

Home Scene

Stay Healthy!

Jonathan's 16 recommendations for staying healthy and boosting the immune system during this time. Please note that if you choose to take supplements it would be best to do that under the supervision of your healthcare team.

1. Reduce/eliminate sugar and artificial sweeteners. Yes, that includes junk food! Excess sugar makes you gain unwanted fat and feel nervous. The more you consume sugar, the more you crave it. Excess sugar consumption can lead to diabetes, kidney and heart problems and, most importantly now, it suppresses the immune system.

2. Take your Vitamin C! Time released is preferable. I take 1000 mg every two hours during this time. Eat foods that are high in vitamin C: bell peppers, broccoli, kale, strawberries, pineapple, kiwi, oranges, lemon and lime.

3. Take antioxidant rich foods. Cloves, cinnamon, oregano and turmeric reduce the risk of disease and cancer.

4. Boost the immune system when you are unwell. When unwell, consider trying products like elderberry, spirulina, vitamin C, NAC and glycine

5. Boost the immune system. Consider the value of taking zinc + copper, chlorella, beta-glucan, magnesium, selenium and vitamin A + D where nutrient intake from food sources is inadequate. You can overdose on fat soluble vitamins and minerals though so don't overdo it. Food sources of these nutrients would be ideal.

6. Take garlic and onions however you like it.

7. Get sunshine/fresh air daily. Consider supplementing with D3 if your doctor recommends it.

8. Do daily exercise and set a weekly goal. Sitting indoors all day with no movement is bad news. Exercise can improve: fear, anxiety, cognition, mood and fatigue while boosting cardiovascular and pulmonary health. Just do not

overdo it. If you feel unwell take adequate rest. When you exercise, aim to workout at your target moderate working heart rate 55-85% of your Maximum Heart Rate. **Strava** is a great social media app for people into exercise. Meet people, get motivation and be held accountable. Download the app and check out my profile.

9. Do sauna or steam. It is another way to boost core temperature and sweat.

10. Fight disease with whole/real foods rather than feeding it by eating refined foods.

11. Use appetite suppressants if you feel like going for junk food: grab an apple, celery, small coffee or almonds.

12. Meditation/deep breathing alleviates stress/drama. Go to: YogaMeditation.ca

13. Get sufficient sleep. Be in bed by 9:30 PM and be sure you are sleeping in a room that is as dark as possible to improve the body's melatonin production.

14. Don't smoke or drink... at least don't do it in excess.

15. Check out Game Changers on Netflix or YouTube. It is an eye opener directed by James Cameron.

16. Have good thoughts and don't be in corona consciousness. Meditation gives me a place to rest my thoughts. Find a place where you can rest your mind and heart.

Be well. If you have any questions, feel free to reach out to Jonathan.

By Referral Only™ means ...

Our business is designed to provide you with the highest possible level of service and attention. Unlike most Realtors, who spend most of their time searching for new customers from the general public, over 95% of my business comes from my clients' endorsements. As a result, you benefit by getting more of my undivided attention, education, predictability and dedication.

Our promise is to give you sound real estate advice and help you understand the future implications of the decisions you make.

Our goal is to build a relationship with you based on mutual trust and respect.

Our vision is to make a positive difference in your transaction, in your life, and in the world.

Sticky Rice

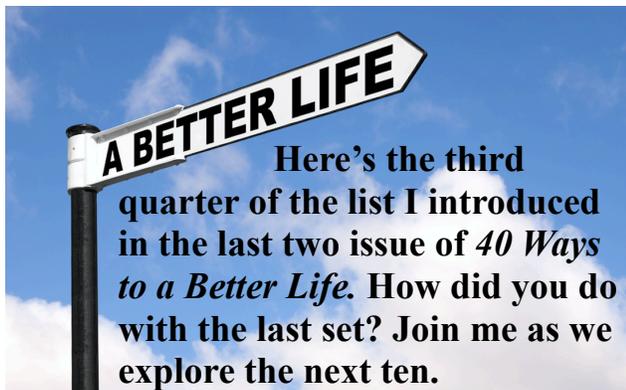
When asked what is the key to health and happiness, the physician to the Dali Lama responded: "Empty your bowl of yesterday's rice."

