

the real estate **advisor**

In this issue:



Bring Some R&R Into Your Home

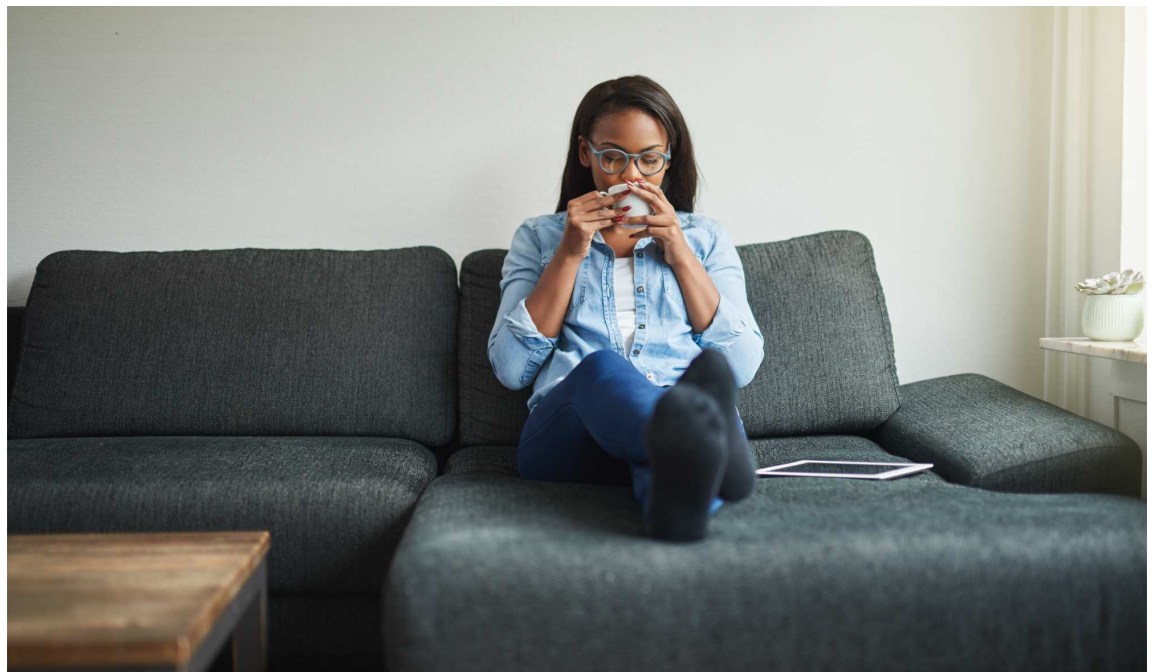


Organic Food 101



Take 5: Smart Kitchen Products

Bring Some R&R Into Your Home



Belinda Stone-Robertson
Real Estate Professional
Cell : 888-959-9461x1121
robertsonsrealty@gmail.com
www.robertsonsrealty.com

Exp Realty
1230 Peachtree Street NE - Ste.
1900
Atlanta GA 30309

**Call me today to
schedule a free
consultation.**

678-993-8864

Your home is your oasis. A place to kick back and relax from your day. So, why not invest in some items that can boost the zen in your home? Check out the tips below to help you achieve ultimate bliss!

Introduce calming scents. A calming scent, like lavender, valerian, camomile, and bergamot, can do wonders for easing stress or anxiety. Find candles that incorporate these scents or purchase essential oils and diffusers.

Drown out the noise. Having trouble sleeping due to distracting outside noises? A sound machine might be the solution. Most of them offer several sounds to choose from including natural noises, fan sound effects, and white noise.

Wake up more naturally. Studies have shown that waking up to natural light can allow you to start your day with more energy and in a better mood. However, if you can't wake to real sunlight, a wake-up light can also get the job done. In addition to simulating the sunrise and sunset, many incorporate natural wake-up sounds, FM radio, and snooze options.

Get an at-home massage. Nothing feels better than a great massage. Bring that feeling home with a shoulder massager. Most massagers offer different modes and speeds for you to choose from depending on the area you are massaging or personal preference.

Whether you try one or more of these tips or find something else that works best for you, self care and relaxation is always a great investment!

Interesting,
informative
real estate
news for you

CALL 678-993-8864 TO SCHEDULE A FREE CONSULTATION

Take 5: Smart Kitchen Products

As technology continues to evolve year over year, new products hit the market that help make our lives easier. Check out these five amazing innovations that can assist you in the kitchen!

Instant Pot Smart WiFi 8-in-1 Multicooker. This handy appliance is an electric pressure cooker, steamer, rice cooker, warmer, and more. It's compatible with Alexa and connects to WiFi, allowing you to access more than 1,000 recipes, control cook settings, and check on your meal's progress with their free app or voice assistant.

NutriBullet Balance Bluetooth Enabled Smart Blender. Using Bluetooth to connect the blender to your smart device, you can use the free NutriBullet Balance app to set your health goals and select from hundreds of recipes. Then the blender counts calories, proteins, carbs, and more based on the volume of each ingredient you add.

Hamilton Beach Smart Coffee Maker. By pairing this smart coffee maker with an Echo Dot, your morning routine becomes a little easier. Ask your Alexa app or the smart speaker to start brewing up to 12 cups of coffee, switch between regular or bold brew, or turn the coffee maker off.

Qi Aerista IoT Tea Brewer. Not a coffee fan? Not to worry, we have you covered. This smart tea brewer has 9 automatic tea programs for different types of tea and can be controlled with the free Qi Aerista app.

COSORI Smart WiFi Air Fryer. Combining the power of this air fryer with the Echo Dot, use the voice assistant or the VeSync app to cook your favorite meals or choose from 100 pre-programmed recipes.

Organic Food 101

You've seen the label 'organic' for years now, but what does this really mean and what are the benefits to you and your family?

According to the Mayo Clinic, the word 'organic' references the way farmers grow and process agricultural products. Organic farming practices are designed to address several factors, such as pest and weed control, usage of additives, animal habitats and treatment, pollution, and more.

For produce to be certified as organic, it must have been grown on soil that has been free of synthetic fertilizers and pesticides for at least 3 years. For meat to carry the organic certification, the animals must be raised in living conditions that allow them to continue their natural behaviors, fed natural, GMO-free foods, and cannot be given hormones or antibiotics. Finally, when it comes to processed organic foods, they must be free of artificial preservatives, food coloring, or flavors.

Over the years, research has shown potential health benefits of eating organic, such as an increase in nutrients, like Vitamin C, iron, and magnesium, in produce and an increase in omega-3 fatty acids in organic meat due to feeding requirements for the animal. Additionally, crops grown organically have shown lower levels of pesticide residue due to fertilization practices and lower levels of cadmium, a toxic heavy metal that can affect the liver and kidneys.

Generally, organic foods are more expensive than traditional foods, which is a factor that hinders many from opting to go fully organic. However, depending on your family's financial situation or health requirements, it may be worth the additional cost.