

**Ideal Carpet Cleaning**

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# Healthy Home News

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

## “How to Control Aging, Starting Now”

An old Chinese proverb goes like this: **“When is the best time to plant a tree? 20 years ago. When in the next best time to plant a tree? Today.”** The next best time for you to take control of aging... is TODAY. If you think you can wait until later to prevent premature aging, you will miss some of the most important times of your life to do it.

Most people’s muscle mass declines with age, and the rate of loss accelerates after age 45. The amount of muscle you retain, or build, is determined partly by how many muscles are used. Use them frequently and you maintain their strength. Push them to the limits of their capacity by exercise, and you increase strength no matter how old you are.

Doctors at Tufts University in the US say most middle-aged people’s weight problem is excess body fat coupled with too little muscle.

As you age, you can lose whole sets of muscles and nerves that work together to make your body function. Between ages 30 and 70, it is estimated that people experience a 20 percent decrease in the strength of the thigh. You can regain muscle mass and strength (through strength training) no matter what shape you’re in when you begin.

How much oxygen your body can process in a given time is an important biomarker called your aerobic capacity. By age 65, it is typically 30 percent to 40 percent less than in young adults. People at any age can reverse the trend with aerobic exercise, the kind that makes you huff and puff. And when you build muscle with strength training, you also increase aerobic capacity.

Other methods to slow aging include controlling sugar, cholesterol, blood pressure, bone density, and hydration. The older you are, the more fluids you should drink.

If you haven’t already started to control aging... you can begin today.



**An Amazing Website  
to Visit This Month:**

**“Attack of  
the Cute”**

**Very SFW** (safe for work): *Attack of the Cute* is a crowd-pleaser. This is a photo blog, where readers contribute pictures of their cute pet cats, dogs, ferrets, rabbits, or cute animals they discovered at the zoo.

This is absolutely a family-friendly and office-friendly website. You’ll even be the hit of the office if you introduce your coworkers to this place. This site gets a big thumbs up and guarantees smiles for everyone.

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

## Get Inspired

"DON'T WAIT FOR  
THE PERFECT  
MOMENT.  
TAKE THE  
MOMENT AND  
MAKE IT PERFECT."

### Outstanding Client of the Month!

#### Meet Gladys Z.

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...



***"You'll Feel Smarter When  
You Take Advantage of  
This 'No-Brainer' Offer!"***

*(see coloured insert)*

## Health Corner

### Versatile Chicken: Good Taste, Good Health

Check your cookbooks, and you'll find more recipes for chicken than for almost any other food. Its versatility is one reason the world has depended on it for about 3,500 years.

Before 1400 B.C., the Chinese raised chickens for meat and eggs. While many historians thought chickens were first brought to the Americas by explorers and pilgrims, a recent discovery shows that chickens lived in Chile from the 1300s, brought there by Polynesians.

In our time, chicken is a highly recommended addition to our diets. It's low in fat, particularly without the skin. And its fat is lower in cholesterol than other meat fats.

Chicken is a good source of the B vitamins and vitamin D, plus various important minerals. And it contains all nine essential amino acids. Its phosphorous and selenium contents are involved in the release of energy.

### Here's a TIP to look younger

**Stand up straight!** You can knock off the appearance of a few extra years with this trick your mother kept trying to tell you. Look at yourself in the mirror. Are you holding your stomach in, have your shoulders back, chin up? Check out how much better your neck looks! Fix your stance and practice it all day, every day until it is natural. You will look great and feel better. Your waistline will look trimmer if you follow this advice.

## Quote for September...

*"September morn,  
Do you remember how we danced that night away  
Two lovers playing scenes from some romantic play  
September morning still can make me feel this way."*

-Neil Diamond

## 5 Tips for Reinventing Yourself

1. **Don't act your age** or at least what you think your current age should act like. What was your best year so far? 28? 40? Now? Picture yourself at that age and be it. Some people may say this is denial, but we say it's positive thinking and goes a long way toward feeling better about yourself.

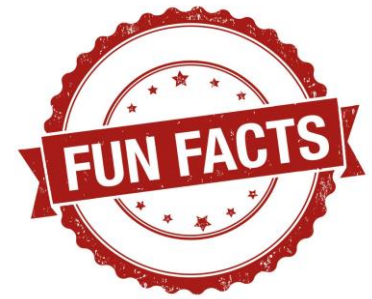
2. **Be positive in your conversations** and your actions every day. When you catch yourself complaining, check yourself right there and change the conversation to something positive (tip: Stop watching the police reports on the local news).

3. **Ditch the downer friends.** Have negative friends who complain all of the time and constantly talk about how awful everything is? Drop them. As cruel as that may sound, distance yourself from people who do not have a positive outlook on life. They will only depress you and stop you from moving forward. Surround yourself with energetic, happy, positive people of all ages and you will be happier too (tip: smile often: it's contagious and wards off naysayers).

4. **Walk like a vibrant, healthy person.** Come on. You can probably do it. Analyze your gait. Do you walk slowly because you have just become lazy or, perhaps, have a fear of falling?

5. **How's your smile?** Research shows people who smile more often are happier. Your teeth are just as important to your good health as the rest of your body. Not only is it the first thing people notice, but good oral health is a gateway to overall well-being (tip: go to the dentist regularly and look into teeth whitening - nothing says old more than yellowing teeth!).

(Source: HealthyAging.net)



### Interesting Dates in History

**Sept. 30, 1452:** *Johannes Gutenberg's* Bible was published.

**Sept. 5, 1698:** *Peter the Great* decreed a tax on beards. When a citizen had more than two week's growth, a tax had to be paid.

**Sept. 14, 1901:** The world's *first bodybuilding contest* was held in Royal Albert Hall, London.

**Sept. 19, 1928:** *Mickey Mouse's* first screen appearance – *Steamboat Willie* – at the Colony Theater in New York.

**Sept. 26, 1960:** The longest speech in UN history was given by *Cuba's Fidel Castro* – 4 hours and 29 minutes

**Sept. 6, 1997:** The funeral for *Princess Diana* was broadcast across several networks around the world to an estimated two billion viewers.

### Thank You for the Kind Words

They were great! Thank you ... for giving me this opportunity to quickly get one more job off my to do list!

- Gladys Z., Westboro