Here are some thoughts on that:

- The rice is your past.
- Unless the past is over in your mind you will be stuck on reruns, missing out on new opportunities, gifts and adventures.
- Forgiveness releases you from the past.
- Guilt is a choice and so is forgiveness. When you choose guilt, you bury your gifts, live in fear and bury the gifts you could offer to the world. When you choose forgiveness, everyone can win.
- Unless you let go of the past, you will live the movie Groundhog Day. Everyday the same... the members of the cast may change but your story remains the same.
- There is a reason they call it "sticky rice."



Robert Holden from the book *Shift Happens*.



- 21. Don't compare your life to others'. You have no idea what their journey is all about.
- 22. No one is in charge of your happiness except you.

- 23. Frame every so-called disaster with these words: 'In five years, will this matter?'
- 24. Forgive everyone for everything.
- 25. What other people think of you is none of your business.
- 26. Remember, God heals everything.
- 27. However good or bad a situation is, it will change.
- 28. Your job won't take care of you when you are sick. Your friends will. Stay in touch.
- 29. Get rid of anything that isn't useful, beautiful or joyful.
- 30. Envy is a waste of time. You already have all you need.

Basic Plumbing Tools

We thought we would point out some of the very basic plumbing tools that every homeowner should have. These four basic tools will give you the ability to solve many of the plumbing issues in your home and save you from the dreaded “emergency rates” that plumbers charge. This is the year to get the latest and greatest plumbing maintenance tools.

Here are the four plumbing tools every homeowner should have:

1. Plunger

This is the first and most important tool that every plumber has in the work van. To get rid of clogs in sinks, bathtubs, and toilets, simply place the plunger over the drain, gently push down, and then forcefully pull back up. The idea is to actually pull the blockage back towards you rather than push it deeper into the drain.

2. Pliers

The second most important tool that every plumber will have is a pair of tongue and groove pliers. Used in nearly every application to grip, push, and pull, these come in very handy when tightening or loosening those pesky water pipe and drain connections that haven't moved for the last 50 years.

