



Janet M Khouri <jmkkhouri1@gmail.com>

April 2018 - RealtyRave Newsletter from Janet M Khouri, Realtor,e-PRO,SFR

1 message

Janet@jmkrealtor.com <Janet@jmkrealtor.com>

Fri, Apr 20, 2018 at 12:30 PM

To: jmkkhouri1@gmail.com



Janet M Khouri, Realtor,e-PRO,SFR
Tel: 386-299-4403

April 2018

Hi Jaye Khouri

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

Are you eating too much salt, or not enough?



(BPT) - New York City already mandates it and now Philadelphia is considering it. "It" is salt warnings on menu labels for any item considered too high in salt. The average American eats about 3,400 mg./day of sodium and recent studies indicate that's just about the right amount. Regardless, the federal government continues to recommend that people eat a maximum of between 1,500 and 2,400 mg./day of sodium. Yet, there is almost no population on earth that consumes this little salt.

A 2014 study, published in the New England Journal of Medicine, tested sodium consumption in more than 100,000 people in 18 countries. The study found that the healthy range for salt consumption was between 3,000 and 5,000 mg./day. The amount of salt Americans eat per day is on

- [View my website](#)
- [Email me](#)
- [View Featured Listings](#)
- [Property Search](#)

Compliments of:
Janet M Khouri,
Realtor,e-PRO,SFR

Four Star Homes
 4236 Jackson St
 Port Orange, FL 32127

Tel: 386-299-4403
Cell: 386-299-4403
Fax: 386-788-2444
Janet@Jmkrealtor.com



Household Tips

- **Clean dusty houseplants in the shower** - dusty and dirty real houseplants can be easily and quickly cleaned by placing them in your bathroom for a brief shower. Don't use hot water, and if you feel the shower head will be too harsh you can use a

the low end of this range. Consuming insufficient amounts of salt can lead to the development of insulin resistance, diabetes, cardiovascular failure, dehydration, unsteadiness, loss of cognition and death.

Dr. Michael Alderman and Dr. Hillel Cohen of the Albert Einstein College of Medicine reviewed 23 observational studies covering some 360,000 individuals and published their comprehensive results in the July 2012 edition of the American Journal of Hypertension. They also found that both the very low and very high levels of salt consumption negatively affected health, but in between those extremes, a very broad safe range of salt consumption resulted in optimum health.

The federal government is pushing food manufacturers to change their recipes to reduce their sodium content. This will change the taste and texture of many foods made in the U.S. and may place us at greater risk. Bread, cheese and processed meats can't be made without salt. Salt acts as an essential preservative and drastically lowering the salt content of processed meats significantly increases the likelihood of bacterial growth.

We are led to believe that we are eating more salt than ever before, but this is also false. Military records from the early 1800s up to WWII, and before the widespread advent of refrigeration, show that the average soldier was consuming between 6,000 and 6,800 mg./day of sodium. We eat about half of that today and that number has remained consistent since WWII. The advent of refrigeration meant that we could preserve food with less salt, but salt remains a critical ingredient.

Another myth we often hear is that most of our salt intake comes from processed foods and eating out. This is why government agencies are pressuring restaurants and food manufacturers to adjust their recipes or print salt warnings. In fact, every single population throughout the world, regardless of location, state of development, culture and cuisine, ingests a similar amount of salt when compared to the U.S. average. It doesn't matter if people get their salt from packaged or restaurant foods or add it in themselves in home-cooked meals, the amount stays constant.

Dr. Alderman, who is also the editor of the American Journal of Hypertension and former president of the American Society of Hypertension, has repeatedly cited his concern that a population-wide sodium reduction campaign could have unintended consequences. "They want to do an experiment on a whole population without a good control." More research is needed on total health outcomes before taking such a drastic step.



HEALTH and WELLNESS

Tired of being tired? Here's what you need to know

(BPT) - It's no surprise that we all feel the need to get more sleep. However, for some people who feel tired all the time, it may be a sign of a bigger problem. If the urge to sleep during the day is overwhelming and irresistible, it may be excessive daytime sleepiness (EDS).

Roughly 20 percent of Americans have EDS. It is one of the most common complaints people make to a sleep specialist and a symptom that can be seen in a variety of sleep disorders. Being able to recognize the difference between normal sleepiness and EDS is important to your health, but more

watering can instead. Let them drip dry before returning them to their proper place.

- **Clean sliding door tracks with a screwdriver** - Spray a household cleaner safe for metal on a rag, and wrap the rag around the tip of a screwdriver, and then rub the tip of the screwdriver along the track for easy cleaning.
- **Vacuum lampshades instead of dusting them** - Lampshades accumulate dust quickly and using a dusting rag to try to get it off can sometimes just rub the dust in more. Instead, vacuum your lampshades to remove the dust quickly and easily.
- **Remove dust from drapes and curtains in the dryer** - A simple way to get rid of dusty curtains and drapes is to throw them in the dryer, on the fluff air only setting, for approximately twenty minutes and the movement and air flow will dust them for you.
- **Vacuum carpets regularly** - Carpets hold onto a lot of the dust and dirt in your home, and therefore to keep it out of your home you need to vacuum regularly. If you have dust allergies make sure you use one with a good filter, or let someone else do the vacuuming.
- **Have two welcome mats** - To keep dirt from entering your home in the first place have two welcome mats at all entrance doors to your home, one on the outside and another on the inside.
- **Change your furnace filter regularly** - Changing your furnace filter as recommended, and regularly, is one of the simplest but most overlooked ways to keep dust from accumulating in your home.

