



The Kerr House

THOUGHTS

EDITION XXVII / 1206

Dear Friends,

This is such an exciting time of year with all the decorations, the gatherings of friends and families, and the secrecy and anticipation of gifts. Sometimes we get so involved in trying to make it a success that we forget to have fun. We do too much, we work too hard, we get too tired. So why not plan ahead and consciously decide how to approach this beautiful season in order to enjoy it all. You can decide this is going to be the greatest holiday season ever. You can think it through, plan it carefully, and keep your focus on making it fun for yourself and everyone around you. You can even make a commitment that there will be no griping or complaining. After all, you are only human, your family is human, and your country is a capitalistic society. Those are the facts, by golly.

It might ease it all if you list all the things you want to do before and during the holiday season. Then consider your time, energy, and family, and decide what you can accomplish comfortably. Be sure to make time for You on this schedule.

If you are a list maker (like I am) you might get a piece of paper and make four columns.

Titles can be: "**Obligations**", "**Necessities**", "**Makes Me Happy**", and "**Eliminate**". Go down your list and put each item in a category. Start filling that "**Eliminate**" column until your list begins to feel do-able. When you begin to feel some enthusiasm about what is left in "**Makes Me Happy**", you're on your way to a happy season. Now, in each column, except "**Eliminate**", you can put things in the order of importance to you. Forgive yourself in advance for only doing the things you have time for, so there will be **NO** guilt, there will be **FEW** obligations, there will be **MUCH JOY**, laughter, and fun.

Sometimes you think you have to do it all, but you really don't. Others might enjoy it more if they feel a part of it. The big holiday dinner, for instance, might be one item on your list, but be days in the preparation. Consider allowing everyone who is attending (even the little ones) the pleasure of bringing their favorite dish. This involves everyone and it will be a very interesting dinner.

Gift giving can be fun or it can be a drainer. Why not make it fun? You can allow your creativity to come to life in gift planning. Time with you is always a great gift. Taking a trip with children or an elderly friend would be greatly appreciated. It could be for dinner, an event, a day, or a week. A coupon for personal taxi service, to wash someone's windows, or to take them shopping is a very thoughtful gift. One-on-one time is invaluable. And, you might teach this to your children as well. An important tip here is, make an appointment soon after they've received the gift, so they don't have to call you.

And while you are making your list, consider the thoughtfulness of giving something that makes the recipient feel good physically, mentally, and emotionally. Massages, facials, reflexology, etc., are wonderful gifts. You might give a trip to The Kerr House, as it can be a life changing experience, improve their health, and be a gift to you, as well, because they'll be delighted with it. You may also consider giving a gift to yourself. Perhaps a massage or overnight program would be the best reward for creating a calm, happy Holiday Season.

Life should be fun, and you do have a choice of being harried and hassled, or calm and collected. You might as well make it fun.

Enjoy it all!

Fondly! Laurie



Pure Maple Syrup

My youngest daughter, Sally, lives in Vermont and has wonderful stories about how maple sugaring time brings families and friends together. When the sap runs, people stop what they are doing and focus on working together to bring in the sap. Boiling time is a time to socialize while you work. When neighbors and friends see the steam rising, they stop to visit and offer their help. I often wonder if that camaraderie isn't part of the sweetness of the syrup.

There are 115 species of maple trees in the Northern Hemisphere with 9 in America's northeastern region. They all produce sap, but the sugar maple (aka hard maple or rock maple) yields the best sap. Sugar maples can live up to 400 years, reaching a height of 80 to 130 feet. It takes 40 years and a 10-inch girth for a tree to mature enough to tap. The sap runs for a few days to weeks when the nights dip to freezing and the days are above 45 degrees.

It takes 40 gallons of sap to produce one gallon of syrup. Since maple sap is 90% water, it must be evaporated until the concentrated sugar is 66 to 67%. Sugar crystals will form with less water. Written descriptions from as early as 1555, explain how fire-heated stones were thrown into birch-bark cooking vessels to boil water out of the sap.

We like the flavor and texture of maple syrup at The Kerr House, in addition to the fact

that it contains nutrients and is a healthy sweetener. The caloric content of pure maple syrup is 40 calories per tablespoon. Other chemical components include amino acids, proteins, organic acids, and trace levels of vitamins. Researchers also find large amounts of potassium and calcium in pure maple syrup. It contains no fat and 1/4 cup provides 25% of the recommended daily intake of riboflavin, 15% of manganese, 5% of potassium, and 4% of zinc, calcium, and magnesium.

Herbalists use the maple leaves and bark to strengthen the liver, open obstructions of the liver and spleen, as an astringent, and as an expectorant.

Associated with long life and abundance, maple syrup is considered a liver tonic and kidney cleanser and is also used as a base for medicinal herb syrups.

