



"A Closer Look"
My 2008 Calendar

Boone, NC
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Helen Phillips,
Retreat to Your Passion

Find A Mountain Home.com

"My Folks™ Newsletter For Healthy, Wealthy & Happy Living..."

Seven Amazing Secrets To Keep Your Mind Sharp and Young

Did you forget where you put your car keys yesterday? Do you remember what you ate for lunch three days ago? Does it seem like simple things are getting harder to remember as you get older?

If so, you're not alone. Like any other part of our body, our brain shows signs of decline as we get older. Most people accept lower brain activity as just another part of aging. But it doesn't have to be this way.

Over the past 20 years, scientists have made astonishing discoveries to minimize or even eliminate the decline of brain activity. These discoveries identify preventative steps you can take to keep your mind vibrant, sharp, and strong. Here are a few surefire tips to keep your mind healthy for life!

Exercise Regularly. That's no surprise, is it? But did you know that people who are aerobically fit are brighter? Best of all, you can enjoy the benefits of exercise at nearly any age. Even a 55 or 60 year old will see improvement of mental fitness and a lowering risk of Alzheimer's disease by daily exercise.

Take Antioxidants. Antioxidants can help minimize brain decline as we get older. And the best antioxidant is Vitamin E. Take 400 IU of vegetable oil-based d-alpha-tocopherol Vitamin E every day. Avoid the synthetic forms of Vitamin E. Other antioxidants such as Vitamin C and beta-carotene also have been proven to help the brain, and even reduce the risk of stroke.

Avoid Aluminum. It's hard to imagine that we actually ingest metal in our diets on a regular basis. But we do. In fact, aluminum has been identified as a possible cause of Alzheimer's disease. How can you limit or eliminate aluminum in your diet? Most metals come from antacids and calcium supplements. First, limit aluminum-containing antacids. Second, eliminate calcium supplements with "oyster shell" or "natural source" on their label.

Eat Fatty Fish. What are "fatty fish?" No, they're not overweight fish. Fatty fish include salmon, mackerel, and tuna that are rich in Omega-3 fatty acids. Eating fatty fish may be the single most important change you can make to your diet. Eat at least four ounces of fatty fish, four times a week, and you will take a huge step in improving not just your brain's health, but your body's too.

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Word of The Month...

Studies have shown that your income and wealth are directly related to the size and depth of your vocabulary. Here is this month's word, so you can impress your friends. You may even be able to fatten your wallet!

cynosure \sie' ne shoor\ (noun)

Meaning: an object that serves as a focal point of attention and admiration

Sample Sentence: Faith is a **cynosure** that can help you through stressful times.

Clean green in the New Year.

Shaklee™ has been making people and homes healthier for 50 years. They made the first non-toxic, biodegradable home cleaner in 1960, years before anyone else. Now they are the number one natural nutrition company in the U.S.

They carry products not only to keep us healthy but to help us clean our homes without harming our earth.

In 2000, Shaklee became the first company in the world to be Climate Neutral™ certified, resulting in a net zero impact on the environment. It is also spreading the message of caring for the planet through its network of more than 750,000 members and distributors. For more information go to www.shaklee.com or call Helen.

Did You Know...

- ◆ In order to enhance her walk, Marilyn Monroe would saw off a small portion of one of her high heels.
- ◆ Ants use the sun for navigation. Give an ant a "new" sun by using a mirror and a bit of polarized glass, and it will promptly change its course.
- ◆ A hundred years ago, there were as many people in the world as there were in India in 1999.

Drink Green and Black Tea. What do the British know about tea that we "Yanks" haven't yet discovered (until now)? They've learned that drinking tea can protect against vascular problems, including heart attack and stroke, and even lower risks of dementia! That's because teas contain flavonoids, which have powerful antioxidant properties.

Eat Your Spinach! Was Popeye on to something? It appears so. Studies have found that folate and Vitamin B12 are proven to protect the brain from aging. But if you don't like spinach, don't fret. Folate also is found in dried beans, seeds, soy, whole grains, and citrus fruits. And if those don't suit your fancy, or if your diet doesn't allow you to eat folate-rich foods, just supplement your diet with 400 to 600 mcg. of folate and 6 mcg. of Vitamin B12 per day.

My 2008 calendar is ready!

