

Do You Want To Cure Headache Pain Without Taking Drugs?

August 20, 2012

Do you have frequent headaches? Some specialists are suggesting alternative natural methods that can help relieve and even prevent headaches. You can learn more about these remedies (a few may already be in your kitchen!) in today's **Service For Life!**[®] Free consumer newsletter.

You'll also learn about web applications (apps) for your computer, smart phone, or iPad that can literally save your life, where to store your important papers to have them protected yet available when you need them, two important non-driving car dangers – plus funny jokes, trivia, and lots more. But first...

Here's what's happening in Brevard County. The real estate market activity during this month seems to be leaps and bounds ahead of last year for buyers. According to the Brevard County Multiple Listing Service, 1180 homes have come on the market as new listings in July. At the same time, 693 homes have sold. Potential buyers shouldn't wait. With a strong buyers market, combined with nearly all-time low mortgage rates, now's the time to get a great deal on your dream home.

Finally, I want you to know that you may call me for any reason. And please let me know if a friend, family member or neighbor needs a caring, competent real estate professional to help in buying or selling.

I truly appreciate your friendship and referrals. Enjoy your issue!

Warmest regards,

Marcie

Marcie Bolt, GRI, SFR
Broker/Owner
Tropic Coast Realty

P.S. When you notice people talking about real estate in the next few weeks, can you tell them about the free consumer information I provide?

They may be people who have experienced a drop in their home's value who are worried about whether right now is the right time to sell their home. You should refer them to my report "***How to Turn a \$100,000 Drop in Your Home's Value Into a \$200,000 Gain.***" This exclusive report will explain your options to make a profit even if your home value is low. Just call (877) 495-5177 x. 4246 to request a copy for yourself or for a friend. There's nobody to talk to – just leave a message and your report will be mailed out.



Marcie Bolt's

Service For Life!®

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

Learn how to get more for it in ANY market by requesting my Free Consumer Guide, "How to Turn a \$100,000 Drop in Your Home's Value into a \$200,000 Gain" – Call my automated hotline now at (877) 495-5177 x. 4246

August 2012
Brevard County, Florida

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Cure Headache Pain With 7 Natural Remedies

If you suffer from headaches, try a natural remedy before turning to prescription or over-the-counter drugs. Traditional medicine can cause unwanted side effects for many people, which is why alternative, natural methods are gaining in popularity. Talk to your doctor about using these seven natural headache remedies:

1. **Magnesium:** Sometimes migraine sufferers have been found to be deficient in magnesium. Magnesium is found in dark green vegetables, nuts, and seeds. In tablet form, 400 to 600 milligrams each day may help reduce headache frequency.
2. **Butterbur:** This herb has been shown to help prevent headache attacks because of its anti-inflammatory properties. Take 75 milligrams each day.
3. **Ginger:** This herb has been used for thousands of years in India. New research indicates that it reduces inflammation in small blood vessels, including ones in the brain. Try infusing a tea with fresh ginger root from the produce department or from dried powder.
4. **Riboflavin (Vitamin B2):** Studies show Vitamin B can correct small deficiencies in brain-cells. Get more riboflavin by eating leafy green vegetables, dairy products, beans, almonds, mushrooms, or tomatoes.
5. **Sunshine:** The Vitamin D produced when you spend time out in the sun seems to affect the way you perceive pain. If you don't get enough time outdoors, try taking a 2,000 milligram tablet daily.
6. **Rosemary:** The soothing smell of rosemary tea can help you relax and relieve head tension. Infuse 1 to 2 teaspoons of dried herb in a cup. Also, use rosemary oil to massage into your temples for headache relief.
7. **Valerian:** Although the smell is rather unpleasant, this herb has been used since the Middle Ages to relieve pain and relax the body. It also promotes good sleep. Buy it where vitamins and supplements are sold.

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, "Squeezing Every Last Dollar From Your Home Sale." My exclusive report will help you avoid frustrations and costly pitfalls when selling a home. To get a copy, simply call my automated hotline at (877) 495-5177 x. 5001

Get Free money-saving home tips at my web site: <http://www.tropiccoast.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!)

Dystopia: (dis-toh-pee-uh) noun

Meaning: A community showing human misery, oppression or disease.

Sample Sentence: The dystopia in the book and movie *The Hunger Games* makes me uncomfortable.

