



Jannetta Logan Presents...

Service For Life![®]

"Insider Tips For Healthy, Wealthy & Happy Living..."

Call me right now at 734-395-2948 and ask for my Free Consumer Guide to homeowner profits titled, "Make Your Home Show Like A Model Without Breaking The Bank"...

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Can A "Sugar Detox" Prevent A Heart Attack?

One of the greatest threats to your health is sugar. According to the World Health Organization, an arm of the United Nations, the average adult should have no more than 6 teaspoons of sugar a day. That's about 25 grams of sugar, or what's in a typical can of soda. But the latest surveys show the average person eats about 18 teaspoons (75 grams) of sugar every day.

Even if you stay away from sweets like cookies, cakes, and doughnuts, there are "hidden" sugars in processed food that you'd never know. For example, sugar is often added to frozen pizza, soup, and even mayonnaise.

The concern is more than just preventing weight gain. A Harvard Nurses' Health Study found that people who eat more than the recommended amount of sugar nearly doubled their risk of heart disease. They also tend to look older because sugar triggers body chemicals that accelerate aging of your skin.

If you want to reduce the risk of heart problems, lose weight, feel better, and even look younger, here is some shocking news: You need to go off sugar completely. Not forever, just a temporary "detox" to cleanse your body so it doesn't have cravings that make you eat more sugar. That's the advice from two doctors who wrote the highly rated book "*The Sugar Detox*" that has a two-part plan...

STEP #1: Go off sugar completely – for 3 days

The first goal is to reset your body's ability to even taste natural sugars that are in foods like apples. Consult your doctor before changing your diet, especially if you have hypoglycemia or diabetes. But if you don't have a blood sugar problem, cut out the following for three whole days: **foods or drinks with added sugar** (read the label on everything)... **starches** (pasta, bread, crackers, cereal, potatoes, and rice)... **fruit** (except a lemon or lime to flavor water or cooking)... **dairy** (milk, cream, yogurt, and cheese)... and also cut out **artificial sweeteners** and **alcohol**. *To see what you should eat, go to page 2...*

Thinking Of Buying A Home Soon?

If you're planning to buy a home in the next 6 months, you'll want a copy of my Free consumer guide, "*7 Secrets For Saving Thousands When Financing Your Next Home*." My exclusive report will help you avoid frustrations and costly pitfalls when buying a home. Simply call me to get a free copy: 734-395-2948.

Get Free money-saving home tips at my web site: www.jloganhomes.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!)

Lifhack (life-hak) noun

Meaning: Any procedure or action that solves a problem, simplifies a task, reduces frustration, etc., in one's everyday life.

Sample Sentence: The internet is filled with websites that offer lifehacks such as, "When you finish a jar of Nutella, fill it with warm milk to make instant hot chocolate."

Have A Laugh...

The new CEO was determined to rid the company of slackers. On a tour of the facilities, he noticed a guy leaning against a wall. The room was full of workers and he wanted to let them know he meant business. He asked the guy, "How much do you make a week?" The man said, "I make \$400 a week. Why do you ask?"

The CEO said, "Wait right here." He went back to his office, came back and handed the guy \$1,600 in cash and said, "Here is four week's pay. Now GET OUT and don't come back."

Feeling good about himself, the CEO looked around the room and asked, "Does anyone want to tell me what that goofball did here?" From across the room a voice said, "Pizza delivery guy from Domino's."

Quotes To Live By...

If you accept the expectations of others, especially negative ones, then you never will change the outcome.

—Michael Jordan

Logic will get you from A to B.

Imagination will take you everywhere.

—Albert Einstein

Visualize this thing you want. See it, feel it, believe in it. Make your mental blueprint and begin.

—Robert Collier

Sugar Detox Continued...

Here's what you should eat: **protein** (lean red meat, chicken, fish, tofu, and eggs)... **vegetables** (such as broccoli, lettuce, asparagus but not starchy veggies like corn)... **nuts** (peanuts, walnuts, almonds, and cashews)... and lots of **water**. During this time you may feel tired and might even get a headache as sugar exits your body kicking and screaming.

STEP #2: Reintroduce certain foods into your diet – over 4 weeks

Week 1: Continue to eat healthy foods and not anything with added sugar, but also eat up to an **apple** a day... up to one serving of **dairy** per day (8 oz milk, 1 oz cheese, 5 oz plain yogurt, or ½ cup cottage cheese)... one serving of whole grain **crackers** per day... and you can also drink **wine** if you like.

Week 2: Add back more natural sugars by increasing fruit and dairy in your diet. In addition to an **apple** each day, have a half cup of **berries**, and two servings of **dairy** each day. You'll start to notice how sweet fruit is, and you can also add a **small sweet potato** each day.

Weeks 3 and 4: Start eating grains again, but make sure they're "whole grains" and not carbohydrates like white pasta, white bread, and white rice that have fiber stripped off and are easily converted to sugar by your body.

You should now have more energy and feel better too! And if you still have a sweet tooth, the book says 1 oz of dark chocolate daily is fine. You could also substitute sugar with Stevia, the natural no calorie sweetener.

Read This Before Painting...