"A Closer Look" includes pictures of: butterflies on a thistle flower, a field of buttercups, aspen in glorious gold leaf, dancing Fall leaves, White Sands Ntl Monument, misty & mysterious Trout Lake, tiny mushrooms stacked in a tree trunk, a mama and baby cow portrait, a hawk & airplane heading the same way, a Rocky Mtn sunrise, a rhodo bursting into bloom.

If you haven't received a calendar, contact me [828.264.1434 or Helen@CoeRealty.com] and I'll be delighted to send you one.

Do You Suffer From Insomnia?

If you can't seem to get a long, restful night's sleep, this article may be for you. A study by Brian Raudenbush, assistant professor of psychology at Wheeling Jesuit University tested two scents, jasmine and lavender, after learning that these pleasant aromas help aid relaxation, increase mood, and reduce anxiety. The study tested 20 volunteers who slept in a room scented with lavender, jasmine, or nothing. The volunteers who slept with jasmine or lavender slept more soundly and peacefully, with less tossing and turning, than those with no floral scent. They also reported being significantly more alert and calmer throughout the next day. Jasmine and floral scents are now available in spray form for your pillow. Sweet dreams!

Is Popcorn Really That Old?

Did you know that 5,600-year-old kernels of popcorn were discovered in a cave in New Mexico back in 1948? Many cultures have eaten and used popcorn in many different ways. The Aztecs decorated ceremonial headdresses and necklaces with popcorn. Native Americans would oil an entire ear of corn, place it in a fire to pop, and then eat it like corn on the cob. Some historians believe Native Americans brought popcorn to the first Thanksgiving. Later, colonial families ate popcorn with sugar and cream for breakfast. Today, Americans eat 17 billion quarts of popcorn each year, an average of 58 quarts apiece...and most of it at home.

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Brain Teaser...

I am light as a bird and lovely as a flower. I sometimes last from year to year, and sometimes but an hour. I stop the swiftest railroad train, I break the strongest tree, yet I am afraid of fire. I always let the children play with me. What am I?

(answer on bottom of last page)

Family Dining

A recent study at Harvard University found that children who regularly eat with their parents have healthier eating habits than those who don't.

When they dined together all or most nights of the week, children were one and a half times more likely to eat five daily servings of fruits and vegetables. They drank fewer sodas and ate less fatty and fried foods. They also took in more fiber, calcium, folic acid, iron, and other health-promoting nutrients.

Today's Frugal Fact...

You will be amazed at how much you can save by using the rechargeable type batteries. Even though rechargeables have a higher initial cost because you have to buy the charger, you get to use them over and over again, giving you a lower cost per use.

Would you believe, for example, that four AA rechargeable batteries cost about 1 cent per hour of use.

Compare that to 10 to 16 cents per hour of use for disposables! Wow! Well, I'm convinced, how 'bout you?

Snoozing Pilot?

On a recent flight, an elderly passenger kept peering out the window. Since it was totally dark, all she could see was the blinking wing-tip light.

Finally, she rang for the flight attendant. "I'm sorry to bother you," she said, "but I think you should inform the pilot that his left-turn indicator is on and has been for some time."

Quote Of The Month...

"Life's battles don't always go to the stronger or faster person. But sooner or later the person who wins, is the person who thinks s/he can."

Are You Really Buying "Organic Food"?

When you go to the grocery store, do you automatically pick up those items that are labeled "organic" thinking they're healthier for you? In the past, there were no set rules for this type of labeling, but thanks to the USDA and consumer concern, new legislation was recently instituted.

Before legislation, it had become painfully evident that "organic" didn't always mean the same thing to all manufacturers. Contrary to popular belief, organic doesn't always mean grown naturally with no chemicals. Thankfully, the new standards give some guidelines.

The requirements for products to be labeled "organic" include meat, poultry, eggs, and dairy products from animals not treated with antibiotics or growth hormones. The new guidelines also state that organic produce must be free of most pesticides, certain fertilizers, and radiation. This does leave room for the use of some non-conventional pesticides, but at least now you know what you are buying. For a full copy of the organic food standards you can visit www.usda.gov.

Do You Have A Real Estate Or Home-Ownership Question You Want Answered?

Maybe you want to learn how much equity you've gained in your home. Or perhaps you have a tax or easement problem that requires professional assistance. Or maybe you just need a recommendation for a handyman, carpet cleaner, or plumber...

