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February 2019 - RealtyRave Newsletter from Janet M Khouri, Realtor,e-PRO,SFR

1 message

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Hi Janet M Khouri, Realtor,e-PRO,SFR

Welcome to this month's edition of the RealtyRave newsletter. We hope that you find it filled with interesting and useful information!

Please think of me with any real estate related questions you may have - now and in the future. It would be my pleasure to be of assistance to you. The single highest and best compliment a Real Estate Professional can receive is a referral to friends, family or colleagues. As appropriate, please feel free to forward this Newsletter and/or my contact information. Thank you!

Janet M Khouri, Realtor,e-PRO,SFR

HEALTH and SAFETY 4 steps for a healthier you



(BPT) - When focusing on personal transformation, many hit the gym or focus on eating right and losing weight. Instead of taking on large, difficult-to-maintain goals, there are smaller, simpler steps and habits that can be embraced, resulting in lasting change and a healthier you.

1. Self-care isn't selfish

When too many obligations and plans with family and friends become a burden, it's OK to take a pass. If needed, spending a night at home or retreating to the comfort of your bed can help keep unintended stress at bay. Everyone needs a break from their social life on occasion.

2. Bring on the breakfast

Busy mornings might leave you feeling short on time and skipping out on breakfast altogether. Though it might feel like a huge time saver, skipping breakfast is detrimental to your day. Quick breakfast options that you can prepare ahead of time, like veggie egg muffins or overnight oats, provide

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Household Tips

- **Clean fingerprints from wallpaper with white bread**
 - Use a piece of stale white bread, and rub it gently on your wallpaper to remove fingerprints
- **Keep drains from becoming clogged with boiling water** - pour boiling

energy and nutrients, like fiber, that you need to keep you and your body moving all day long.

3. Treat the small stuff

If you feel that something is off with your body, no matter how small it may seem, acting from the start can go a long way in preventing bigger issues. Treating minor health conditions can be just as important for overall health as visiting the doctor for more serious concerns, like the flu or chronic pain.

4. Work, walk, work. Repeat.

Remaining sedentary all day can lead to several physical effects and pains. To help steer clear of these, set a timer and get up for a five-minute lap around the office or house every hour or so. Not only will you minimize potential aches but moving throughout the day can also make you more productive.

HEALTH and WELLNESS

8 ways to banish spring allergies



(BPT) - Spring. The time of year when, as poet Alfred Lord Tennyson famously said, a young man's (and woman's) fancy "lightly turns to thoughts of love." That is, of course, if you're not sneezing, coughing or dealing with itchy eyes. Spring allergies seem to get worse every year. Is there anything you can do to avoid them?

Yes, says allergist Todd Mahr, MD, president of the American College of Allergy, Asthma and Immunology (ACAAI). "You might feel like suffering from allergies is going to happen every spring no matter what, but there are ways to help alleviate your symptoms."

These 8 ACAAI tips will help you enjoy the season instead of sitting it out indoors.

1. See an allergist. Before the season kicks in, make an appointment with an allergist to find out exactly what is causing those itchy, watery eyes. Discovering the allergen that you're reacting to is the first step in treating it.

2. Find out if it's allergies or asthma. Or both. The symptoms from asthma can be similar to those of allergies. To make matters worse, allergies plus asthma can be a one-two punch for some allergy sufferers. Almost 75 percent of asthma sufferers also have allergies. Your allergist can diagnose what's causing your symptoms and offer suggestions for treatment so you can start living the life you want to live.

3. Consider allergy shots... They may be the best way to treat tree, grass, mold, dust mite, cat and dog allergies. Allergy shots are immunotherapy. That means your allergist will gradually give you increasingly larger doses of whatever you're allergic to. There are also tablets that melt under your tongue to treat allergies to ragweed, grass pollen and dust mites. Both forms create a tolerance within your immune system.

