



Moe Archambault...

Service For Life!®

“Insider Tips For Healthy, Wealthy & Happy Living...”

Buying A Home Soon? Get my Free Consumer Guide, “8 Secrets For Saving Thousands When Buying Your Home.” Call me right now at 644-2227 for details...

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7 Myths About Food And How To Fight Disease

Medical studies show that eating the right foods in the right amounts and exercising regularly reduce the risk of heart disease, cancer, and stroke. The trouble is there’s so much conflicting information in the media and on the Internet that it’s hard to know what to believe. Here are seven common myths – and the facts you should know – to help you make healthy-eating decisions and fight disease.

Myth #1: All fats are bad.

Truth: Your body needs fats to give it energy and support cell growth, but not all fats are equal. Knowing which fats raise LDL (bad) cholesterol and which ones don’t is the first step in lowering your risk of heart disease. For example, you should reduce the amount of saturated and trans fats (which are solid at room temperature, like a stick of butter) in your diet and increase the amount of monounsaturated and polyunsaturated fats (which are more liquid, like vegetable oil.)

Myth #2: A calorie is a calorie.

Truth: Doctors say this myth is one reason why obesity is increasing. The calories you eat don’t all have the same impact on your body. 100 calories of broccoli are not the same as 100 calories of cupcakes. It depends on whether you’re eating healthy or unhealthy calories.

Myth #3: Carbohydrates make you fat.

Truth: Eating sugary and refined-carbohydrate rich food such as white bread and doughnuts can raise your risk of problems like heart disease. But vegetables are carbs too! The closer the carb is to its original form, the better it is for you. Whole grain brown rice is good, while white rice that has been stripped of its bran and germ doesn’t offer health benefits.

Continued on Page 2...

Thinking Of Selling Your Home Soon?

Don’t attempt to sell your home without my Free consumer guide, “44 Money-making Tips For Preparing Your Home To Sell.” My exclusive report will give you all the facts for a fast, top dollar sale. Just call 644-2227 anytime, 24 hours, and I’ll rush a copy out to you.

Word of the Month...

Studies have shown your income and wealth are directly related to the size and depth of your vocabulary. Here is this month's word, so you can impress your friends (and maybe even fatten your wallet!)

Cachinnate: (KAK-i-nayt) verb

Meaning: To laugh loudly

Sample Sentence: We cachinnated so much at the movie that we thought they might ask us to leave the theater.

What Happens In 1 Minute On The Internet...

- Amazon has \$83,000 in sales
- 204 million emails are sent
- 6 million Facebook views
- 100,000 new tweets
- 2+ million Google search queries
- 47,000 apps are downloaded
- 30 hours of video uploaded on YouTube

What They're Teaching In College These Days

- ◆ The Science of Harry Potter – Frostburg State University, MD
- ◆ Joy of Garbage – Santa Clara University, CA
- ◆ Zombies in Popular Media – Columbia College, Chicago
- ◆ Philosophy and Star Trek – Georgetown University
- ◆ Arguing with Judge Judy: 'Logic' of TV Judge Shows, U. of California
- ◆ Lady Gaga & the Sociology of Fame – U. of South Carolina

Quotes To Live By...

It is our choices that show what we truly are, far more than our abilities.

—J.K. Rowling

You miss 100 percent of the shots you never take.

—Wayne Gretzky

Have you ever noticed that anyone driving slower than you is an idiot, and anyone going faster than you is a maniac?

—George Carlin

7 Food Myths & Fighting Disease

...Continued from Page 1

Myth #4: Red meat is bad for your health.

Truth: Red meat has more cholesterol and saturated fat than chicken, fish, or vegetable protein. However, you can eat it as long as you limit the amount (one portion = three ounces), choose leaner cuts ("round" or "sirloin"), trim the fat, and cook it by baking, broiling, or grilling.

Myth #5: A gluten-free diet will help you lose weight.

Truth: Whole grains are good for you, but those that contain gluten, a protein found in wheat, rye and barley, are harmful for people with celiac disease and gluten intolerance. Other people may lose weight by cutting out gluten, but it's because they are eliminating foods (like breads, pasta, pastries) that they were probably overeating.