2 Non-Driving Car Dangers

DANGER #1: Trunk Entrapment.

In summer months, children can die if they are trapped inside the car trunk. When you leave your car, lock the doors so kids can't pop the trunk or get in through the fold-down seats. Since 2001, car manufacturers have included an emergency trunk release. Older cars can be retrofitted with an inexpensive kit at www.aablelocksmiths.com.

DANGER #2: Service Station Fires.

Static electricity mixed with gasoline vapors can ignite a fire. The Petroleum Equipment Institute warns that starting to pump gas, followed by getting in and out of the car, and then touching the gas nozzle is a common way to ignite a fire. See a video at www.pei.org/static.

If you get in and out of the car while the gas is pumping, touch metal on the outside of your car to discharge any potential static electricity. If a fire starts while fueling, don't try to remove the nozzle. Call for help.

Quotes To Live By...

Real knowledge is to know the extent of one's ignorance.

—Confucius

Procrastination is the bad habit of putting off until the day after tomorrow what should have been done the day before yesterday.

—Napoleon Hill

We are what we repeatedly do. Excellence is not an act, but a habit.

—Aristotle

Find Important Papers Quickly

When disaster strikes, it's no time to be hunting for your important papers. To have everything protected and available when you need it, use these:

- **Safety Deposit Box.** Put important documents related to your finances and health away from where you live to avoid the risk of fire or theft. Here's a list: personal records like birth certificates, adoption papers, marriage and divorce certificates, tax returns, property information including deed and mortgage to your house, title to your vehicles, investment records, and household inventory.
- **A Home Safe.** Sensitive information you may need quickly and unexpectedly can be stored at your house, but under lock and key. Store insurance policies, lists of emergency contacts, copies of credit cards (front and back), and personal valuables.
- **With Your Attorney.** Legal documents like wills, powers of attorney, and trust documents should be easily accessible and never be put in a safety deposit box where access can be limited when the owner dies.

Would You Like To Know How Much Your Neighbor's Home Listed Or Sold For?

Maybe you're just curious. Or maybe you want to know how much your home is worth. Either way, I can help...with no "sales pitches" or run-arounds. Call me at (321) 698-1794 and I'll give you all the facts.

4 Easy Tips To Live Rich

Living like you're rich doesn't have to cost much money. Take a frugal approach to enjoying the good things in life by using these four tips:

Visit museums on free days: Most museums have one day each week without admission fees. It may be a little more crowded but still have fun.

Win a radio giveaway: Radio stations get free event tickets in exchange for exposure to their listeners. Program your favorite station's number into your phone so you can quickly claim tickets.

Eat at the finest restaurants: You can get coffee and dessert for around \$10 to \$20 in most high-end restaurants. Take an afternoon dessert break or go after 9:00 P.M. when the crowds have gone home.

Volunteer as an usher at cultural events: Concerts and plays are normally ushered by volunteers. It is a great way to see the best shows and also get to know other people who share your interests.

Get Free money-saving home tips at my web site: <http://www.tropiccoast.com>

Brain Teaser...

Name three consecutive days of the week without using the words Monday, Wednesday or Saturday.

(See page 4 for the answer.)

Who Survived?

Nine men and one woman were hanging on a rope under a helicopter. The rope wasn't strong enough to carry them all so they decided one had to drop off.

The woman made a touching speech saying she would let go of the rope because, as a woman, she was used to giving up everything for her husband and kids, and for men in general without ever getting anything in return.

As soon as she finished her speech, all the men started clapping their hands...

Make A Giving Plan

Giving regular gifts to your family is an effective estate planning strategy and can save up to 50 percent in estate taxes. But if you are too generous at any one time, you may have to pay a gift tax. Currently, the IRS let's you give up to \$13,000 each year without being taxed. Spread out your gifts over time to reduce taxes now and then.

Watch For Disappearing Credit Card Rewards

It is common for credit card issuers to reduce or eliminate accrued rewards as a penalty for late payments. All the airline miles you have earned may be canceled in a period when a late fee has been assessed. Terms and conditions may change at any time. Read the mailings from your creditors about policy updates and look for reward forfeit clauses. If you see this, make sure to pay that credit card bill on time to protect your rewards!