If you're painting a room, or your entire house, use this handy checklist to avoid common mistakes and make it look amazing:

- ◆ **Buy sample sizes to try out the color before you buy a gallon.** To determine how much paint to buy, use the paint calculator at www.truevaluepaint.com/project-center/paint-calculator.
- ◆ **Prevent paint bubbles.** Always start with a clean, dry surface. Apply a primer-sealer over any stains and allow time to dry. If you have to paint when it's hot or humid, run an exhaust fan.
- ◆ **Blend your paints.** If you're using more than one can of paint, mix them in one large container so there are no color variations. Then pour into a smaller can or paint tray for application.
- ◆ **Start "cutting in" first.** That means painting the trim, corners, and ceiling edges with a brush. Outline these areas with painter's tape to ensure straight lines before you begin. Then use a roller to paint the remaining walls.

Brain Teaser...

Four fingers and a thumb, yet flesh and blood I have none. What am I?

(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 **734-395-2948**. I'm here to help!

Free Internet Radio Websites

- **www.pandora.com** – Listen to the music you love. Type in a song or artist and it creates a “station” just for you.
- **www.spotify.com** – Select from thousands of songs and play them on demand. It connects to Facebook so your friends can see what you're listening to.
- **www.iheart.com** – Access more than 1,500 live radio stations from every genre. Download their app for Apple and Android devices.

Sleep Positions Make A Difference!

If you're a snorer, sleep on one side or the other. If you sleep flat on your back, your throat narrows, causing those dreadful noises. Good to know if you have a condition called sleep apnea.

If you have heartburn, sleep on your left side. This makes it harder for stomach acid to leak into your esophagus. Also, consider raising the upper part of your body by using a wedge pillow or putting blocks under the head of your bed.

Makes Sense To Me!

I thought a thought. But the thought I thought wasn't the thought I thought I thought. If the thought I thought I thought had been the thought I thought, I wouldn't have thought so much.

4 Quick & Easy Ways To Speed Up Your Internet

Your Internet speed can vary depending on service providers and types of connection you have, but if your downloads and searches are slow, try these easy tips to improve your connection speed:

1. **Update your Internet browser.** Your current browser can be so obsolete it may slow your connection. Update your browser version or try one that's faster such as Mozilla Firefox at **www.firefox.com**, or Google Chrome at: **www.google.com/chrome**.
2. **Clear your Internet browser history.** Too much data in your history can slow things down. On most browsers, look under Tools and “Clear Recent History.”
3. **Optimize your cache.** Your cache (pronounced cash) stores temporary files on your system. These are files like images and videos that make a webpage load faster. But too many of these files can slow your entire Internet performance. Limit your cache to 512 MB or 2% of your total network hard disk size, whichever is smaller. Once your cache is at the limit, it will start to eliminate old files, freeing up your network resources. You can also clear your cache at any time. Each browser has different steps, so search for “clear cache Firefox” or “clear cache Chrome.”
4. **Check your connection speed.** If your computer is still slow, perform a free check of the Internet speed at **www.speedtest.net**. Then compare the result to the speed listed on your Internet plan. If the speed is slower than what you're paying for, call your Internet service provider to have them check your connection. They may suggest replacing your modem or wireless router to boost the speed.

3 Ways To ‘Wow’ On the Job

How do you get noticed for a raise or promotion at your job? Besides delivering consistent results, here are three ways to impress:

1. **Show your expertise in the field.** Start a blog or write an article and post it on LinkedIn. If you can, get quoted in a newspaper or online article about your particular area of expertise.
2. **Become the “go-to” person.** Volunteer for extra projects but don't overdo it. Give credit when credit is due and celebrate the successes of your team members. Also, build a reputation for reliability by taking responsibility (as appropriate) when things don't go as well as they should.
3. **Demonstrate mutual interests.** Get involved in your company's charitable programs or join a professional organization in the industry

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, New Construction or Relocation?

Thanks for keeping me in mind with your referrals...and spreading the word about my services.

Brain Teaser Answer: A glove

How To Save \$\$ At Concerts & Festivals

- ◆ Volunteer to work at the event. (Some festival websites have links for volunteering.)
- ◆ Buy merchandise when the vendor is packing up to leave or look online after the event.
- ◆ Take your own snacks & a water bottle, if you can. You'll pay a fortune for bottled water inside.
- ◆ Carry just a small amount of cash. You'll lose less if someone picks your pocket or takes your purse, plus this limits your impulse buying.

Great Organizing Tool

Need to organize volunteers for an event or project? Check out www.signupgenius.com. It confirms who is available and sends reminders.

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. **If you prefer receiving this Newsletter by email or to unsubscribe, please send me an email. Thanks again!**

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.

Real Estate Corner...

Q. What factors affect the value of my home when I sell it?

A. If you're thinking about putting your home on the market, here are some of the most important factors affecting its value:

- **Comparable homes in the area that sold in the past 30-90 days.** If some of the recent sales were short sales or foreclosures, it may affect the value of your home. Also, the more homes currently available for sale, the lower the value your home may have.
- **Your location.** Access to highways or public transportation, your school district, and too few (or too many) commercial or residential developments can have an effect on a home's value.
- **Major home systems.** If your water heater, electrical, or heating and air-conditioning systems aren't working properly it can have a significant affect on the price a buyer pays for your home.

Want to learn more? Ask for my Free Consumer Report called "**6 Steps For Selling Your Home For TOP DOLLAR.**" I'll send a copy right over to you.

Do you have a real estate question you want answered? Feel free to call me at 734-395-2948 or email me at jlogan@reinhartrealtors.com. Perhaps I'll feature it in my next issue!

**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!