

**YOUR LOGO
HERE**

**Yes, Your Name,
I want more information...**



**Your Name
Your Phone Number**

As your real estate professional, I am available to provide you with information and assistance. Simply call, fax, or e-mail me today for immediate assistance. Your business and referrals are greatly appreciated:

- A marketing consultation about your property
- Information regarding real estate activity in your area
- Real estate information on other areas
- Tips on how to improve the appeal of your home
- Information regarding new construction
- Relocation information

Please disregard this offer if your property is currently listed for sale.
This is not a solicitation of other Broker's listings. Void where prohibited by law.

This entire boxed area is reserved for your personal information. Many of my clients use the left side of this area to post homes for sale, neighborhood updates, free market analysis and more. Under your personal photo, you may want to include some information about yourself. If you choose to include a personal bio, we have supplied samples. Feel free to use them as they are, modify them or write your own.

Please call me with any questions. I want to be "Your Marketing Assistant."

Sincerely,

Connie Henderson
Your Marketing Assistant
1-800-997-4771
market@flash.net
www.yourassistant.net

Reduce sodium intake

Sodium is an element vital to human life. Your body depends on it to help in the digestion of foods and normal functions of the nervous system. Furthermore, it is needed to regulate fluid balance and contraction of muscles.

Major sources of sodium include prepared foods and salt. Table salt is approximately 40% sodium. Baking soda, monosodium glutamate (MSG), various seasonings and additives also contain this element. Even some prescriptions and over the counter drugs include sodium.

If you have chosen to lower your sodium intake, there are many helpful ways to achieve your goal.

One of the healthiest ways to decrease sodium is by thinking fresh and natural. Fresh plant foods and unprocessed meats are low in sodium and filled with other important nutrients. Help de-emphasize high sodium-filled snacks by keeping fresh fruits and vegetables handy.



Fresh vegetables, citrus juice and herbs are great low-sodium substitutes.

Reducing your salt intake is another good strategy. Try gradually cutting back on the amount of salt you use so that your taste buds will adjust. Enhance the flavor of food by concentrating on low sodium seasonings such as garlic, herbs and citrus juices.

Because of our conscious efforts to become healthier, many packaged foods are being offered with lower sodium content. Read their labels; here is what they are telling us:

Sodium free = less than 5 milligrams sodium per serving

Very low sodium = 35 milligrams or less sodium per serving

Low sodium = 140 milligrams or less sodium per serving

Reduced or less sodium = At least 25% less sodium as compared with a standard serving size

Salt free = Less than 5 milligrams sodium per serving

Unsalted or no added = No salt added during processing; does not mean sodium free.

