

Beat the Blahs

The dark, cold days of January can get in the way of all those wonderful resolutions you made about getting healthy and fit. Understanding a little about how your body responds to the seasons will help you to be aware of it, then fight it!

December 21 is the date of the winter solstice, the shortest, darkest day of the year. Throughout history, people have brought greenery and light into their homes to battle the darkness. Similarly, we need to take advantage of any sunlight that is available, get outside in full sun (if possible) for 10-15 minutes every sunny day during the winter. In this way, you'll fight SAD, Seasonal Adaptive Disorder, caused by reduction in sunlight.

When you take stock of your life at the beginning of the year, remember that while it is important to bring up the things that aren't working in order to change them, don't allow those feelings to overshadow your efforts and accomplishments.

Lastly, when you do make your resolutions, make them smaller and more easy to accomplish. Setting impossible goals leads to dissatisfaction and frustration. Accomplishing small tasks leads to improved self-image.

January Events

Jan. 1 – New Year's Day

Jan. 6 - Epiphany

Jan. 10 – Save the Eagles Day

Jan. 11 – Amelia Earhart Day

Jan. 17 – Ben Franklin's
Birthday and Martin
Luther King Day

January - National *Thank
You* Month



RELAX!!!

The best New Year's Resolution to make is to learn to reduce stress. There are hundreds of ways to do this, but you have to find the techniques that work for you. Even at work, take 2-3 minutes a couple of times a day to put your feet up, and stop thinking about work, bills, and problems. Focus only on your breathing, or a pleasant memory, or place that makes you happy. Learning to relax takes practice and doing this a couple of times a day will net you tremendous benefits. You'll sleep better, your blood pressure will improve, and some of your stomach issues will diminish. Stress kills. Relaxation improves your life.



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The Girl with the Dragon Tattoo

by

Stieg Larsson



Originally written in Swedish, this international best-selling novel has been translated into many languages, and was released as a major motion picture this past year. If you're looking for a spell-binding novel about a cold case death, a serial killer, search for a missing person, and a peek into the world of journalism and of business, this is a book you should read this year. The ending is somewhat unsatisfactory because it ends as a cliff-hanger. Fortunately, there are three books, so you have two more after you finish this one.

"If we had no winter, the spring would not be so pleasant; if we did not sometimes taste of adversity, prosperity would not be so welcome."

~Anne Bradstreet

Congratulations to our December Bits & Bytes Trivia Contest Winners

**Fiza Hamden &
Steve Collins**

Did you know? Many floral designers have a long-held belief that their floral creations last longer where there is peace and harmony present. In places where there is strife and stress, flowers do not seem to last as long. I have no way of proving if this is true or not, except to buy flowers.

Green Tea

Sipping tea is one of life's most pleasant pastimes. When you make it green tea, you make it one of life's healthiest pastimes.

Green tea is an excellent weight loss aid. Drinking 6 – 8 cups of green tea daily works better than any type of diet aid. It interferes with an enzyme in your body that keeps your body from absorbing fat. You can drink it hot or iced, but make sure you drink home-made tea. The bottled green teas don't have enough of the necessary active components to work properly.

In addition to blocking fat absorption, it also helps your body to burn fat and increases your metabolism.

Within a week of drinking green tea on a daily basis your sugar cravings will disappear and you'll begin to notice your scale drop. Green tea consumption is shown to lower blood sugar levels which helps to control your appetite.

Look for green tea combinations that appeal to your palate. There are more available than ever before. Drink this healthy beverage for a spectacular New Year!

Easier Snow Shoveling

For Our Clients Above Sonora

Winter is fully upon us and moving that frozen water can be a big chore, especially if you don't know these tricks.

Trick #1: Keep your shovel outside so that the snow doesn't melt and then ice on the shove.

Trick #2: Spray silicone on the cold shovel.

Trick #3: When the edge of the shovel bends and buckles, as it will over time, draw a straight line about one inch above the edge, cut it with jig-saw fitted with a metal cutting blade.

Tip #4: Sharpen and polish the edge of the shovel with a belt sander.



Did You Know RF Computers Builds and More Important Offers Free Service on Their Custom Built Computers?



Trivia Contest

Winner will receive a set of Klip Xtreme Mini Speakers Great Sound in a Small Package

Please use the feedback form at www.rfcomputer.biz to submit your answer & enter the contest. Good Luck (Past Winners are not eligible)

Silicone Spray does what?

- A. Keeps cookies from sticking.
- B. Lubricates your lawn mower.
- C. Keeps snow from sticking to the snow shovel.
- D. None of the above.

Answer will be found among the news stories!



In Honor of January being National Thank You Month, We would like to take this opportunity to Thank All Our Loyal Clients for their referrals. We are growing because of your referrals. We could not do it without you all.

Have a great 2011 and keep those referrals coming. They are appreciated more than we can express

Client of the Month

Aromatherapy

Many people believe that aromatherapy is one of the latest fads, but the use of aromas in healing is hundreds of years old. Natural aromas have been used to heal the mind and body.

Most aromatherapy is based in the use of essential oils, oils that are extracted directly from plants. These evaporate more quickly than synthetic cosmetic perfumes which is why our reaction to them is more powerful.

Scents like Eucalyptus can help you to breathe more easily while oils such as Rose and Lavender can help your mind and body to relax deeply. Lemon can boost your immune system.

Many essential oils are easy to find, and most are used in a carrier oil because they are too concentrated to be used directly. Carrier oils are oils that will not interfere with the essential oil and create well scented massage oils.

The most common use of essential oil aromatherapy is to help reduce stress. Our fast-paced life puts us at risk for diseases related to stress including high blood pressure, heart disease, and stroke. Many people discover that smelling a certain scent helps them to relax immediately. Sometimes it reminds us of a time in our past that was happy.

Some people turn to aromatherapy in order to be energized. Regardless of your reason, aromatherapy is an excellent way to return to nature.

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RF Computers
641 Glass Lane
Modesto, Ca 95356
209-492-9090
info@rfcomputer.biz

To:

What's Inside?

- *Resolutions*
- *Stress Reduction*
- *Shoveling made easier*



Bits&BytesofNews



What's The Answer?

What's aromatherapy?

Can YOU beat the blahs?

Homemade or Premade tea?



JANUARY