



Healthy Home News

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

780 456-3644

October Is Breast Cancer Awareness Month...And Here's How You Can Help.

According to www.nationalbreastcancer.org the purpose of Breast Cancer Awareness Month is to raise awareness **to remind people to take steps to insure early detection.** It's a worthy cause and here are 3 ways you can support it...

#1. Create an early detection plan. All the girls and ladies in your life need one of these because it's easy to get busy and put off important preventative, early detection appointments. Whatever your position on health care is, be it alternative, traditional, allopathic, or integrated, *your best chances always lie in early detection.* Step one of an early detection plan is to make sure you schedule regular physical exams. Your doctor or health care provider can help you determine the best schedule for you. Also, hanging a reminder card in your shower that promotes self-examinations can be another part of an early detection plan. Go to www.earlydetectionplan.org for more information and to find out how you can get an early detection App that creates a plan for you.

#2. Hold a fundraiser. If you or a loved one has fought the battle of breast cancer, then you know more than anyone how crippling the expenses can be. Here is a chance to help a breast cancer warrior or to help someone pay for preventative care. Today holding a fundraiser can mean anything from a bake sale, to a concert, to an online funding campaign and everything in between. With websites like www.gofundme.com and www.giveforward.com you can hold virtual fundraisers that can be supported by people from around the globe. It doesn't matter if you are raising funds online or offline, social media is a wonderful platform for spreading the word. Whether you are helping one person, supporting a family, or if you are choosing to raise money for the general cause, be sure to spread the word through social media with stories, pictures and hashtags. For tips on how to promote your fundraiser you can find tons of information online. A great article can be found at www.redbirdonline.com. To access the article, click on the tab that says "blog", then search "16 Powerful Online Fundraising Tools For Raising Money And Awareness."

#3. Reach out to someone with breast cancer. Probably the easiest and most profound way you can show your support in October is to be a friend to someone suffering from breast cancer. It doesn't take much to show your support to someone with a life changing illness. You can send a card, make a meal, or sit and have a cup of coffee with them. Even sending a thoughtful text message to cheer up their day can sometimes pull a suffering person out of a moment of despair.

According to www.cancer.org in 2013 an estimated 232,340 new cases of breast cancer were diagnosed. That's too many grandmothers, mothers, daughters, sisters, and friends!



October is also Vegetarian Awareness Month!

Does that mean there is a Hamburger Awareness Month? I'll look into that. In the meantime, get into the spirit of the month by checking out these two stunning vegetarian cooking blogs. Even the most ardent steak eater will find something to appreciate here:

www.TheFirstMess.com

This gorgeous blog was created by Laura Wright, she's been featured in Huffington Post, Martha Stewart Living Blog, Epicurious and much more. In her space you will find dozens of vegetarian recipes that are beautifully photographed and shared with a bit of wit. These recipes will have you drooling and jumping on the "Meatless Monday" bandwagon!

www.GreenKitchenStories.com

If you were paying attention to last month's Healthy Corner section of the newsletter you were already introduced to this gorgeous vegetarian blog. This stunning family consists of David Frenkiel, Luise Vindahl, and their two lovely children. They will inspire you from their home in Stockholm to want to live a beautiful life, surrounded by plenty of gorgeous healthy vegetarian food.

Check out the delicious and beautifully styled food they create and serve up.

Get Exclusive Specials When You "Like" us at [www.Facebook/HMcarpet.com!](https://www.facebook.com/HMcarpet.com)

From the Mouth of Babes

“Wow mom, at least she has boundaries.” – *Jewel, 8 years old commenting on the behavior of a main character in a movie.*



Outstanding Client Of The Month!

Meet Alison

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...



Fall For This Amazing Offer And You'll Get A Jump Start On Your Holiday To-Do List!

Healthy Talk



October is National Cookie Month! Indulge In This Celebration With a Healthy Spin On This Classic...

This yummy recipe puts a healthy twist on a classic chocolate chip cookie recipe and you end up with double chocolate yumminess. This recipe is delicious enough to please but healthy enough for a guilt free indulgence. Of course everything in

moderation, but eat a couple of these and you will not have blown your healthy eating plan.

