

**Ideal Carpet
Cleaning**
43 Elvaston Ave
Ottawa K2G 3Y1
613-228-8343

Healthy Home News

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

Coffee! From Africa to Europe to North America

Most of us take our morning coffee for granted without knowing beans about it. Check this colourful history and health benefits.

According to legend, sometime during the ninth century, an Ethiopian goatherd noticed his goats dancing from one coffee shrub to another, grazing on the cherry-red berries containing the beans. He ate a few himself and was soon frolicking with his flock. Witnessing the shepherd's dance, a monk plucked berries for his brothers. It is said that by nightfall, his brothers were uncannily happy and alert to divine inspiration.



Coffee plants, woody perennial evergreens, were first cultivated on the Arabian Peninsula around 1100 A.D. By 1600, coffee had been introduced to Europe, and within 50 years, coffee houses began appearing in Italy.

Settlers of the New World brought coffee to Jamestown Settlement in Virginia and to the first villages of Canada. In the New World, coffee was first cultivated on the Island of Martinique. Today, the coffee bean is a major crop in South American countries, Hawaii, Indonesia, and Africa.

While medical researchers have documented that coffee can lead to the jitters, newer studies show that the brew is high in antioxidants and may limit the occurrence of certain cancers and chronic diseases. Caffeine has been proven to stimulate metabolism and break up fatty acids, aiding in maintaining proper weight.

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



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

“Lifehacker”

Lifehacker is a hub of productivity tips, tricks, and downloads. It's basically an archive of all the information it would be incredibly useful to know, but nobody ever really teaches you. Aside from productivity, they also cover topics such as money-saving tips and clever uses for household items.

For example, did you know that you can peel a mango in under 10 seconds? Or that there are four lengths of naps that'll benefit you in different, very specific ways? Check out this site – it's terrific.

www.Lifehacker.com

Get Inspired



Outstanding Client of the Month!

Meet Brice Wightman

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...



"Don't Let the Summer Slip By"

Health Corner

What You Should Know About Your Back

If you have ever said, "Oh, my aching back!" you are in good company.

About 90 percent of Americans will suffer from back pain at some point in their lives. Knowing facts about your back could keep you from injury or help your aching back feel better.

- An inactive lifestyle is one of the main causes of back injuries. Inactivity weakens key muscles increasing your risk.
- Only about one in six back problems starts with heavy lifting. Weak muscles are more often the cause.
- Strength training and aerobic exercise are among the most effective treatments for back pain. Do exercises that don't make the pain worse.
- Only one in 20 back problems require surgery. Always get a second opinion before opting for surgery.
- Doctors quoted in *Prevention* say the old advice about sleeping on a hard mattress doesn't apply. Sleep on a mattress with a little more cushioning.
- Most episodes of back pain clear up within a month.

Quote for August...

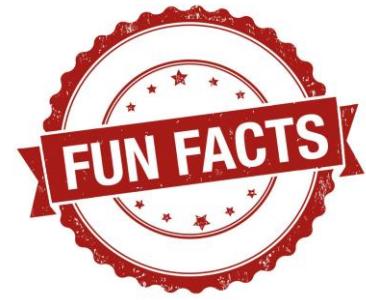
"Simplicity is the ultimate sophistication."

-Leonardo da Vinci

The Lighter Side of Science

Here are actual answers given by 16-year-olds on tests:

- Name the four seasons:** Salt, pepper, mustard, and vinegar.
- How is water made fit to drink?** Flirtation makes it safe because it removes pollutants like grit, sand, dead sheep, and canoeists.
- How is dew formed?** The sun shines down on leaves and makes them perspire.
- What causes tides in the oceans?** Tides are a fight between the Earth and the moon. I forget where the sun joins in this fight.
- What are steroids?** Things for keeping carpets still on the stairs.
- Name a disease caused by cigarettes.** Premature death.
- How do you delay milk from turning sour?** Keep it in the cow.
- What is a fibula?** A small lie.
- What is a seizure?** A Roman Emperor.
- What is a terminal illness?** It's when you get sick at the airport.
- What does "varicose" mean?** Nearby.



Quotes by Mark Twain

"A man who carries a cat by the tail learns something he can learn in no other way."

"A person with a new idea is a crank until the idea succeeds."

"Against the assault of laughter nothing can stand."

"By trying we can easily endure adversity. Another man's, I mean."

"Cauliflower is nothing but cabbage with a college education."

"Giving up smoking is the easiest thing in the world. I know because I've done it thousands of times."

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, including...

Brice Wightman