Either way, I love hearing from all of my good friends and clients who enjoy reading my monthly letter. And I'm always looking to answer pressing questions you might have about *anything* relating to real estate or home ownership. If you have a question, tip or idea, please feel free to call me at 264-1434. I'm here to help!

This Stunning Discovery Can Reduce Your Chance of a Heart-Attack

For years, health professionals have recommended drinking eight glasses of water a day to help lose weight, improve kidney function, and simply keep your body hydrated. Now a new study, published in the *American Journal of Epidemiology*, shows that drinking more than five glasses of water per day can dramatically reduce the risk of death from heart attack.

The six-year study conducted at Loma Linda University in California followed 20,000 healthy men and women ranging in age from 38 to 100. Researchers discovered that the women reduced their risk of dying from a heart attack by 41 percent when they drank more than five glasses of water per day. Men in the study were 54 percent less likely to suffer fatal heart attacks drinking the same amount. Other liquids, such as juice, milk, coffee, and alcohol had the opposite effect, almost doubling the risk of heart attack when consumed in large quantities. Researchers believe that because water is absorbed quickly into the bloodstream, it thins the blood and helps prevent clots that can block the arteries, whereas other liquids may thicken the blood and lead to clots in the arteries.

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Thanks for Thinking of Me!

Thank you Melody Schwantes and Chris Winsor for introducing me to Allison Lipscomb and Benito del Pliego, soon to be the newest homeowners in Watauga County!

Eco-friendly Home Hints.

Buy water-efficient showerheads. With low-flow models, a family of four can cut water usage by as much as 280 gallons a month — and yet not feel much difference in water pressure.

Refrigerators eat up the most electricity in the household. Maximize efficiency by keeping the fridge at 37° F. and the freezer at 0° F.

Plant flowers and shrubs that are well suited to your climate (the staff at your local nursery can help). The benefit: You'll use less fertilizer and pesticides.

You may not be ready for a totally sun-powered home, but you can get a taste of the technology by using solar-powered lighting in your yard or on your patio.

Brain Teaser Answer: Snow.

THANK YOU for reading my Service For Life!® personal newsletter. I wanted to produce a newsletter that has fun content and is valuable and beneficial to you. Your constructive feedback is always welcome.

AND...whether you're thinking of buying, selling, or financing real estate, or just want to stop by and say "Hi," I'd love to hear from you...

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Trivia Quiz

Answer to last months quiz:

What was Alan Greenspan's profession before he became an economist?

- a) Baseball Coach b) professional musician c) college student
d) geologist

The answer is "b" Professional musician.

Let's move on to this month's trivia question...

What household appliance uses the second most amount of energy (the first is the refrigerator)?

- a) Hair dryer b) Clothes dryer c) Microwave d) Computer

Call me with the correct answer to win a gift certificate or the world's best chocolate covered peanuts! 264-1434

Real Estate Corner...

Q. We are looking to buy a home soon. What are some signs of overall quality I should be looking for?

A. Here are a few specifics to check:

- Walls** – Be sure they are straight and show no signs of bowing.
- Sturdy Floor** – Test for signs of improper flexing. One buyer taught me the 'heel' test. Raise up on your toes and drop down firmly on your heels. Listen for rattling.
- Sound Roof** –Asphalt shingles curl up on the edges near the end of their useful life.
- Electrical System** – Look for adequate outlets and in the main box for a minimum of 100 amps of service.
- Heating And Cooling System** – Are all rooms connected to the main source? In the mountains, many homes have more than one heating system, a hedge against winter electrical outages.
- Quality Workmanship** – Look at the fine details. Do the mitered corners meet exactly? Does the sheetrock show seams?
- Water Damage** – Be sure water is draining away from the house outside. Inside, look for signs of past leakage on the walls and floors.

ALWAYS hire an inspector to take a more thorough look. I feel so strongly on this score that if you purchase a home through me and choose not to have the home inspected, I'll ask you to sign a waiver!

Other inspections to consider:

- Radon
- Pest
- Water
- Roof System
- Heating and Cooling System

I will be glad to recommend professions that I've found to be tried and true. For instance, Dennis Varney of 20/20 Home Inspections has done wonderful work for my buyers and sellers for several years. His phone number is: 828 964 5390.

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