



Moe Archambault...

Service For Life!®

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

Buying A Home Soon? Learn how to save thousands of dollars when finding, buying or financing your home. Call me right now at 644-2227 for details...

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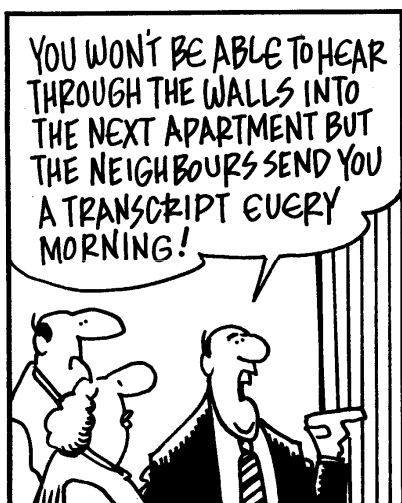
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Four Healthy Habits Of High-Energy People

Would you like more energy throughout the day? The secret to beating fatigue is not in your next cup of coffee or energy drink. For lasting energy, try these natural ways to pump yourself up:

#1: Get some exercise. I know the last thing you want to do when you have low energy is put on your sneakers and head out for a brisk walk. But many scientific studies prove that walking, a light jog, or even lifting a few weights can boost your energy levels in no time flat.

#2: Take a nap. If you're too tired to even exercise, you might need a nap. Researchers at the University of California confirmed that a midday snooze can make you refreshed and more productive. A short nap where you wake up before going into a deep sleep works best. Set a timer so you don't oversleep.

#3: Take a break. If you're not able to lie down, try going outside for a few minutes. On a clear day, the sun's rays will improve your mood and make you more alert. Even if it's not sunny, taking several short breaks throughout the day refreshes your energy and helps your brain focus.

It's also important to keep your heart healthy by scheduling down time on weekends and taking regular vacations. A study of people who didn't take vacations over a five-year period indicated a 32% greater risk of dying from coronary heart disease (over the next nine-year period) than those who got away at least once a year.

#4: Chew some gum. Did you know the cultural habit of chewing gum dates back to the ancient Greeks popping wads of tree resin in their mouths to improve their breath? Recent studies indicate that chewing gum improves mental performance because it increases blood flow to the brain. Chew sugar-free gum to avoid a mid-afternoon crash.

For optimum performance, build all four of these habits into your lifestyle. You'll be more productive at work and have more energy to do active things with loved ones and friends.

Thinking Of Selling Your Home Soon?

Don't attempt to sell your home without my Free consumer guide, *644 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.

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

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!)!

Exult (ig-zult) verb

Meaning: To be jubilant or to rejoice

Sample Sentence: The entire school will exult at the news of the football team's victory.

Travel Planning Helpers

Organizing travel has never been easier. Beyond airfare and accommodations, websites can help with everything from budgeting to translation and everything in between.

Try a few of these websites when planning your next trip!

Find out what other people have spent and share your experience with others using the resources and travel budgeting tool at this site:

www.budgetyourtrip.com

A directory of information about the different electrical outlets in foreign countries is at: www.voltagevalet.com

If you don't know the native language, refer to: <http://translate.google.com>

Learn the culinary habits of the country you are visiting with this helpful directory: www.foodbycountry.com

Quotes To Live By...

One of the evils of democracy is, you have to put up with the man you elect whether you want him or not.

—Will Rogers

Competence, like truth, beauty and contact lenses, is in the eye of the beholder.

—Laurence J. Peter

Very few men are wise by their own counsel, or learned by their own teaching. For he that was only taught by himself had a fool for his master.

—Ben Johnson

Home Remedies For Common Ills

Many people are using home remedies instead of medications for common health challenges. It may take a bit of experimentation to find the solution that works best for you, but start with these time-tested home remedies to avoid using over-the-counter drugs:

- **Acne:** Increase your intake of Vitamin A with more fruit in the diet and avoid sleeping on your stomach.
- **Motion Sickness:** Inhale the ink from newsprint. Make sure it is the traditional newspapers that get your fingers dirty. If you feel a bit woozy while traveling, you can also suck on a lemon wedge for relief.
- **Sore throat:** Some sore throats need a doctor's attention, but many swear by the benefits of an Epsom salt bath or gargling with warm water and sea salt.
- **Warts:** Tape a small piece of banana peel with the fleshy inner portion toward the wart at bedtime.
- **Minor cuts:** Black pepper can be applied to minor cuts to stop the bleeding. I've heard this helps prevent scars as well.
- **Allergies:** A one-inch square of fresh honeycomb can eliminate the itchy eyes, wheezing, and runny nose of allergies. Suck out the honey and chew the wax for five minutes.
- **Itching from ant bites:** Try applying castor oil, toothpaste, Vicks VapoRub, or a mixture of baking soda with vinegar.
- **Itching from poison ivy:** Try rubbing gently with lemon wedges but be sure to avoid any broken skin or it will sting.
- **Sunburn:** Take a cool shower to remove heat from the skin. Brew strong tea with regular teabags, cool, and saturate washcloths with the tea — then apply to sunburned areas of skin.

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!

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

Brain Teaser...

Why is it common to have the snooze alarm interval be 9 minutes on alarm clocks?

Three Charming Steps

Being charming is helpful whether you are trying to get your spouse to agree with you or if you sell products or services. Try these 3 steps to charm:

- **Show appreciation** for people's time and attention.
- **Ask about them.** Learn what is going on in their lives.
- **Make them laugh.** Everyone needs a little break from their serious life.

Curiosity Killed The Cat

A mother had finally lost her patience with her seven year old boy that was always asking questions.

She asked him, "Did you ever hear that curiosity killed the cat?"

Curious to hear the story, he asked her to tell him about the cat's demise.

