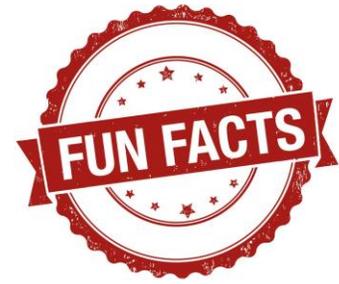


Comic by Scott Nickel



Comic by Scott Nickel

## February Fun Facts



1. February has 29 days in leap years, when the year is divisible by four, except when the year is also divisible by 100. But, if the year is divisible by 400, it is still a leap year. So though 1900 was not a leap year, the year 2000 was.
2. Even after Julius Caesar introduced leap years, the last day of February was still the 28<sup>th</sup>. The extra day was achieved by counting February 24 twice.
3. In the Southern Hemisphere February is a summer month the equivalent of August in the Northern Hemisphere.
4. Black History Month is celebrated in Canada and United States.
5. National Day of the Sun festival is being celebrated in Argentina February 20-24 (note point 3, above).
6. The Soviet Union achieved victory in Stalingrad during World War II with the last German troops surrendering in the pocket on February 2, 1943.
7. On February 6, 1952, Princess Elizabeth became Queen Elizabeth II of Great Britain.
8. February 11 - National Foundation Day in Japan
9. February 12 - Abraham Lincoln's Birthday
10. February 24 - Flag Day of Mexico
11. February 25 - People Power Revolution (Philippines)

## Thanks for the Kind Words!

Like most local small businesses, Ideal Carpet Cleaning can only survive and grow thanks to our wonderful clients spreading the word. Every month, we acknowledge some of them.

**Your guys did a great job. We've been telling friends and neighbours all about it.**

- Mr. R. Hayes, Alta Vista

# Memories in 2018: The Two Crows and the Fox

by Anil P. Balam

Many of this year's client newsletters will include articles revolving around the theme of "memories." We'd love to hear from clients on some of their most interesting memories but I'll start it off. Growing up in Canada with immigrant parents from India gave me some interesting memories. In many ways, it was the best of both worlds: I learned South Asian culture, traditions and values while also benefiting from Canadian ones - which, themselves, are strongly influenced by both European and American culture, traditions and values. And, in many ways, I felt I learned a lot about the world, without having to go far.

## Stories Preserve Lessons

All over the world, a traditional way of preserving memories is by storytelling. In particular, fables are very popular: it seems no culture can resist spinning a yarn that drives home a life lesson featuring animals getting themselves into trouble. As an aside, there's wisdom there: different animals have well-known characteristics to fill stereotypical roles and, with animals instead of people, no feelings get hurt. The stories pass on cultural wisdom and memories.

## The Internet Preserves Stories

Nowadays, I don't know about wisdom but certainly the world's memory is the Internet - in fact, for many people, something that's not on the 'Net really doesn't exist! Happily, many valuable and entertaining stories are stored there. A search for traditional stories, folk tales or fables on [YouTube](#) or [DailyMotion](#) turns up millions of hits to animated videos from around the globe.

I haven't been able to find on the Internet, though, one fable my mother told me when I was young (at least not in English – someday maybe I'll figure out how to type a Web search in Hindi!). This article is an attempt at preserving the memory of that story (and an attempt at adding to the entertainment value of our newsletter, I hope).

## The Story

Two hungry crows, friends, were together when they spied a piece of bread (*chapati*, Indian flatbread). Eager to eat it, they descended on the bread but began to argue to whom it belonged. A fox was passing by and heard them quarrelling. The fox stepped in and said, "Friends, I see you cannot decide how to share this bread. Let me help." He split the bread into two pieces and gave each bird a piece.

Before the crows could begin eating, the fox exclaimed, "Oh no! One of the pieces is a little bigger!" He tore off part of the bigger piece and ate it himself. The crows considered the new split, the fox cried, "Now the other piece is larger!" The fox tore off part of the second piece and ate it. Then he judged the first piece was again too much and ate some of that. Back and forth the fox went, eating more and more of the bread until the shares were perfectly equal. Of course, each crow ended up with just a morsel while the fox went away with a full stomach.

## The Lesson

The moral of the story is that it is much better to settle our differences between ourselves - having someone else settle them costs far more.

## About the Author

Anil Balam is Ideal Carpet Cleaning's part-time Marketing Manager. Anil was raised in Ottawa and works full-time as a software engineer. He and his wife have three children.