Myth #6: Eggs are bad for your heart.

Truth: One egg contains 185 milligrams of cholesterol. For people with normal LDL cholesterol, the daily recommended cholesterol limit is 300 milligrams. The American Heart Association says most people (except those with diabetes or a history of heart problems) can eat one egg per day – if they also watch how much cholesterol they consume from other sources, such as meats, poultry, and dairy products.

Myth #7: You should drink 8 glasses of water each day.

Truth: Water keeps your body hydrated (and you also consume it by eating some fruits and vegetables). But the amount you need varies daily, depending on your gender, size and activity level, as well as things like heat and humidity. To test it, check the color of your urine. Clear or light yellow means you're well hydrated; if it's a darker color, drink more water.

For more information on ways to eat healthier and fight disease, visit www.heart.org and click on Getting Healthy.

Thank You! Thank You! Thank You!
Thank You! Thank You!

Thanks to all of my clients and friends who support my practice and graciously referred me to your friends and neighbors! Rather than pester people with unwanted calls and visits, I build my business based on the positive comments and referrals from people just like you. I couldn't do it without you!

Brain Teaser...

What happened in 1961 that will not happen again for over 4,000 years?

(See page 4 for the answer.)

Real Estate Question?

Maybe you want to know how much your home is worth. Or maybe you just need a recommendation for a handyman, carpet cleaner or plumber...

Either way, I love hearing from all of my good friends and clients. And I'm always looking to answer questions you might have about anything relating to real estate or home-ownership.

If you have a question, tip or idea, call me at **644-2227**. I'm here to help!

Websites To Help You Make Extra Money

- ◆ **www.tutorspree.com** -- Qualified tutors make \$1,000- \$2,000 a month on a part-time basis.
- ◆ **www.freelancer.com** -- Focus on a skill you have and look for potential jobs.
- ◆ **www.snagajob.com** -- Look for part- or full-time jobs in your area.

It's True!

A company recently asked prospective job applicants to fill out a questionnaire. In answer to the request: "Summarize your strongest professional attribute," one woman wrote, "I'm very good at following instructions."

When Was The Last Time You Cleaned Your...

- **Showerheads** – Soak in diluted vinegar and scrub with an old toothbrush.
- **Computer keyboards** – Use a hand vacuum to get the crumbs; then wipe the keys with diluted dishwashing detergent or isopropyl alcohol.
- **Drapes** – Reduce allergen buildup by washing them and steaming to release wrinkles. Some may require dry cleaning (it's worth it). Between cleanings, vacuum with a brush attachment at least once a month.

Easy Online Privacy Protection

Now that you can access the Internet from your smartphone, iPad, laptop or computer, is your data really safe? You know you should have strong passwords, but here's how to add an extra level of security:

- ◆ **Sign up for 2-step authentication if you use Gmail, Twitter, LinkedIn, PayPal or Facebook.** This will protect your accounts by using both your password and your phone to sign in. Look for this under Settings, Profile, or Account (depending on the website).
- ◆ **Use "private browsing" (also called "incognito") on your browser when checking your bank account or paying bills online.** This prevents the browser from storing information. Look under *File* on Firefox or Chrome, or *Safety* for Internet Explorer.
- ◆ **Use a passcode on all your devices (usually under Settings).** For more protection, download one of the many security apps available. For example, Avast Mobile Security or Lookout (both free) for Android, and WISE ID (free) or mSECURE (\$9.99) for iPhones.

FREE Consumer Help Is Just A Phone Call Away!

Learn valuable secrets for saving thousands and avoiding costly mistakes when buying, selling or refinancing a home. Best of all, it's FREE. Ask about my "Insider's Free Resources" by calling me at: **644-2227**

DID YOU KNOW...

Unlike most real estate agents, I *DON'T* spend my time pestering people with phone calls or bothersome interruptions to find good clients. Instead, I dedicate 110% of my time and energies to providing such outstanding service people naturally think of me when a friend or family member needs help buying or selling a home. THANKS for your referrals!

Whiten Your Teeth Naturally

While professional dental procedures work best, you can whiten your teeth (and look years younger) by eating these foods:

Crunchy foods. Apples, celery, and carrots scrub your teeth and stimulate production of saliva, which washes away food. Also helpful are strawberries, which contain malic acid that whitens teeth.

