

Better Living News

The Newsletter of Abbotsford Apartments

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You know you're in love when you can't fall asleep because reality is finally better than your dreams.

– Dr. Seuss

Kevin Wiebe

A Smile Keeps the Dr. Away?

You've heard about laughter as a form of healing; now happiness is being touted as the best medicine around. Feeling better emotionally has the ability to transform your overall health. Research shows by boosting our happiness, we'll:

- cut our risk of heart disease in half
- lower our chances of developing cancer or diabetes
- extend our life by up to 10 years

So how does smiling more make you live longer? Happy people produce less of the stress hormone called cortisol.

So What Exactly is Happiness?

According to Christine Carter, PhD, happiness is living a happy life filled with many different positive emotions, such as love and compassion. Happiness extends beyond the now. It must include attaching positive emotions to the past as well as the future. For example, attaching gratitude to the past and having positive feelings toward the future, such as hope, optimism and confidence.

Sustaining Happiness is the Key

If you find happiness in material things, you won't sustain happiness. Activities which produce happiness result in real joy or lasting happiness. According to Dr. Carter, there are **three primary reasons for unhappiness**: • Perfectionism • Materialism • Entitlement



To boost happiness instantly, try:

- De-cluttering your mind
- Listening to music
- Sticking to a routine
- Practicing gratitude

Happiness Comes With Gratitude

According to Dr. Carter, you'll improve the relationships in your life by fostering feelings of appreciation for loved ones. Express your feelings verbally, or on paper, and you'll feel more happiness in your life.

Source: doctoroz.com

Cellphones & Youth

The debate continues in the scientific community over whether or not cell phones are dangerous to our health. Does cellphone radiation cause cancer? It depends on the country and the research report you read.

Health Canada, like many countries, is now advising parents to encourage children under 18 to:

- limit the time they spend talking on mobile phones
- limit the length of cellphone calls
- replace cellphone calls with text messages or use “hands-free” devices

Why the concern?

Radio waves and electromagnetic fields (EMFs) are emitted by cellphones and base towers. This non-ionizing radiation is also given off by common sources such as AM-FM transmitters and TV broadcast signals.

Encouraging parents to limit their children’s exposure is a proactive effort by Health Canada. Research remains uncertain over whether mobile phones are possibly carcinogenic to people.

A study by an independent expert group on cellphones in the UK noted children may be more vulnerable to cellphone radiation because of their developing nervous system, the greater absorption of energy in the tissues of the head and a longer lifetime of exposure. In conclusion, the study discourages the widespread use of mobile phones by children for non-essential calls.



Source: *cbc.ca*

New Building Waiting Lists

Do you know someone wanting to move into a specific Abbotsford Apartments building?

You can now get in the queue and begin the pre-approval process for an up-coming vacancy. Please direct all inquiries by email to rentals@abbotsfordapartments.com or call 604-853-3371.

Free Tips

Healthy Living Tips

SORE THROAT MIXTURE

Using ingredients in your pantry, you can make a quick (and inexpensive) syrup for a sore throat or persistent cough.

Mix together:

- ¼ teaspoon cayenne pepper
- 1 tablespoon apple cider vinegar
- 2 tablespoons water
- 1 tablespoon honey

Wellness

Dr. Oz’s Teeth Whitening Home Remedy

INGREDIENTS

Baking Soda
Lemon

DIRECTIONS

In a small bowl, mix a little bit of baking soda with the juice of a freshly squeezed lemon. The mixture should bubble slightly.

Wipe saliva and excess plaque from teeth with a cotton swab. Brush mixture onto teeth with a toothbrush. Gently brush mixture off teeth after a minute. Don’t leave mixture on teeth any longer than a minute as the acid erodes tooth enamel.

Source: *doctoroz.com*

* If you have a favourite recipe you would like to share in Abbotsford Apartments’ *Better Living News*, please post it on our Facebook page. If you don’t do Facebook, email your recipe to our Editor – Williams@telus.net

What’s On In Abbotsford?

Please check dates, times and venue before attending events.

Enjoy Abbotsford!

Clayburn Heritage Week
Feb 19-23 @Clayburn Schoolhouse
clayburnvillage.com/events.php

Abbotsford Flea Market
Sundays @Abbotsford Exhibition Grounds
abbotsfordfleamarket.com

BC Boat & Sportsmen Show
Mar 1-3 @TRADEX
fvtradex.com