4. ...or get a prescription. Research has shown that most allergy sufferers find prescription medications more effective than those they can get over the counter. But most people don't go in search of a prescription. An allergist can discover exactly what you're allergic to and prescribe the right medication to ease your symptoms.

water down your bathroom and kitchen sink drain weekly to dissolve and flush away all accumulated grease and oil which can, over time, clog your drain

- **Use vinegar and baking soda to clear a blocked drain** - use these two common household supplies to clear a drain if it becomes blocked
- **Use olive oil and vinegar as furniture polish** - Combine three parts olive oil and one part vinegar as a cheap and effective household cleaning remedy
- **Create your own window washing solution with common household supplies** - there is no reason to purchase window washing solution when you can make it yourself with supplies such as ammonia, alcohol, or vinegar (depending on the recipe you choose)
- **Make your own homemade brass cleaner** - you don't have to purchase a commercial brass cleaner when you have salt, flour and vinegar in your own pantry
- **Clean your microwave with steam** - steam can loosen the dried on food particles sticking to the walls and ceiling of your microwave and make it a piece of cake to just wipe them away
- **Make your own homemade hardwood floor cleaner** - if you don't want to buy a commercial hard wood floor cleaner you can always make your own with a simple solution of dishwashing liquid and water
- **Let ammonia sit in your oven overnight to ease cleaning it** - Place a bowl of ammonia in your oven, overnight, with the oven door closed and in the morning you can much more easily wipe away the grease and baked on grime, and then clean it with your usual method (not recommended for self-cleaning ovens, and always ensure proper ventilation)
- **Use your house cleaning time as light duty exercise**

5. Start medication before the season hits. Don't wait. Much like successful pain management involves getting in front of pain before it kicks into high gear, by taking your allergy medications before the worst symptoms develop, you'll be doing a lot to alleviate those symptoms. If you usually start feeling it in March or April, start taking your medications in February.

6. Commit to a thorough spring cleaning. It's not just to give the house a fresh look after the long winter. A deep clean will reduce allergens like mold, which build up in basements and other areas where you might not go every day. It's also a great way to get rid of the pet hair and dander that have built up in places like your sofa. Wash throw rugs regularly, too, in hot water.

7. Wash the day away before going to bed. Take a shower and wash your hair before hitting the hay to rinse away pollen and other allergens you've picked up during the day. Similarly, wash your sheets and bedding once a week in hot water.

8. Use the AC. It's tempting to throw open the windows and let that fresh spring air waft into the house. The only problem is, pollen and other allergens will waft in with it. Instead, use your air conditioner and make sure the filter is clean. Change your filter every three months and use one with a MERV rating of 11 or 12.

With a few commonsense tactics, you can get ahead of your allergies and keep them in the rear-view mirror all season long.

RECIPE OF THE MONTH

Fruit Salad with Lemon Poppyseed Dressing



Makes 12 servings and ready in 25min. 227 Calories

Ingredients:

- 1/2 cup white sugar
- 1/2 cup lemon juice
- 2 teaspoons diced onion
- 1 teaspoon Dijon-style prepared mustard
- 1/2 teaspoon salt
- 2/3 cup vegetable oil
- 1 tablespoon poppy seeds
- 1 head romaine lettuce, torn into bite-size pieces
- 4 ounces shredded Swiss cheese
- 1 cup cashews
- 1/4 cup dried cranberries
- 1 apple - peeled, cored and diced
- 1 pear - peeled, cored and sliced

Directions:

1. In a blender or food processor, combine sugar, lemon juice, onion, mustard, and salt. Process until well blended. With machine still running, add oil in a slow, steady stream until mixture is thick and smooth. Add poppy seeds, and process just a few seconds more to mix.
2. In a large serving bowl, toss together the romaine lettuce, shredded Swiss cheese, cashews, dried cranberries, apple, and pear. Pour dressing over salad just before serving, and toss to coat.

- if you find you are having trouble making time to both exercise and keep your home clean try combining the tasks by purposefully going up and down the steps, bending and stretching, and moving around while you vacuum, dust and mop your home

DID YOU KNOW?

- Did you know dreamt is the only word that ends in mt
- Did you know the first letters of the months July through to November spell JASON
- Did you know a cat has 32 muscles in each ear
- Did you know Perth is Australia's windiest city
- Did you know Elvis's middle name was Aron
- Did you know goldfish can see both infrared and ultraviolet light
- Did you know the smallest bones in the human body are found in your ear
- Did you know cats spend 66% of their life asleep
- Did you know Switzerland eats the most chocolate equating to 10 kilos per person per year
- Did you know money is the number one thing that couples argue about
- Did you know macadamia nuts are toxic to dogs
- Did you know when lightning strikes it can reach up to 30,000 degrees celsius (54,000 degrees fahrenheit)
- Did you know spiders are arachnids and not insects
- Did you know each time you see a full moon you always see the same side

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