"Well, there was a cat that was always inquisitive. One day, she peeked into a huge hole, slipped, fell in and died."

The seven year old then asked what was in the hole.

Walk To Prevent Dementia

People who walk just six miles per week seem to be less likely to develop dementia says www.AARP.org.

Dried Figs Protect Heart

Research has shown that dried figs are good for more than just being a source of fiber. They provide a good dose of polyphenols which act as a potent antioxidant, preventing the formation of plaque that can clog arteries.

Five to six figs a day are best. Include them in a bowl of oatmeal or salad. Or you can combine them with sweet potatoes or squash.

Interesting Question

We're told that the customer is always right. So, why isn't everything free?

Avoid This Common Threat To Your House

Moisture from accumulated water or vapor can be a big threat, sometimes without you even knowing. If not addressed quickly, there is potential for major damage to your home. If left alone, moisture can even threaten your health if it starts to create mold and mildew. Protect your house, and yourself, by checking these common trouble spots:

- **Leaky pipes are common** in kitchens, bathrooms and utility rooms. Sometimes the leak is seeping, rather than an obvious drip. The first sign may be a mildew smell or a discoloration of the walls. To seal up leaks: tighten loose pipes, replace cracked piping, and use waterproof caulk.
- **Poor ventilation** in cooking or showering areas can create a moisture on ceilings. Fans should be used during and at least five minutes after showering or cooking.
- **Attic moisture can occur where** the roof meets any vents, chimneys, skylights or some other opening. When the roof shingles become saturated, the water seeps into the attic. This space between your roof and ceiling can be a habitat for mold growth if water is present. Have a qualified contractor inspect your roof to identify areas needing repair.

Here's A Free Resource For Investors!

Now You Can Get A Customized List of Local Short Sale or Foreclosure Properties That Match Your Investment Criteria At www.moehomes.com

Save Hundreds On Electronics

Do you want a bargain on your next cell phone, TV, computer, or digital camera? Then take advantage of the billions of dollars worth of brand name electronics that are returned to the stores each year. Many times there is nothing wrong with the product, a person simply changed their mind. But the store can no longer sell it as a "new" product.

Check the following websites to find electronics in nearly new condition that are classified as refurbished: www.shopping.hp.com/outlet; www.store.apple.com (click under "special deals" on the left side); www.dell.com/outlet; or www.supersonic.com.

Be sure to take these cautious measures:

- ✓ **Learn how the manufacturer defines "refurbished."** Most stores will tell you how they classify items. You can also search a manufacturer's website for information on how they get their refurbished products for sale, or email their support department.
- ✓ **Search for items that clearly have been returned unused** because of 30-day return policies or products sold for a discount due to minor cosmetic damage. Make sure to get a good warranty and return policy.
- ✓ **Confirm that all the components of a new product are included.** Go to the website of the manufacturer's new products to learn what should be included with your model of the item.

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

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:

That allows the clock to only watch the last digit of time. For example, you have the alarm clock set for 5:30 the snooze alarm will sound when the last digit is nine. If they made it 10 minutes the alarm would sound immediately or the clock would need more circuitry.

Treating Severe Back Pain

Knowing what to do when you have that sudden bolt of back pain can shorten the episode significantly. Try this:

- Lie down immediately in a bed or mattress on the floor to be comfortable.
- Apply ice for 10 to 30 minutes.
- Call your doctor or chiropractor.

To prevent back injury:

- Get up by rolling to your side first. On a bed, swing your legs over the edge. On the floor, get on your knees first and find assistance to rise up to standing.
- CAUTION: Don't sit in your comfy, overstuffed chair. It can make the back pain worse. Sit only in a straight-back chair with arm rests to push off when you stand up.

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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“Who Else Wants To Win A Dunkin Gift Card?”

Guess who won last month's Trivia Question? I'm pleased to announce the three lucky winners of last month's quiz. And the winners are drum roll please: **Joanne DeStefano** of Bedford, **Mike Coziahar** of Manchester and **Lindsay Percoski** of Goffstown were the first three people to correctly answer my quiz question.

What is the most populated time zone in North America?

- a) Pacific b) Eastern c) Central d) Mountain

The answer is b) Eastern. The East coast has many large cities. The Central time zone comes in 2nd with several large Texas cities and Chicago. So, let's move on to *this* month's trivia question.

Which ex-Beatle recorded “The Girl Is Mine” with Michael Jackson?

- a) Ringo b) George c) Paul d) John

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 March 31, 2012. 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 am thinking of selling my home later this year. What can I do to fix it up and net more from the sale?

A. Remember when you put your home up for sale it becomes a product on display. Getting rid of clutter makes it easier for potential buyers to walk through the property and see themselves living there. You may also need to tackle a few home improvement projects to get a good price for your property.

Start with the walls. Freshly painted walls in a neutral color invite a potential buyer to imagine the home with their things in it. You want enough wall decoration to make your home attractive, but it is easy to overdo it. When removing wall décor to paint, leave most of it packed away.

Freshen up the kitchen. Kitchens often sell a home. You will want to make sure it is bright, clean and reasonably updated. Consider replacing the hardware or adding a new backsplash between the countertops and hanging cabinets. If you have to replace appliances, stainless steel is an option that offers clean lines and is easy to keep clean.

Enhance the curb appeal with neat, trim landscaping. Your home will likely be viewed on the internet before a buyer visits the property. A clean exterior makes better looking photos and helps your home look more valuable.

To get more information about how to prepare your home for the market, ask about my Free Consumer Report *Home Seller's Guide To Money-making Fix-Ups*, a guide to help you realize the most profit from your home.

If you have any other real estate questions, or need capable and trustworthy representation, please call me at: **644-2227**.

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