Ingredients for Healthy Chocolate Chocolate Chip Cherry Cookies

- 2 ¼ cup sprouted spelt flour*
- 1 tsp baking soda
- 1 tsp sea salt
- ¾ cup high quality baking cocoa
- 2 sticks organic butter (room temperature)
- ½ cup organic coconut sugar**
- 1/3 cup organic raw honey (1/2 cup if you prefer a sweeter cookie)
- 1 ½ tsp organic vanilla extract
- 2 organic eggs or ½ cup flax egg***
- 1 cup organic or dairy free chocolate chips (like *Enjoy!* Brand)
- ¾ cup unsulphured organic cherries

Preheat the oven to 375 degrees

Beat the sugar, honey, and butter, add the vanilla and eggs. Mix the dry ingredients together in a separate bowl then add them to the wet mixture. Then stir in the chocolate chips and dried cherries. Line a baking sheet with parchment paper and bake the cookies for about 9-11 minutes.

*Sprouted grain flours are easier to digest and more nutritious, you can find them at your local health food stores. Organic whole wheat pastry flour can be substituted.

** Coconut sugar is touted for it's health benefits and for being lower on the Glycemic Index.

***Flax eggs are easy to make: 1 Flax egg=1 TBS ground flax to 3 TBS water

Disclaimer: These are just suggestions, I'm not a doctor or health specialist.

Quotes About October

“October is the fallen leaf, but it is also a wider horizon more clearly seen. It is the distant hills once more in sight, and the enduring constellations above them once again.” – *Hal Borland, American Author and Journalist of the mid 20th century*

“All things on earth point home in old October; sailors to sea, travellers to walls and fences, hunters to field and hollow and the long voice of the hounds, the lover to the love he has forsaken.” – *Thomas Wolfe, major American novelist of the early 20th century*

Read more at www.brainyquote.com



October Is National Adopt A Shelter Dog Month

October is a busy month, what with Breast Cancer Awareness, Vegetarianism Awareness and Cookies too, but there is another great cause in October that deserves the attention of every dog lover. It's National Adopt A Shelter Dog Month. Helping to support this cause and raise awareness brings joy to both families and dogs. Here are 7 reasons why adopting a shelter dog is awesome...help spread the word!

#1: You could be saving a life. According to www.aspca.org approximately 1.2 million dogs are euthanized each year. That's a staggering number of dogs being destroyed.

#2: You won't be supporting puppy mills. There is cruelty in mass breeding facilities. Often, the animal spends their life in a cage producing litter after litter and is destroyed when it is no longer a profit center. Conditions are often dirty and crowded and the breeding dogs aren't getting the companionship from a loving family they crave.

#3: You get a dog who is already potty trained. Everyone knows what a pain it is to deal with potty training a puppy no matter how cute they are. When you adopt an adult dog from a shelter they usually have worked out the whole potty training thing and you get to skip that part.

#4 : You get a healthy animal. Most shelters examine a dog upon arrival and make sure they are healthy and vaccinated. Many also spay or neuter animals when necessary.

#5: You know exactly what you are getting. Most shelters have observed enough about their dogs in residence to tell you the temperament of the animal and how they will do with children.

#6: You save money. Adoption fees are usually nominal and a whole lot cheaper than buying from an exclusive breeder.

#7: You set a great example to others. When you adopt a dog from a shelter you are encouraging others to do the same. Especially when they see what a cute and awesome dog you got!

The Idea Corner

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 these fine folks who referred me last month...

Allison

Thanks for All the Kind Words!

I am so pleased with H&M carpet care not only do they do a good job on cleaning carpet they take great pride in their work and customer service.

Healthy Home News

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

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*A clean home is a health home.
H&M carpet care also cleans
furnace and ducts*

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Inside This Issue You Will Discover...

- ✓ **October Is Breast Cancer Awareness Month...** *Check Out 3 Easy Ways You Can Show Support!*
- ✓ **Healthy Talk... It's National Cookie Month...** *Even A Healthy Eating Plan Can Stay On Track With These Delish Cookies!*
- ✓ **It's National Adopt A Shelter Dog Month...** *7 Can't Miss Reasons Why Adopting A Shelter Dog Rocks!*
- ✓ **Thank You's, Fun Websites, Famous Quotes...PLUS... Discounts, Specials And Much, Much MORE!**
Keep Reading Inside...

Who Wants To Win Movie Tickets?

Take my Trivia Challenge And you could win too!

This is one of my favorite parts of the newsletter! Each month, I'll give you a new trivia question. The first 4 people who call my office with the correct answer will win **two FREE movie tickets**. Enjoy a night out on me with someone special in your life! Take your best guess, and then call me at **780-456-3644!** Remember, your chances of winning are better than you think!

This month's Mega Trivia Question:

Fill in the blank: "The month of October is National _____ Month."

- A) Breast Cancer Awareness B) Cookie
C) Adopt A Shelter Dog D) All Of The Above

Hint: You'll find the answer in the newsletter.