DID YOU KNOW?

- Did you know Americas top selling ice cream flavor is vanilla

than 60 percent of Americans find it difficult to do, according to a new survey of 3,000 people conducted by Jazz Pharmaceuticals.

"Occasionally feeling tired is normal," says Dr. Raj Dasgupta, pulmonary and sleep specialist at the University of Southern California's Keck School of Medicine. "People with EDS have a hard time staying awake or alert during the day and may doze off during inappropriate times such as during meals, in the middle of a conversation or even when in a car stopped for a few minutes in traffic."

EDS is a hallmark symptom of narcolepsy. Not everyone who has EDS has narcolepsy, but everyone who has narcolepsy has EDS. Narcolepsy affects approximately 1 in 2,000 Americans. It is a chronic neurological disorder in which the brain can't control sleep-wake cycles normally. A narcolepsy diagnosis can be tricky because many disorders, such as depression, insomnia and sleep apnea, have some of the same symptoms. This may be why it is estimated that half of those with narcolepsy are undiagnosed.

Narcolepsy has five major symptoms, but you don't need to experience them all to have it.

1. Excessive Daytime Sleepiness: This is when you have an uncontrollable urge to sleep during the day.
2. Cataplexy: The weakening of muscles when you feel strong emotions like embarrassment, laughter, surprise or anger. Cataplexy can cause your head to drop, your face to droop, your jaw to weaken or make your knees give way.
3. Sleep disruption: This is when you often fall asleep quickly but wake up frequently throughout the night.
4. Sleep paralysis: Feeling unable to move or speak for a short time when falling asleep or waking up. You may also feel like you can't breathe deeply.
5. Vivid dreaming: Often frightening dreamlike experiences that seem real and happen when falling asleep or waking up. You may experience hearing sounds or words when drifting to sleep or have unwanted visions. Sleep paralysis often accompanies these vivid dreams.

The survey also revealed that a majority of Americans don't feel they know enough about sleep disorders. Less than 50 percent report being familiar with narcolepsy and only 70 percent report being familiar with sleep apnea. Approximately 60 percent of Americans said that they find it difficult to know when they need to talk to a doctor about daytime sleepiness.

Dasgupta adds, "If you're having trouble staying awake during the day or experiencing other sleep-related problems, it may be time to talk to your doctor."

To learn more about narcolepsy, take the Narcolepsy Symptom Screener or to find a sleep specialist near you.

- Did you know the doorbell was invented in 1831
- Did you know there are 7 points on the Statue of Liberty's crown
- Did you know the oldest known vegetable is the pea
- Did you know the most fatal car accidents occur on Saturdays
- Did you know the average hen lays 228 eggs a year
- Did you know the Eiffel Tower has 1,792 steps
- Did you know Iceland consumes more Coca Cola than any other country
- Did you know Oak trees don't produce acorns until they are 50 years old
- Did you know the word 'almost' is the longest word spelt alphabetically
- Did you know human thigh bones are stronger than concrete
- Did you know Earth is the only planet not named after a god
- Did you know months that start on a Sunday will always have a Friday the 13th
- Did you know more people are allergic to cows milk than any other food

About Us

Whether you are looking to buy or sell, we are here to assist you in accomplishing your real estate dreams. Call today and let us put our tools, techniques and skills to work for you! P.S. Referrals are the highest compliment a sales professional can receive from a client. Please pass my name around to your friends, family, and acquaintances so that I can provide them with the best real estate experience possible! Janet is YOUR ONE STOP REALTOR! Licensed Florida Realtor * Member of the National Association of Realtors (NAR) * Member of the Daytona Beach Area Board of Realtors. * RE Designation = E-PRO (Certified Internet Professional) * RE Designation = SFR (Short Sale Certified) Available to you: Multiple (MLS) Listing Service 1. Single Family Homes w/land 2. Multi Family Homes w/land 3. Condo's



w/land 4. Town Homes w/land 5.
Manufactured Homes w/Land 6.
Manufactured Homes on Leased
Land in many Communities.

RECIPE OF THE MONTH

Grilled Salmon with Avocado Dip

Makes 6 servings and ready in 45 minutes.

Ingredients:

- 2 avocados - peeled, pitted and diced
- 2 cloves garlic, peeled and minced
- 3 tablespoons Greek-style yogurt (Regular plain yogurt may be substituted)
- 1 tablespoon fresh lemon juice
- salt and pepper to taste
- 2 pounds salmon steaks
- 2 teaspoons dried dill weed
- 2 teaspoons lemon pepper
- salt to taste

Directions:

1. Preheat an outdoor grill for high heat, and lightly oil grate.
2. In a medium bowl, mash together avocados, garlic, yogurt, and lemon juice. Season with salt and pepper.
3. Rub salmon with dill, lemon pepper, and salt. Place on the prepared grill, and cook 15 minutes, turning once, until easily flaked with a fork. Serve with the avocado mixture.

If you wish to unsubscribe to this newsletter, please [click here](#)