

Jeanine's Home News

News To Help You Save Time And Money

January 2024

Silent Songs Of The Forest

Lila the songbird lived in a dense, tranquil forest, where no wind rustled the leaves and no water flowed. With a voice that could make trees sway in emotion, Lila sang melodies that spoke of old tales and new beginnings. But in this forest, a unique silence prevailed, which swallowed her songs and caused her to feel isolated and unheard.

One day, as Lila sang a melancholic tune, a wandering fox named Ren was drawn to the faint but subtle notes. Lila, sensing a potential audience, sang louder and poured all of her emotions into the song, hoping Ren would hear her. But the forest's thick silence was impenetrable and muffled her spirited song.

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Seeing her effort, Ren approached the dejected songbird, who was perched on a branch. He softly said, "Lila, while I may not hear your song as others do, I see its beauty in the way your feathers dance, your eyes shine with passion, and the forest responds to your rhythm."

Lila looked at him in surprise and said, "You mean, you can feel the essence of my song?"

Ren, nodding with a knowing smile, said, "In this silent forest, it's not about being heard loudly, but about being felt deeply. Your song touches the soul, even if it doesn't reach the ears."

Inspired, Lila found a renewed purpose. She sang not just to be heard, but to connect, to touch and to feel. The silent forest was now alive with emotions, stories and melodies that resonated in the hearts of its inhabitants. And in this unique harmony, Lila and Ren found a deep friendship, bound by the silent songs of the forest.

~Jeanine Lu

Wear Sunscreen Even In The Winter

Cold weather is no reason to ease up on your sunscreen routine, according to the Skin Cancer Foundation. UVB rays, which are the primary cause of sunburn, are weaker in the winter. However, UVA rays, which contribute to premature skin aging, remain steady year-round and can penetrate clouds, fog and windows.

On a snowy day, UVA rays can be worse: Snow reflects up to 80 percent of UV light, so the rays hit you twice.

The best protection is an even coat of broad-spectrum sunscreen over all exposed skin, even the tops of your ears and around your hairline. A moisturizing sunscreen can do double duty, protecting you from the sun and harsh winter air.



Capture Those Fleeting Ideas

People get new ideas in common settings. For some, the three B's are especially productive: bed, bath, and bus. Others have reported the three S's produce creative ideas—swimming pool, sauna and sleep.

Ideas are fleeting things that streak across our minds. If not captured, they might be lost forever. The main thing that distinguishes "creative" people from others, say experts writing in *Psychology Today*, is that creative people have learned ways to be attentive to and preserve some of the ideas that occur to them. They have "idea-capturing" skills.

Scientist Otto Loewi struggled for years with a problem in cell biology. One night, a new approach occurred to him during his sleep, and he wrote it down in the dark. He went to his lab immediately in the morning to act on it. He won a Nobel Prize for the work he began that night. People who want to capture their ideas develop methods of doing it. Artists have sketchpads, writers carry notebooks, and inventors make notes on napkins and candy wrappers.

Develop your own idea-capturing techniques and you will discover that you are more creative than you think.

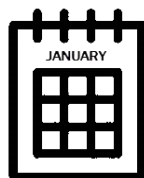
January Roundup

Jan. 1, New Year's Day: A global celebration of the beginning of the new calendar year.

Jan. 14, National Dress Up Your Pet Day: A fun and quirky day where pet owners worldwide adorn their furry friends in amusing and delightful outfits.

Jan. 16, Martin Luther King Jr. Day: A U.S. federal holiday honoring the civil rights leader and his contributions to American society.

Jan. 25, Lunar New Year: The first day of the lunar calendar, widely celebrated in East Asia and around the world, commencing a new cycle in the Chinese zodiac.



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Keep Your House Smelling Fresh

A nicely heated house can be cozy when the weather turns chilly, but the indoor air can get stale and stuffy easily as indoor allergens build up inside. Try these tips to keep your house feeling fresh throughout fall and winter.

Check your air filters and change them regularly. Old and dirty air filters can push musty smelling air through your vents and won't filter as many indoor allergens.

Use the ventilation in your kitchen and bathrooms. The hood fan above your stove isn't just for smoke—it prevents cooking smells from lingering after you are done cooking. Bathroom fans help evaporate any dampness quickly and inhibit odor-causing bacteria.

Try fresh and subtle fragrances. Essential oil diffusers and simmering aromatics smell great without being overpowering.

Nurture some air-cleaning plants. Peace lily, spider plant, snake plant, and bamboo all look great and help refresh the air in your home.

Refresh your carpets. Winter means damp clothes and shoes that drip onto carpets, which soak up musty smells like a sponge. Sprinkle baking soda or another dry carpet deodorizer, let it sit for 15 minutes, and vacuum it up.

Keep up with the laundry. Rugs, shower curtains, throw blankets, and other textiles trap dust and odors. Wash them regularly in hot water.

Say OK To Vitamin K

Vitamin K plays a crucial role in several aspects of our health. Primarily known for aiding in the blood clotting process, it ensures wounds heal properly and prevents excessive bleeding.

