



Joseph's Update

on Real Estate

By **Joseph Barry Martin**



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BREATHE DEEPLY

Oxygen is essential to life by optimizing health and diminishing disease. It is the basic requirement for every metabolic process in our bodies. Oxygen provides life and energy to each of our cells. Poor eating and drinking habits, drugs and lack of exercise deprive our cells of oxygen and our immune systems become compromised. Lack of oxygenation may lead to circulatory and digestive disorders as well as cancer.

Most of us have never really learned to breathe with a deep, slow, diaphragmatic, bellows-like movement. Next time you are sipping morning green tea, sitting in the garden with friends and family, riding the bus or in your car, remember to learn to breathe more deeply. Most of us breathe only into the top part of our lungs, filling only 20-40 per cent of our capacity to take in oxygen. This very inefficient shallow breathing comes from infancy habits, as well as anxiety, stress and boredom.

Place your right hand on your lower abdomen in the pelvic region and breathe in fully there first. Your hand should rise about 2-3 inches with the in-breath. Then you fill your mid abdomen, lower lungs and lastly upper lungs. When you do this you are taking in up to 100 per cent of the volume of oxygen of which you are capable. When exhaling, strongly pull your tummy muscles in towards your spine, thus exhaling the "dead air" which often gets trapped there. Instantly you feel energy in your body, and your mind and emotions become clearer.

Four of our modern stressors are toxic food and environmental stress, emotional stress, physical trauma and infections. These deplete the body's oxygen supply and thus create more stress through negative feedback. We then are more susceptible to illness.

How can we alleviate this? First, by remembering to breathe deeply all day long. It's like learning to ride a bicycle. Once you train your body to breathe deeply over a period of 3-4 weeks, then it will automatically continue to access more oxygen through this 100 per cent breathing cycle on its own.

Second, moving your body, swinging your arms while walking, and stretching your legs during your hiking will help the flow of oxygen into your cells and tissues. Cardio exercise like swimming, bicycling and playing tennis also increase the volume and rate of bringing energy into all your organs and cells. And remember, breathing deeply, exercising and movement bring a healthy mental and emotional outlook, as well as keeping you vital and youthful much longer.

BROCCOLI STEAMED WITH ORIENTAL DRESSING

500g broccoli, broken into florets

Toasted sunflower seeds

Dressing: 100ml (2/5 cup) olive oil, 10ml (2tsp) sesame oil, 45ml (3Tbs) white wine vinegar, 2 cloves garlic, chopped, 2ml (1/2 tsp) chopped fresh ginger, milled black pepper to taste.

Mix all the ingredients together. Steam broccoli over boiling water for about 6 minutes.

Place the broccoli in a dish and while still hot, pour the dressing over. Sprinkle with toasted sunflower seeds and serve immediately.

LIFE IS JUST TOO SPECIAL TO WASTE!

If I had my life to live over I would have talked less and listened more.

I would have invited friends over to dinner even if the carpet was stained, or the sofa faded.

I would have taken the time to listen to older family and friends ramble about their youth.

I would have sat on the lawn with my children and not worried about grass stains.

I would have gone to bed when I was sick instead of pretending I was “okay.”

There would have been more “I love you’s” ... more “I’m sorry’s” ... and mostly, given another shot at life, I would seize every minute, look at it and really see it ... live it ... and cherish it.



TIPS ON PREPARING YOUR HOME FOR SALE

FIRST IMPRESSIONS ARE IMPORTANT! Remember, when a prospect comes to look at your house, the first thing he/she will see is your home’s front door. Be sure that it is fresh, and clean. Have your lawn and landscaping well manicured and trimmed. Make sure your yard is free of refuse, leaves and objects.

WHAT YOU SHOW IS WHAT YOU GET. Faded walls and worn woodwork will reduce the appeal of your home. When you do a reasonable amount of redecoration, a quicker sale at a higher price will result. A fresh coat of paint will pay great dividends for you.

LET THE SUN SHINE IN. Open those drapes and blinds all the way, so the prospect can see how bright and cheerful your home is. Put all the interior lights on for a similar effect.

FIX THAT LEAKY FAUCET. Dripping water can discolour sinks and suggests faulty or worn-out plumbing.

LITTLE THINGS MEAN A LOT. Take a few minutes to check that your doors don’t stick or have loose knobs on them. Fix windows and cabinet drawers. Clean your windows and mirrors. Get all those minor flaws fixed since they detract from your home’s value.

SAFETY FIRST AND ALWAYS! Keep stairways, hallways and steps clear and clean, since this will avoid injuries around your home, as well as avoid distraction.

FROM TOP TO BOTTOM. Display your attic, basement, and other utility space (including crawl spaces) by removing all unnecessary articles. A coat of paint can do wonders if your basement is dark and dreary.

BIG CLOSETS. Make them look bigger by having them neat and well organized to show that your home has ample closet space.

BATHROOMS SELL HOMES. Make these rooms sparkle! Check and repair any damaged or discoloured caulking in the bathtubs and showers. Be sure that the towels and area rugs are bright.

BEDROOMS SHOULD BE AWAKE. Keep these rooms bright and cheerful. Remove any excess furniture and be sure to use attractive and colourful bedspreads and fresh curtains.

REMOVE CLUTTER. Pack away all that “stuff” on top of furniture, counters, floors, etc., that you have got used to having around.

SHINE ON! Your home’s illumination can be a “welcome” sign to that prospective buyer! Turn on all of your outside and inside lights when showing your home at night, they’ll feel a glowing warmth.

PS—Oh by the way...if you know of someone who is looking to buy or sell a home/condo, please refer them to me or just give me a call.

Joseph Barry Martin

RE/MAX Alliance

770B Hillside Ave, Victoria BC, V8T 1Z6

Phone: 386-8875 Fax: 386-8180

Email: josephmartin@alliance-victoria.com

