



## Welcome

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Welcome to the October 2010 edition of the Home Helpers Gazette. This month's gazette has articles to help you relax and rejuvenate yourself. Check out the ideas for creating a spa at home and for starting off your day with more energy. We hope that you find these articles informative and helpful. As always, we would love to get your feedback. Please contact us at [58319@homehelpers.cc](mailto:58319@homehelpers.cc) or at (718) 261-0158.

## Energy Boosters

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It seems like most of us are low on energy these days. While drinking coffee or having a candy bar can give you a temporary energy boost, the crash afterward can make you feel even more sluggish than before. See below for some tips to boost your energy naturally with long lasting results.

According to Alan Hirsch, M.D., neurological director of the Smell and Taste Treatment and Research Foundation in Chicago, you can start your day off with more energy by simply exposing yourself to a few minutes of light. This technique will send a signal to the brain to stop the production of melatonin (a hormone that aids the body to sleep.) Switching off the production of the hormone will result in the body naturally waking up and feeling more energized.

Researchers at Tufts University found that people who ate a banana at breakfast increased their energy and stimulated their muscles/brains for up to two hours after consuming the fruit.

The high level of potassium in bananas helps you feel these benefits.

Stretching and doing some physical activity after long periods of sitting at your desk can increase energy levels. Researchers at Stanford University found that a 30-second stretch can boost energy and concentration 55 percent for one hour (by increasing heart rate and oxygen uptake.)

Chicago's Smell and Taste Treatment and Research Foundation found that chewing on a piece of peppermint gum can give you more "pep" because of the combination of chewing plus the strong scent of mint. Within three minutes of chewing, subjects within the study were more alert.

Laughter really is the best medicine. Watch funny television shows or catch up with your funniest friends. Scientists say that laughing naturally improves insulin sensitivity which helps brain cells to take in blood sugar.

For more information about the tips listed and for additional energy boosters, read the iVillage article <http://www.ivillage.com/7-am-look-light-solve-your-personal-energy-crisis/4-b-278146?nlcid=in|09-23-2010>

## Happy Holidays

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Happy Columbus Day! (October 11<sup>th</sup>)

Happy Halloween! (October 31<sup>st</sup>)





## Spa at Home



Lately I've been fantasizing about going to the spa. Between taking care of the baby, keeping up our home and working it would be great to get some "me" time just to unwind.

While going to a spa is always nice, you can recreate a bit of the spa experience at home. See below for some tips and tricks to turn your home into a relaxing spa retreat.

Create a calming atmosphere by having your spa day during some quiet time at home. Use your softest towel/robe. Dim the lights and use scented candles. Scents like lavender are calming while citrus scents are energizing. Play some music to get you in the mood for relaxation.

Dine as if you are at a spa. Check out our delicious dishes article for a spa style salad and dressing. Snack on fruit and nuts and drink plenty of water or herbal tea.

Spas usually use fresh, wholesome ingredients on your skin during treatments. You can blend some household ingredients to get the same great results. An esthetician provided this recipe for a mixture that softens and exfoliates skin: Fill a jar half way with some brown sugar and mix in olive or safflower oil till you see a pasty consistency. Add lemon juice and mix well. Rub this mixture on your skin in the shower to exfoliate and soften your feet, hands or your whole body. Rinse well. The sugar smooths rough skin and the oil hydrates it.

## Delicious Dishes

This light and aromatic salad dressing recipe was part of a cooking course at The Essex - Vermont's Culinary Resort and Spa. For more information about their cooking courses and spa, please visit <http://www.vtculinaryresort.com/>. The salad is one of our favorites that we created at home. Enjoy!

### **Salad Dressing**

#### **Ingredients**

1/4 cup orange juice  
1/4 cup white wine  
1/4 cup honey  
1 tsp dried lavender  
1/2 cup olive oil  
1 tsp fresh lemon juice



#### **Directions**

Heat first four ingredients in a sauce pan on medium/low heat. Let it simmer and reduce a bit to intensify flavor. Strain out lavender.

Whisk in 1/2 cup olive oil and 1 tsp lemon juice. Let the dressing cool on the counter or in the refrigerator before serving. When you are ready to serve your salad, pour on top and toss.

### **Salad**

#### **Ingredients**

1 head Boston Bibb lettuce  
1/2 bag crazins (dried cranberries)  
1 orange  
1/2 package goat cheese  
1 handful pumpkin or sunflower seeds (optional)

#### **Directions**

Wash lettuce thoroughly and remove root. Chop or tear lettuce into small pieces and toss into large bowl. Add crazins. Segment orange and cut into small bite size pieces. Add to bowl. Using a fork, cut small pieces of cheese and sprinkle on top of the salad. Refrigerate until ready to serve. Add seeds before serving. Toss with above dressing or olive oil.

