



Joseph's Update on Real Estate

By **Joseph Barry Martin**



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BREATHE, REST, REDUCE STRESS, AND RELAX

We can always take charge of our daily lives through following a few, simple steps to help us release built-up mental, emotional and physical stress, feel energized, and enjoy each moment of the day much more. We can also teach this to our children so that they're able to better concentrate at school, at play and at their music lessons. Breathing slowly and deeply down into the lower diaphragm is the key here. When you do this, your mind slows and relaxes, your body and feelings become more grounded and centred, and you feel strong and powerful inside yourself again. No longer are your daily job and activities controlling you. In every breath, you are in charge and can focus on what you feel and need to be, and be doing.

Along with this, planning and allowing 20 minutes here and there during your day for a walk, a green tea, a conversation with a friend, a nap (yes napping extends your lifespan) and peaceful visualization-meditation will bring you back to your heart, your joy, and your excitement about your life and career. All these processes expand your alpha brain waves which promote deep relaxation in the body while creating greater multi-tasking mental alertness. These techniques and daily exercise release endorphins and enkephalins in the brain which give you a greater feeling of well-being, strength, peace, and self-confidence.

Taking protein in the form of nuts and healthy snacks more often during the day also keeps your energies flowing; 6 to 8 snacks per day is easier on your digestion than two heavy meals.

Worry and anxiety are always either about the past or the future. And in this moment, there is nothing you can do about either of these to change them. So staying in the Now, this breath, this moment, is the key to knowing what you're feeling and needing. When you create a new pattern for 21 days of breathing, resting, relaxing, and energizing through exercise, you will notice improved health, along with attaining a much more heightened, positive attitude. A magnetic attractive you will bring the same from others to you.

CHRONIC FATIGUE SYNDROME AND FIBROMYALGIA

There are an estimated 25 million worldwide with these conditions. Symptoms may include fatigue, lower activity levels, poor sleep, achiness, difficulties with short-term memory, concentration, word finding, word substitution, orientation or 'brain fog,' increased thirst, bowel disorders, recurrent infections (including chronic sinusitis), and exhaustion after minimal exertion. A related challenge is painful knots in specific muscles.

There is an effective treatment for CFS-FM. It will involve at least four steps which can be simultaneous: 1) getting much more good night's sleep, 2) some work with the endocrine glands (especially pituitary and hypothalamus), 3) clearing up ALL infections, and 4) changing the diet along with mega doses of nutritional remedies like minerals, vitamins, coenzyme Q10, magnesium, zinc and fish and flax seed oils, and other remedies.

CFS-FM may likely involve the presence throughout the body of other bacteria, mycobacteria, viruses, parasites and especially candida and fungi. These may be THROUGHOUT the body, including the sinuses and lungs, the digestive and immune systems, and in muscles and blood. The treatment may take 3—24 months to clear entirely. So it's important to realize that one can make steady daily progress through sleep, nutrition, homeopathics, diet and exercise.

Abracadabblers: an amateur magician.

Badaptation: a bad movie version of a good book.

Carbage: the trash found in your automobile.

Dadicated: being the best father you can be.

Ecrastinate: checking your e-mail just one more time.

Faddict: someone who has to try every new trend that comes along.

Gabberflasted: the state of being speechless due to someone else talking too much.

Hackchoo: when you sneeze and cough at the same time.

Iceburg: an uppity, snobbish neighborhood.

Jobsolete: a position within a company that no longer exists.

Knewlyweds: second marriage for both.

SMOKED SALMON, ASPARAGUS AND POTATO SALAD

2 lbs baby potatoes, cleaned, halved; 2 lbs asparagus, trimmed

8 cups mixed greens; ¾ lb thinly sliced smoked salmon

¼ cup fresh chives, chopped; 2 Tbs fresh dill, chopped

Dressing: 3 Tbs lemon juice; 1 shallot, finely chopped

¾ tsp salt; ¼ tsp black pepper; ¼ cup olive oil

Process: Cook potatoes, drain. Cook asparagus for 4 mins. Chill.

Line a salad bowl with greens, potatoes, and asparagus on top.

Then place the salmon over with the chives and dill.



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.

Your trust in my excellent service is the greatest referral, for which I am truly grateful.

Joseph Barry Martin

RE/MAX Alliance

770B Hillside Ave, Victoria BC, V8T 1Z6

Phone: 386-8875 Fax: 386-8180

Email: josephmartin@alliance-victoria.com