Additionally, vitamin K works in tandem with calcium and vitamin D to maintain strong bones and helping prevent osteoporosis and fractures. Recent studies have also linked adequate vitamin K levels with a reduced risk of arterial calcifications, coronary heart disease, and stroke.

Incorporating vitamin K—found in leafy greens, fish, meat, and fermented foods—into your diet can be a significant step toward overall well-being.



Monk Fruit-Sweetened Chocolate Avocado Mousse

This luscious mousse offers the richness of chocolate and the creaminess of avocados, while being naturally sweetened with monk fruit. It's a delightful, guilt-free dessert that's sure to satisfy your sweet tooth.

What is Monk Fruit?

Monk fruit, also known as Luo Han Guo, is a small melon native to Southeast Asia that is commonly used as a natural sweetener due to its compounds that are 150–200 times sweeter than sugar, yet contain no calories.



Ingredients:

2 ripe avocados, peeled and pitted

1/4 cup unsweetened cocoa powder

1/4 cup monk fruit sweetener (adjust based on your sweetness preference)

1 tsp pure vanilla extract

A pinch of sea salt

2-3 tbsp almond milk (or any milk of your choice)

In a blender or food processor, combine the avocados, cocoa powder, monk fruit sweetener, vanilla extract, and salt. Blend until smooth and creamy. If the mixture is too thick, then add almond milk, one tablespoon at a time, to reach your desired consistency.

Chill the mousse in the refrigerator for at least 1 hour before serving.

Garnish with fresh berries, a dollop of whipped cream or a sprinkle of cocoa nibs or shredded coconut for added texture and flavor.

Holistic Tips For Cutting Caffeine

Seeking a healthier start to the new year? Cutting back on caffeine can be a transformative step. Here's how to make the shift:

- **Natural Boosters:** Incorporate such foods as bananas and almonds, which are natural energy boosters.
- **Mindful Breathing:** When fatigue hits, try deep breathing exercises, which can re-energize your mind.
- **Stay Hydrated:** Drinking water can often satiate what feels like a caffeine craving.
- **Adaptogenic Herbs:** Consider the supplements Ashwagandha or Rhodiola, which can help manage stress and boost energy.
- **Tune In:** Observe the positive changes in your sleep pattern and overall mood as you cut back.

WELCOME NEW CLIENTS

Here are some of the new clients who became members of our "Real Estate Family" this past year. I'd like to welcome you!

Rachel, Allen, & Mary Anne

Thank you

Willy, Natalie, & Nicole

We love recognizing our wonderful new friends and existing clients who are kind enough to introduce their friends, family, and neighbors to us.

A mindful approach to caffeine can pave the way for a more balanced and revitalized year.

Should You Trust Your Gut?

You have a big decision to make immediately. Your stomach is in knots, and you feel nauseous. Is your gut telling you something? Maybe. There is a direct link between the brain and the gut. *The Harvard Business Review* says 100 million neurons line your digestive tract, which is more than your spinal cord contains. The gut processes about 95% of serotonin and 50% of the body's dopamine; therefore, the gut plays a significant role in the body's chemistry.

Thus, you might want to listen to your gut—your intuition—but what is it telling you?

Ask yourself whether you are feeling fearful. Fear pushes you to avoid threats or punishment and might trigger the impulse to flee or escape. Fear can also distort the messages of the environment. If you aren't fearful, then are you feeling pulled toward something, even if it is a risk? Do you feel excitement or anticipation? Or maybe you feel comfortable and at ease.

Be aware of your physical gut reactions at important moments. You might be able to determine how these hints can help you make decisions.

Unique Ways To Boost Your Well-Being

Diet and exercise often take center stage when we think about health. However, the quest for well-being extends beyond the plate and the treadmill. Here are some lesser-known, yet scientifically backed, approaches to enhance your overall health:

- **Forest Bathing:** Originating in Japan as "Shinrin-yoku," forest bathing involves immersing oneself in a forest environment. This mindful exploration can reduce stress levels, improve mood, and might boost the immune system.
- **Laughter Yoga:** Combining laughter exercises with yoga breathing increases the intake of oxygen, releases endorphins, and can be a mood enhancer. Plus, it's a fantastic way to connect with others in a joyful manner.
- **Earthing:** Walking barefoot on natural surfaces, such as grass or sand, is called "earthing" or "grounding," and is believed to neutralize negative ions, reduce inflammation, and improve sleep.
- **Music Therapy:** Listening to or engaging with music can stimulate emotions, which can result in a stress-relief response. Music therapy has also been found effective in managing conditions like depression and anxiety.
- **Digital Detox:** In our hyper-connected age, occasionally unplugging and taking a break from screens can help reduce eye strain, improve sleep quality, and enhance real-world social connections.

While these techniques might not replace a balanced diet or regular exercise, integrating these alternative practices can offer a refreshing boost to your health journey.

Remember, health is holistic, and sometimes thinking outside the box can lead to the most profound wellness revelations.

"When we seek to discover the best in others, we somehow bring out the best in ourselves."

William Arthur Ward

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If you'd like me to keep you posted with your neighborhood market update, I'd be happy to, just give me a call or text.

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