



TraVek Presents:

# TIPS & CLIPS

DECEMBER 2018

TraVek Remodeling  
15575 N 83rd Way, Ste A-4  
Scottsdale, AZ 85260  
www.travek.com  
480-367-1171  
ROC #168997 and #168998

Dear Valued Customers and Employees,

It gives me great joy to be able to write you this message during one of the most beautiful times of the year. This is a time of celebration, and everything looks brighter; the people around us and the world seem to become a better place.

This was a very special year for all of us at TraVek. The highlight was when we were named as one of the Top 50 Remodeling Companies in the Nation in 2018 by BIG50 and Remodelers Advantage. This happened because of our continued dedication to process improvements within the company along with growing a great team of professionals both in the office as well as in the field. Our team has bonded so much over the past year, and it shows as the jobs and communications among each other are more and more cohesive.

Most importantly, in thinking of our past year at TraVek, we are very pleased because we have you, as we would not be where we are today without the support and trust of our customers. You are the ones that help make it possible for us to improve day after day, as we offer both excellence and quality services to our community.

On behalf of TraVek, I hope you get to celebrate this special holiday season with your family and friends, and that you are able to discover that beyond material gifts, what really matters is the time that we give to our loved ones.

We thank you for your continued support, and we look forward to serving you in the years to come.

Merry Christmas and Happy Holidays.

Sincerely,

Von K. Raisanen  
President



## From the Doc

### Yes, You Can Lose Weight in December

Glucose is the primary source of energy in the body that fuels every function from brain cognition to athletic performance. When dietary carbohydrates are consumed, they are immediately metabolized into glucose or stored in the body as glycogen, which is utilized when the body needs an energy source.

When glycogen stores have been depleted, the body naturally goes into a ketogenic state. In this state, the liver uses fat stores to generate alternative fuel byproducts called ketones. The presence of ketones in the blood is known as ketosis.

As long as your health is good and you fast **safely**, you can do intermittent fasting as often as you'd like! To get the most benefit, fasting regularly is recommended. For example, it's better to make it a weekly thing than just trying it once every three months.

**The 5:2 Diet:** Fast for 2 days per week. Monday and Tuesday would be good days especially if you were off your schedule on the weekend. You can pick the time of the day that you fast depending on your work schedule or lifestyle.

**16/8 intermittent fasting** involves eating only during an 8-hour window and fasting for the remaining 16 hours. It may support weight loss and improve blood sugar, brain function and longevity. Eat a healthy diet during your eating period and drink calorie-free beverages like water or **unsweetened** teas and coffee.

The following is a list of some keto-friendly foods:

- Fish and shellfish
- Low-Carb Vegetables
- Cheese
- Avocados
- Meat and Poultry
- Eggs
- Coconut Oil
- Plain Greek Yogurt and Cottage Cheese

Ketosis can be induced by fasting, by strictly limiting carbohydrate intake, by engaging in prolonged exercise without carbohydrate intake, or by supplementing with an exogenous source of ketones. The three primary types of ketone bodies formed in ketosis are acetate, acetoacetate, and beta-hydroxybutyrate (BHB). I like a product by XYMOGEN called KetonX™ because it

provides an exogenous source of ketones to promote a state of ketosis.

To learn more, schedule a Nutritional Consultation at our office. If you are over 40 it's a good idea to get annual bloodwork. Most people want to start 2019 out on the right foot. Let me help. 480-951-5006

Sincerely,

Dr. Burdorf, D.C., D.A.C.N.B.  
8140 East Cactus Road, Suite 730  
Scottsdale, AZ 85260

*Dr. Burdorf is one of only seven Board-Certified Chiropractic Neurologists in the State of Arizona.*

## What Do You Know about Mistletoe?

This is the time of year when we love to have a spray of mistletoe decorating our holiday tables, worked into wreaths, or hanging over the door frame for an excuse to kiss the ones we love as they cross the threshold. How or why we do any of this is a bit of a mystery, considering:

- **Mistletoe is toxic to humans.** Ingesting the berries or other parts of the plant can produce symptoms including nausea, abdominal pain, diarrhea, blurred vision, changes in blood pressure, and possibly death. You might want to use the artificial variety for your decorations, especially if you have small children in your home.

- **From bees to butterflies to birds, squirrels, porcupines, and deer,** the plant is a great source of nectar, nesting, and nourishment for most animals. The glue-like quality of the seeds helps them attach to the feathers and beaks of birds. When the birds fly away and perch in a different tree, the sticky nectar finds a home on the bark and begins to grow into a new plant.

- **Mistletoe is a parasite.** The plant thrives by siphoning off valuable nutrients from its host trees and shrubs, causing decay, infection, and eventual death. As horrible as that sounds, it's just part of the circle of life in a forest ecosystem.