We use pure maple syrup in our house drink, which is much loved by our guests. It is Stanley Burrough's cleansing diet drink. Not only is it delicious, but also acts as an appetite suppressant.

The Kerr House Lemon Drink Recipe
1/4 cup lemon juice
1/4 cup maple syrup
hot /cold water
Cayenne pepper to taste

We find amounts of ease and power that we never dreamed ourselves to own, sources of strength habitually not taxed, because habitually we never push through the obstruction of fatigue.

—William James (1842-1910)



Everything that I have written in this newsletter is just my opinion. There are many schools of thought on every topic, and especially on the subject of health. It is not my intention to make scientific claims with my opinions, I just like to express them. — Laurie Hostetler

We haven't raised our rates for six years, but must do so for 2007. Any confirmed reservations made by December 31st will be honored in 2007 at the 2006 rates.

It will still be the best buy you can get for your money. You might consider it for your wife, daughter, mother, and friends, as it will be a gift to you as well as to them. They will enjoy it so much that they will be eternally grateful to you for caring so much about their peace of mind and good health. They'll have a new zest for life that will be contagious. It's hard to put a price on all that. And, of course, don't forget, that you can come, too.

IF THE HUMAN BRAIN WERE SO SIMPLE THAT WE COULD UNDERSTAND IT, WE WOULD BE SO SIMPLE THAT WE COULDN'T.

EMERSON M. PUGH



HOW TO DO THE IMPOSSIBLE

Anybody can do just about anything with himself that he really wants to and makes up his mind to do. We are capable of greater things than we realize. How much one actually achieves depends largely on: **1) Desire, 2) Faith, 3) Persistent Effort, 4) Ability**

But if you are lacking the first three factors, your ability will not balance out the lack. So concentrate on the first three and the results will amaze you.

Norman Vincent Peale

Extraordinary people are most often ordinary people with extraordinary determination *— Michael Levine*

If an unusual necessity forces us onward, a surprising thing occurs. The fatigue gets worse up to a certain point, then, gradually or suddenly, it passes and we are fresher than before! We have evidently tapped a new level of energy. There may be layer after layer of this experience, a third and a fourth wind.



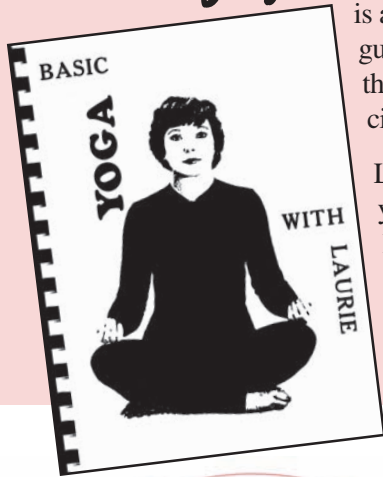
Blowing out another's candle will not make yours shine brighter.



We have been in business for 26 years, we have 30 plus staff working at The Kerr House, and we just had our first baby. Marisa Cline, was a server as a teen-ager at The Kerr House, then worked during breaks as she earned her degrees, and after working in the corporate world for a few years, very happily returned to The Kerr House office. Now she and her husband, John, are the parents of little Gracie and we are very proud. Gracie has lots of adopted aunts here to love her. She is also the first grandchild of Judy Cline, my invaluable Office Manager of 20 years.

For Halloween, our staff came in 'pregnant' to make Marisa feel more comfortable. (Our pregnancies were short term.)

Basic Yoga With Laurie

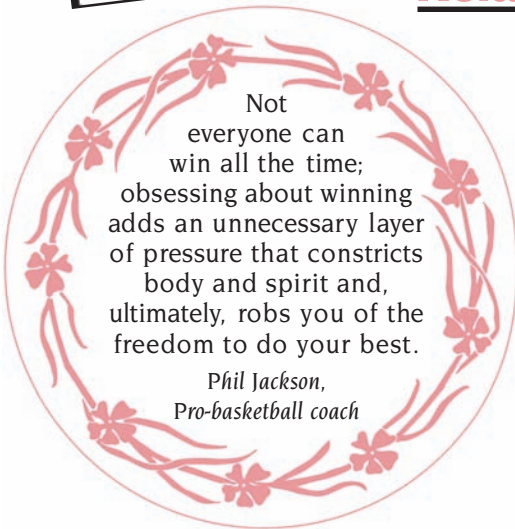


is a 50 page book with a simple guided exercise plan and a CD that walks you through the exercises as though you were in class.

Laurie's soothing voice will make you think you are in the heavenly loft of The Kerr House.

The cost of the set, the book and CD, is \$25.00 plus tax and Shipping and handling.

Relaxation CDs



Two of Laurie's relaxations are now available on CD, each with the accompaniment of Sue Hedler and her harp. Learning to release daily tensions improves every aspect of your life. Let's enjoy each day.