Dairy products. Yogurt and hard cheeses like cheddar contain lactic acid that can protect against decay. Chewing hard cheese also stimulates salivary glands to avoid plaque buildup.

What to avoid. Anything that stains teeth, like coffee, tea, blueberries, red wine, and tobacco. After you consume these, rinse with water or chew sugarless gum to remove stain-causing particles.

Thanks For Thinking of Me!

Did you know I can help you or any of your friends or family save time and money when buying or selling a home? Thanks for keeping me in mind with your referrals...and spreading the word about my services.

Brain Teaser Answer:

The year's date reads the same when turned upside down. That won't happen again until 6009.

Get That Crispy Crust

Love leftover pizza but hate the crust when you reheat it in a microwave? A toaster oven works but you also can put the slice in a covered skillet and heat over medium-low heat until warm.

Have A Laugh

Sherlock Holmes and Dr. Watson went camping. In the night Holmes woke up and said, "Watson, look up and tell me what you see." Watson replied, "I see millions of stars." Holmes said, "And what do you deduce from that?" Watson replied, "Well, if there are millions of stars, and if even a few have planets, it's likely there are other planets like Earth. If there are planets like Earth out there, there may also be life." And Holmes said, "Watson, you idiot, it means someone has stolen our tent."

THANK YOU for reading my Service For Life![®] personal newsletter. I wanted to produce a newsletter that has great content and is fun and valuable to you. Your constructive feedback is always welcome.

AND... whether you're thinking of buying, selling or financing real estate, or just want to stop by and say "Hi," I'd love to hear from you...

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Disclaimer: The information contained in this letter is intended for informational purposes. It should not substitute as legal, accounting, investment, medical or other professional services advice. Always seek a competent professional for answers to your specific questions. This letter is not intended to solicit real estate properties currently for sale.

"Who Else Wants to Win A Dunkin' Donuts Gift Card?"

Guess who won last month's Trivia Question? I'm pleased to announce the lucky winners of last month's quiz. And the winners are...drum roll please: **Donna Tousignant-Vallee, Therese Roberge, Kathy Rose and Phil Alexakos** of Bedford who donated his gift card to New Horizons for NH.

What does the "Double 0" in James Bond's 007 mean?

- a) A member of Her Majesty's Secret Service
- b) Has license to kill
- c) Nothing, just a ranking system
- d) A distinction for years of service

The answer is b) Has license to kill. So, let's move on to *this* month's trivia question.

Which of these couples topped the list of the highest paid celebrity couples for the period May 2011 to May 2012?

- a) Gisele Bundchen & Tom Brady
- b) David & Victoria Beckham
- c) Brad Pitt & Angelina Jolie
- d) Beyonce Knowles & Jay-Z

The first 3 people to call me or e-mail me with the correct answer will win! Everybody could be a winner even if you think you're too late. Call me anyway and if the prizes are already gone then I'll register your name for a chance to win a \$50 Dinner gift card raffle being drawn on September 30, 2013. It's that EASY. CALL NOW!

***Call me at 644-2227 OR e-mail me at moearchambault@yahoo.com
And You Could Be One Of My Next Winners!***

Real Estate Corner...

Q. I tried to sell my home but didn't get any good offers. What should I do differently to get it sold?

A. After re-evaluating your home's price and condition, you need to revisit your marketing plan.

Do the pictures of your home on the Internet really show your home to its best advantage? Did your home get seen by as many potential buyers as possible? To help you pump up the plan, you should hire not just a REALTOR[®] but a Home Marketing Expert who knows how to show your home's greatest features and how to get your home more exposure. A Home Marketing Expert knows the best strategies to sell homes fast and for the most money possible.

To learn more about how to sell your home the second time, call and ask for my Free Consumer Report called **"4 Tips To Guarantee Your Home Sells The Second Time."** I'll send a copy right over to you.

Do you have a question you want answered? Just call me at **603-644-2227**. Perhaps I'll feature it in my next issue!

Get Free money-saving home tips at my web site: **www.moehomes.com**