- **Some 20 species of the plant are endangered,** yet there are roughly 1,300 species worldwide, so this paradox of nature won't be going away anytime soon.

***Do You Need Help with Your Honey-Do List ?***

***Call TraVek's Handyman***  
***480-367-1171***



## Did You Know?

### Cheese Has a Long History

Cheese has been popular for a lot longer than you may have thought. An analysis of ancient pottery from the Dalmatian Coast of Croatia has revealed traces of fermented dairy products like soft cheese and yogurt from some 7,200 years ago, according to the *Science Daily* website.

The discovery means that cheesemaking is 4,000 years older than previously known. Milk pottery from 7,700 years ago has been found in the area, indicating that our ancient ancestors had milk in their diets—at least their children up to about age 10. (DNA analysis shows that adults at that time were lactose intolerant.)

The development of cheese production changed the style and form of pottery as well. Among the artifacts found at the site were sieves, which are often used to strain milk when it becomes curds and whey. The sieves contained evidence that they had been used in secondary milk processing to make cheese or other dairy products.

Cheese-making has been a hobby of Susan's here at TraVek. Her mother taught her the art, which was taught to her by Susan's grandmother who had moved to the United States from Finland. For Finnish people, that cheese, *juusto*, spans the generations and is served especially during the holidays and special occasions. If you are curious about it, go to YouTube and type Finnish Squeaky Cheese in the Search. You'll find her video at the top. (It is also written as a book on Amazon.) The emails she receives from people who have not only watched the video, but then have made the cheese according to her directions, confirm that this cheese is much more than just a cheese; it's a connection to their roots and warm memories of days past.

If you are a cheese fan and would like a taste, she has been making it now for the Christmas season. Call her and she'll surely have some for you to taste if you want to stop by the office. 480-367-1171

## Family Matters

### Try Some Different Gifts This Holiday Season

The holiday season traditionally includes giving and receiving gifts. You don't have to spend a lot of money to show how much you care. Here are some creative ideas for meaningful gifts you can make yourself:

- **Recipe book.** Collect some of your favorite family recipes. Put them together in a small book that highlights your family tree.
- **Photos.** One way to make a special photograph even more special: Carefully cut a picture into four equal squares, then paste them onto four sheets of canvas or heavy paper. It creates a nifty effect for a four-piece picture that can hang on any wall.
- **Personal gift cards.** Make your own "gift certificates" that the recipient can redeem for personal (or romantic) purposes: a day free of chores, a back or foot massage, or something similar.
- **Scrapbooks.** Another use for photos: Create your own scrapbook around a family theme, a special place, a variety of activities, or anything else that has significance for your recipient.
- **Calendars.** Create a calendar using photos of family members—many photographic websites and print shops can help you do this. Or take a standard calendar and highlight special days throughout the year: birthdays, anniversaries, important events, etc.
- **Music.** Burn a CD of the person's favorite songs, or have a child sing his or her parents' favorite song and record it.

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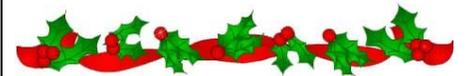
Fill in the blank squares so that each row, each column, and each 3-by-3 block contains all the digits 1 thru 9.



### The Voice of a Customer:

*Couldn't believe the efficiency and exactness and promptness of everyone in getting the job completed in record time before our Thanksgiving trip to Texas. Thank you all for a job well done.*

*C & J in Chandler*



### WANT TO PUBLISH A BOOK?

Have you ever wanted to write and publish your own book? Laura Orsini will be presenting at TraVek on **Tuesday, January 15 at 6:00 PM**. She will tell how to get started! Look at the Events page at [travek.com](http://travek.com).

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*TraVek has opened a Handyman Division. Do you have a Honey-Do List?*

## ENTERTAINMENT AND EDUCATION FOR OUR CUSTOMERS

DECEMBER 2018



*Thom Pitschke, Designer*

### Featured Project: Kitchen in North Scottsdale 85262

The homeowners wanted a clean and more contemporary look to their kitchen. The cabinetry is Waypoint, the backsplash is a cracked Subway tile. The refrigerator is completely built in so that it's flush to the cabinets. It's a touch door, so it releases really easily. Originally there was just a small pantry, so that was removed to open more counterspace. A pantry along with a dry bar/wine station was put at the end of the kitchen. To see more pictures from this project, go to [www.travek.com/About Us](http://www.travek.com/About Us), and then click on the picture of Thom or Rodney. It will show up as one of the projects they have recently completed.



*Rodney Silvernale, Lead Carpenter*