Boxes for Inner Harmony CD helps open channels to release the negative and bring in the positive. **\$19.95***

Inner Awakening CD helps you deal with issues that drain your energy and gives you tools to enjoy life. **\$19.95***

**All prices subject to applicable taxes*

— LIMITED OFFER — A Special Gift



The **Box CD** is available with a lovely handmade booklet telling how this relaxation was inspired, and stories of how others have used it to enhance their lives. Packaged in a beautiful box. Only a small number made.

An exceptional gift at only \$29.95*

NEW!



TO ORDER CDS, COOKBOOKS, OR GIFT CERTIFICATES

CALL 419-832-1733 OR EMAIL US TODAY AT: INFO@THEKERRHOUSE.COM

This is a good time to think about unique & special gifts. To offer a gift that will make a difference in someone's life, give a Gift Certificate to The Kerr House for:

- A Special Dollar Amount
- A Massage, Facial, Reflexology, etc.
- A weekend or 2-Night program
- A 3-Night Program
- A 5-Night Program

They'll love you forever!!



Breakfast in bed and beautiful candlelight dinners are the settings for the delicious, gourmet food that is featured in this book. The Kerr House serves natural, wholesome foods, so our menus have always been low calorie, low cholesterol, and low fat. The recipes included in this treasury will enhance your meals — and your life as well.

A Treasury of RECIPES for Mind, Body & Soul offered by The Kerr House

Over 350 easy-to-prepare recipes emphasizing unprocessed, natural ingredients are included in this 288 page book. The hard cover has a convenient, spiral binding for easy use in the kitchen.

Nurturing the mind and soul are not overlooked. The themes of "Living life to the fullest" and "Improving with age" are explored

along with many examples of how to incorporate them into your everyday life.

The cost of the book is \$29.95 plus tax and shipping.

To order this great cookbook, call 419-832-1733 or email: info@TheKerrHouse.com

The Kerr House

WOMEN

The majority of our weeks are for women, and are very successful. We have a high rate of return, many of them bringing family and friends back with them. Since we only accommodate six to eight guests at a time, that "personal touch" is guaranteed, as we have a large caring staff.

MEN

Men are enjoying the program at The Kerr House more than ever before. Men need R&R, healthier bodies, better health & stress management habits, pampering, and an exercise regimen, too. Since good health is "in", men are coming to understand that they accomplish more when they have energy, and enjoy life more when they are healthy.

INCREASE PRODUCTIVITY

Companies, too, are facing the fact health plays a major role in productivity, creativity, and availability. Absenteeism, poor health and attitude cost a company

a great deal in many ways. Using The Kerr House for R&R, as an incentive program, as a bonus, as birthday, Christmas, or Secretaries' Day gifts is a win-win situation. Everybody benefits. Our program can be combined with business meetings also.

PRIVACY

If you want privacy plus rejuvenating treatments and exercise classes in the warm atmosphere of a luxurious 1880's manor, reserve The Kerr House for yourself, your family, repertoire, or a group of friends. Enjoy being close to those you care for as you improve your health.

GIFT CERTIFICATES

Gift certificates are available for all our programs. 5 night, 3 night, weekend, day, or individual treatments (massage, facial, nails, wraps, exfoliation, reflexology, etc.). The recipient can set the date, depending on availability, of course, and enjoy the privacy and serenity of this luxurious, friendly atmosphere. What a marvelous gift!

WHY DO PEOPLE COME TO THE KERR HOUSE?

Everyone comes for a different reason - some don't know the reason until they leave, but each guest feels an inner peace and knows their life is enhanced.

Some come to make a decision: whether to get married, have a baby, get divorced, change jobs, buy or sell a house, how to handle an illness (their own or a relative's).

Some come to get started "living" again after suffering a loss. Others plan reunions so they can visit while they renew. Sometimes their doctors have sent them, as their schedules are so intense that they must learn stress management to continue at the present pace. (Many doctors come for that same reason).

Many come regularly just because they want to stay on the healthy road and return home enthusiastic, energized, yet relaxed, in addition to being toned and feeling lighter.

Money can buy the use of The Kerr House and programs, but there is no way to measure the value received in a week at The Kerr House.

Since 1980, The Kerr House has been a haven for many who have wished to improve their lives. They receive breakfast in bed, yoga classes, many wonderful treatments, and candlelight dinners. It is very personalized, only 6 to 8 guests at a time. We have a variety of programs:

	Semi-Private	Private
5 nights	\$2550	\$2950
3 nights	\$1375	\$1575
Weekend	\$ 750	\$ 850

We set aside some weeks and weekends for Day Programs, as they are a very popular gift item.

Day Program \$350

If you are interested in any of our programs, contact us by:

Phone:
419-832-1733

Email:
info@TheKerrHouse.com

Web: www.TheKerrHouse.com

Fax: 419-832-4303

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