



The Arias Group

May 2008 Newsletter

...empowering YOU to achieve your dreams!

Sweet Stuff – The Best and Worst of Sweeteners

Sugar and spice and everything nice – well, almost. The trouble is that refined sugars don't include anything nice. In fact, they can deplete your body of nutrients, causing damage to your vital organs if your overindulgence goes unabated. Artificial sweeteners can be equally dangerous; some have been shown to cause cancer in laboratory animals, and headaches and depression in people.

Fortunately, you have a virtual cornucopia of better choices. Read on to find out about some of the good sweeteners – raw and lightly processed sugars and syrups – and what's so great about them!

Barley Malt Syrup and Brown Rice Syrup: Composed primarily of maltose and complex carbohydrates, they are digested more slowly than other sweeteners, so they don't make blood sugar levels yo-yo.

Maple Sugar/Maple Syrup: Among the least refined sweeteners available, they are flavorful and contain minerals such as zinc, iron, calcium, and potassium.

Molasses: All molasses contains minerals, but blackstrap, the dark, syrupy “leftovers” from the sugar refining process, contains more minerals and calcium than any other sweetener.

Raw Honey: It's as unrefined as sugar gets—straight from the bees to your table.

Supply and Demand Facts

	4/06	4/08
Homes for sale	41,300	50,170
Under Contract	5590	5100
Homes sold	4970	3560

For more details and what this means, visit our website @ www.ariasadvantage.com

Are you, or someone you know, behind on their mortgage?

We specialize in helping families save their credit and avoid foreclosure! We work with you and your mortgage lender to get your home **SOLD**, at **NO COST** to you.

If you are unable to pay your mortgage and cannot sell your property due to the amount you owe, you are a perfect candidate for a short sale.

Call Kristina @ 602 -510- 5591 to avoid foreclosure and save your credit today!

FOR ALL OF YOUR
TITLE AND ESCROW
NEEDS ... an Arias Group
preferred company.



Do you have The Arias Advantage ?

www.AriasAdvantage.com

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Each office independently owned and operated ♦ If you are currently working with a broker, this is not intended as a solicitation





420 S David Cr
Casa Grande



2,540 sf
5B/3B/3 car garage

- * Custom home on 1.25 acres– wide open spaces
- * Large master suite w/ tiled, snail shower, deep Roman tub, spacious walk-in closet, hickory cabs.
- * 20' ceramic tile and neutral, Berber carpet
- * Spacious covered patio
- * Close to freeway and new shopping center



20732 N Marina Ave
Maricopa



2633 sf
5B/3B/2 cg + DEN

- * Awesome floor plan
- * 2 bed & 1 bath down
- * Spacious open kitchen w/ buffet & lg. island
- * Gorgeous mocha tile
- * Jack & Jill bath upstairs
- * Oversized yard– covered patio
- * Across the street from huge park and playground

For more information please log onto www.ariasadvantage.com



US 60 & Priest (Tempe)

3 bedroom & 1.5 bath/ large, updated diving pool

For more information log onto www.ariasadvantage.com



Higley & Elliot (Gilbert)

Single story; cul-de-sac lot/3 bedrooms & 2 bath

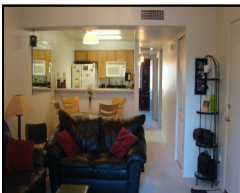
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Campbell & 36th St (Phoenix)

Beautifully updated 1950's home– close to Arcadia & Biltmore

For more information log onto www.ariasadvantage.com



Val Vista & University (Mesa)

2B/2B loft style townhome/ 1 car garage / 1 bedroom downstairs

For more information log onto www.ariasadvantage.com

More and more foreclosures are becoming available every single day!

Curious about these great deals? Want more information?

Call The Arias Group today and get your FREE list of bank-owned homes in your area!