More Headline Goofs

- ❖ Include Your Children When Baking
- ❖ Teacher Dies; Board Accepts His Resignation
- ❖ Meeting On Open Meetings Is Closed
- ❖ Statistics Show Teen Pregnancy Drops Off After Age 25
- ❖ County To Pay \$250,000 To Advertise Lack Of Funds

Web Apps That Can Save Your Life

Can a good "app," or web application you use on your computer, smart phone, or iPad really save your life? Sounds far fetched until you read what these apps can do to help you live better, longer and stronger.

- ◆ **iTriage:** This app helps you search for treatments and causes related to your symptoms. It also can store your health records and guide you to medical facilities in an emergency. Go to www.itriagehealth.com and then click on Mobile Apps.
- ◆ **Pocket First Aid & CPR:** With both text and video, this app walks you through the steps to take when someone is in crisis. You'll see what to do for things like bites, bleeding, bruises, burns or even if the individual has stopped breathing. Type in Pocket First Aid & CPR at www.heart.org.
- ◆ **Melanoma Self-Exams:** Use the app at www.melapp.net to take a picture of a questionable skin lesion. Within seconds after tapping on "Check Risk," the app will provide you with a risk analysis.
- ◆ **Quit Smoking:** Download an app called MyQuit Coach from www.livestrong.com and quickly be on the path to becoming a non-smoker. This program creates a personalized plan to help you set goals, track your progress, and connect to others who want to quit.
- ◆ **Brain Trainer:** Neuroscientists have designed games to keep your cognitive performance sharp, improve your mood, and enhance your memory. A good one is called "Brain Trainer" by www.Lumosity.com on iTunes. This can help prepare you to think quickly in an emergency to save your life, or someone else's life.

OUR FEATURED BUSINESS OF THE MONTH:

Your Logo Embroidered On Shirts & Other Promo Items

Business - Sports - Organizations - Clubs

Your company's or club's logo embroidered on many items. You can order as little as one item - and shipping is a flat rate of \$6.50.

We also provide full color printing. We have specials on business cards, post cards & Every Door Direct Mail

CALL TODAY!

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321-615-8830
Marty@WestCoastPromoMan.com

Our Job Is To Make You Look Good



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:

Yesterday, today and tomorrow!

Secretly Do Yoga At Work

A crazy day at the office may make you wish you were at your favorite yoga studio. Take some time to try this **“Do Nothing Posture”**...

1. Find a straight-backed chair in the quietest place you have available.
2. Sit with feet and knees together and the soles of your feet flat.
3. Straighten your back against the back of the chair, with your head in line with your spine.
4. Rest the palms of your hands gently on your thighs just above your knees.
5. Sit tall, but relaxed, not rigid.
6. Close your eyes or focus on a spot in front of you with your head erect.
7. Breathe through your nose with deep, slow, even breaths.
8. Stay in this position as long as you can. 20 minutes is ideal; 5 minutes is realistic. Just one minute can still help calm the madness.

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...

Marcie Bolt, Owner/Broker
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http://www.tropiccoast.com

Disclaimer: The information contained in this letter is intended for informational purposes. It should not substitute as legal, accounting, investment, medical and 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 Movie Tickets For Two?”

Guess who won last month's Trivia Question? I'm pleased to announce the lucky winner of last month's quiz. And the winner is...drum roll please: Pat K. from Viera, FL.

Which of the following accidents sends about 86,000 people to the hospital each year?

- a) Tooth brushing accidents b) Coffee overdoses
c) Running into walls d) Tripping over pets

The answer is d) Tripping over pets. Dogs may be man's best friends, but they may cause injuries. While kids trip over them, the most dangerous falls happen to the elderly. So, let's move on to *this* month's trivia question.

Who said, “With great power there must also come great responsibility?”

- a) President Roosevelt b) Spider Man's Uncle Ben
c) Zig Zigar d) Walter Cronkite

The first person to call our automated hotline at (877) 495-5177 x. 9001 and leave a message with the correct answer will win!

Real Estate Corner...

Q. How do I make my home stand out in the market without spending much money?

A. If you want to get offers from buyers, make a great first impression by improving these potential turn-offs:

- **Messy Landscaping:** Buyers are looking for curb appeal. Take the time to clean up an overgrown yard.
- **Nasty Odors:** You may not smell some odors in your home because you've become desensitized to them. Ask your REALTOR[®] if there are odors (smoke, pet odors) and how you can get rid of them.
- **Too Much Clutter:** Pack away any items like excess furniture, personal pictures and nick-knacks. They make your rooms look smaller and distract the buyer from really seeing the house itself.
- **Old Paint:** A fresh coat of neutral-colored paint is a low-cost way to make your rooms look new and fresh.