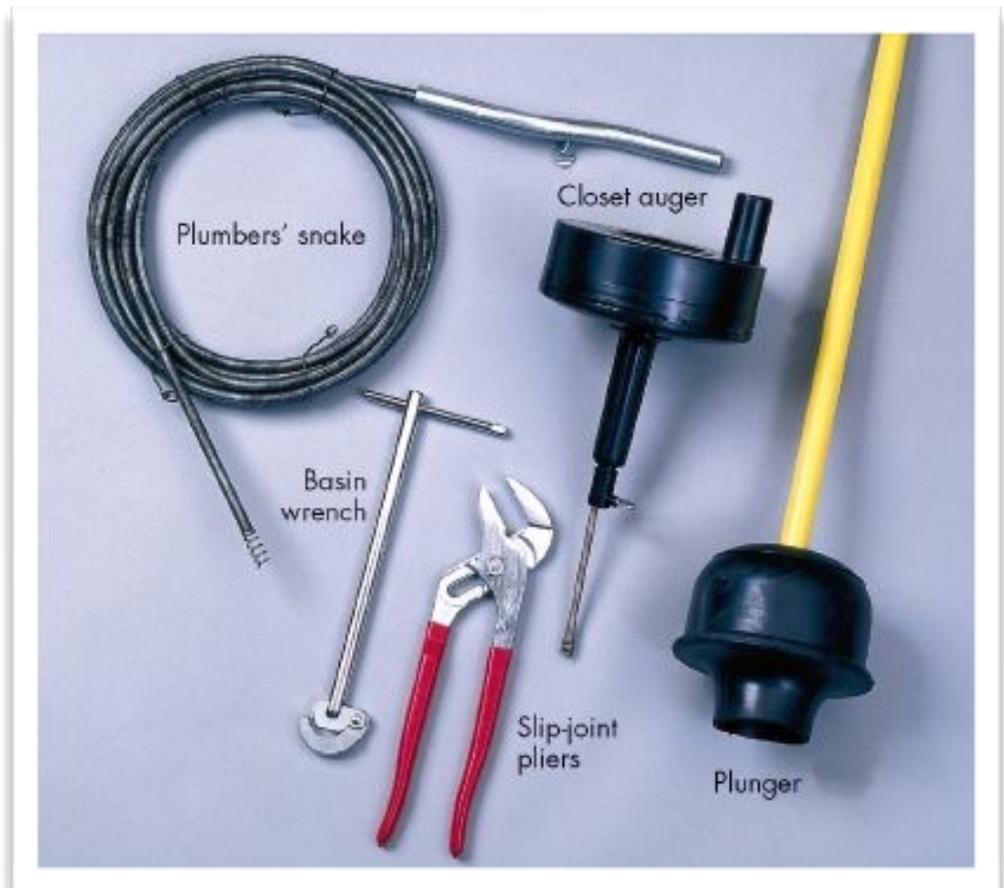
3. Basin Wrench

A basin wrench is something that most of you will never have heard of. It is used specifically to tighten and loosen nuts in spaces where

a regular set of pliers just won't fit. I use it on a weekly basis on faucet connections underneath kitchen and bathroom sinks.

4. Hand Snake (The Closet Auger is just a shorter version!)

While it's not the power version that a plumber will have, a hand snake will still stand a fighting chance to clear those drain blockages that the plunger can't handle.



Proverbial Sense

A Grade-One school teacher had 26 students in her class. She presented each with the first half of a well-known proverb and asked them to come up with the remainder of the proverb. Their insight may surprise you.

1. Don't change horses **until they stop running.**
 2. Strike while the **bug is close.**
 3. It's always darkest before **Daylight Saving Time.**
 4. Never underestimate the power of **termites.**
 5. You can lead a horse to water but **how?**
 6. Don't bite the hand that **looks dirty.**
 7. No news is **impossible.**
 8. A miss is as good as a **Mr.**
 9. You can't teach an old dog new **math.**
 10. If you lie down with dogs, you'll **stink in the morning.**
 11. Love all, trust **me.**
 12. The pen is mightier than the **pigs.**
 13. An idle mind is **the best way to relax.**
 14. Where there's smoke there's **pollution.**
 15. Happy the bride who **gets all the presents.**
 16. A penny saved is **not much.**
 17. Two's company, three's **the Musketeers.**
 18. Don't put off till tomorrow what **you put on to go to bed.**
 19. Laugh and the whole world laughs with you, cry and **you have to blow your nose.**
 20. There are none so blind as **Stevie Wonder.**
 21. Children should be seen and not **spanked or grounded.**
 22. If at first you don't succeed **get new batteries.**
 23. You get out of something only what you **see in the picture on the box.**
 24. When the blind lead the blind **get out of the way.**
 25. A bird in the hand **is going to poop on you.**
- And the WINNER and last one!
26. Better late than **pregnant.**



Welcome New Clients

By Referral Only™ Really Does Work

Here are some of the new clients who were referred to our "Real Estate Family" this past quarter.

Avishek Banerjee

Referred by Kevin Gibson

Danielle Harvey

Referred by Amanda Naccarato

Tiia Merikallio & Matthew Belanger

Referred by Simone & Peter O'Mathuna

Meaghan Bortolon

Referred by Marilyn Whittingham

Jessica Martin

Referred by Charlotte and Jason Cox

Bermet Nurkamilova

Referred by Philip Lassman

These former clients are once again putting their trust in us:

Agnes Roman

Anton Hyginus & Saira Aziz

Gord and Anita Thomas

Angie Dusome & Craig Schreder

Michelle Read

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