You can learn more about these and many more tips in my Free Consumer Report called **“7 Insider Secrets of Showcasing your Home for a Successful Sale.”** Just ask me for a copy for yourself or a friend, and I'll send it right over. Call (877) 495-5177 x. 7253.

Do you have a question you want answered related to real estate or home ownership? Feel free to call me at (321) 698-1794. Perhaps I'll feature your question in my next issue!

Get Free money-saving home tips at my web site: <http://www.tropiccoast.com>

Marcie Bolt's

Insider's FREE Money-Saving Resources

"Here's Free Advice And Services For My Friends And Clients To Help Save You Valuable Time And Money. Never Feel Obligated, I'm Here To Help..."

Marcie, Please Mail, Fax, Or Call Me Immediately With The Following Free Info:

Free Consumer Reports: *(order one or all)*

- Special Home Seller's Booklet: ***"7 Insider Secrets on Showcasing Your Home for A Successful Sale"***
- Special Home Seller's Booklet: ***"How To Turn a \$100,000 Drop in your Home's Value into a \$200,000 Gain[®]"***
- Special Home Seller's Booklet: ***"Squeezing Every Last Dollar from Your Home Sale"***

Free Consumer Resources: *(money-saving guidance is just a phone call or fax away!)*

- Please send me your special ***Insider's Market Analysis*** showing home features, listing and sales prices for the most recent homes listed and sold in _____ (area or street).
- Please call me to share your Free, no obligation ***Maximum Home Value Audit*** to determine the top dollar market value of my home, and share strategies for selling it fast.
- Please call me to talk about your Free, no obligation ***Preferred Home Locator Service*** where your computers will search the market on an on-going basis for homes meeting the exact features, prices and areas I'm looking for.
- Please tell me the listing price for the home at _____.
- Please tell me how much the home at _____ Sold for.
- Please call me to talk about the many ways to affordably finance my next home.
- I need help finding a competent Service Provider for _____.

Thank You For Thinking Of Me!

Marcie, I know someone thinking of buying or selling a home soon, and know you will provide them with an outstanding level of service as a caring and competent agent.

Name: _____

Phone: (_____) _____ - _____

Share A FREE Subscription...

Marcie, Please send a Free monthly subscription of your "Service For Life" newsletter to the following person. Please also send them a friendly note with my best wishes, and explaining they can cancel any time they wish.

Name: _____

Address: _____

City: _____ State _____

Zip: _____ Phone: _____

3 Ways To Contact Me For These Helpful Resources And Services:

- Call My Fast Response Line** at (321) 698-1794
- FAX This Form To My Private Fax Line** at (321) 473-8668
- DROP OFF or SEND This Form To:** 1124 S. Wickham Rd., West Melbourne, FL 32904

Check out some of our Current Listings!

Call (321) 254-5275 to talk with an Agent and make an appointment to view.



\$349,982 620 Acacia Ave MLS #637596
Melbourne Village Tropical paradise! 5 bedroom, 3.5 baths, full in-law suite! Outdoor kitchen, saltwater pool, river-rock waterfall!



\$289,982 961 SE Easterwood Court MLS #642257
Stunning Burgoon Berger pool home. 5 bedrooms, screened pool, 4 baths, and bonus/media room! Amazing upgrades!



\$124,982 4505 Lee Road MLS#645906
Horse Lover's Paradise! Updated 2 bedrooms, 2 baths, with den. 4 stall barn with tack room, and 3 bay workshop on 1.09 acres.



\$249,982 167 Dotted Dove Lane, MLS # 643360
Like-new pool home features 3 bedrooms, 2 baths, and a den! Beautifully updated kitchen, gorgeous wood floors and more!



\$224,982 949 NW Glencove, MLS # 631966
5 bedrooms, 3.5 bathrooms, huge loft and office! Two masters, one upstairs and one downstairs. Won't last!



\$219,982 1402 NW Healy Ave, MLS #646791
Custom built 4 bedroom, 3 bath home with 2-car oversized garage. Beautiful kitchen with granite and island with upgrades galore!!

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