



HEALTH

April 2015 Vol 10 Issue 4



HOME

TIMES

Secrets For Living
A Healthy, Wealthy
& Happy Life

Brought to you by:

Phone #

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- **How To Spring Clean “Like A Boss” ...** *Your list of spring chores can be done in a short week-end...here is how!*
- **Healthy Talk... The Perfect Peanut Butter Cookie With A Healthy Twist...** *You're welcome!*
- **PLUS A Feature About How To Get Involved with Earth Day 2015!**
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Spring Clean “Like A Boss” - How To Do All Of Your Spring Cleaning In A Single Weekend!

Spring Cleaning doesn't have to eat up a month's worth of weekends; you can knock out the majority of it over one weekend and still have time to go out to dinner and catch a movie! *Efficiency is the key.* When you clean in an efficient way, then you accomplish so much more. Cleaning out the cupboards and pantry could be an 8-hour job or a 90-minute job, depending on the productivity of the person performing the task. So slip into comfy sweats, crank your tunes, and get started!

1. **Kitchen/Pantry:** Set a timer, you should be able to whip your kitchen into shape in 90 minutes or less. Have your garbage and recycle bags handy, set the oven to “self-clean” and then start going through your cabinets and drawers. Top to bottom, left to right. Wipe down as you go. Drawer organizers help and can be key to getting your spices and food storage containers under control. Also, clean up the family junk drawer (everyone has one). When you get to the pantry, indiscriminately toss anything that you haven't been using or eating on for the past few months. Glass jars or bins (or try bpa free plastic) work wonders to organize and stack cereals, pastas, and dry baking supplies.
2. **Bathrooms:** Give yourself 60 minutes if you have the standard 2 bath home. Then, with waste bags in hand, go through the drawers and cabinets and throw out all expired products. (Keep it “green” by recycling what you can!) Buy some attractive storage bins and separate out the hair products from the medicine cabinet and the nail polish from the face wash. Wipe down the cabinets inside and out as you go.
3. **Closets & Drawers:** Depending on how many closets you have this should take 3 hours or less. With bags in hand donate any clothes you haven't worn in the past year or that don't fit. (If you are hanging on to clothes you wore to prom in 1989 for sentimental reasons that's fine, just make sure it has a nice spot that's not causing clutter.) Then organize the hanging clothes by section i.e. sweaters, dresses, blouses, skirts, suits. You can also go short sleeved to long and keep them in color blocks. Drawers can go in groups i.e. underclothing, pj's, t-shirts, jeans. If your shoes are a problem get some shoe racks so you can see all your shoes and keep them neat.
4. **Office:** You can make this really quick when you go paperless. But if you aren't ready for that, grab a stack of manila folders and a sharpie and start organizing your life away. Keep important documents like birth and marriage certificates in an easy to access (but secure!) area. Shred what you don't really need and file away the rest. Boom. Done in 60-120 minutes depending on the how long your clutter has been allowed to accumulate.

For a really deep spring-cleaning, have me out and I will take care of the carpets, furniture, rugs, and windows.

APRIL



Cool Blogs, Sites & Online Resources to Check Out!

www.ZenHabits.net

Everyone needs a little “zen” in their life these days. And no one dishes out zen quite like Leo Babauta. This man will motivate you to live a more zen life, while you accomplish things you never thought possible. He is a very inspiring individual who will guide you to clearing out the clutter of your mind and finding your own happy place. You'll love his finely crafted blog and all of the affecting information he makes available through his motivational musings.

www.HeroicTrading.co

This is such a cool website and if you have even an ounce of a dreamer in you, it's a place you will want to lose yourself in for a long time. The website has a very cool look and feel, and it's creator, Jonathan, offers much awesome stuff for guiding a person to their goals. Even if you never reach the ultimate fantasy life that guys like Jonathan hold out, it's still fun to dream and his website is definitely worth the time

Smart splinter remover:



Just pour a drop of glue over the splinter, let dry, and peel the dried glue off the skin.

Pharmacist Tip of the Month!

[insert name
&
picture]

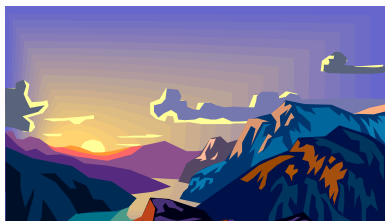
Beware of Allergies/Reactions

Pay attention to what you eat. With so many wonderful restaurants, trying new dishes is exciting and fun. However, several foods are responsible for up to 90% of all allergy problems. If you notice after eating certain foods you suffer from headaches, upset stomach, or other problems, make note, you could be having an allergic reaction. The foods most likely to cause the problem include eggs, milk, peanuts, tree nuts, soy, shellfish, and fish. For children, the common foods include cow's milk, soy, eggs, and wheat.

Get Inspired

"If you don't like change, you will like irrelevance even less."

– General Eric Shinseki, retired Army General and former US Secretary of Veteran's Affairs



April Birthstone

As the April birthstone, diamonds are the ideal gift for a loved one. And now you have more choices than ever. Get creative and give the ultimate gift of beauty: a fancy-color diamond. Fancy-color diamonds are natural, rare and truly exotic gem of the earth. Diamonds in hues of yellow, red, pink, blue, and green range in intensity from faint

Healthy Talk

Grab A Glass Of Milk! You're Gonna Need It With These Awesome Peanut Butter Cookies...



Who doesn't like a good peanut butter cookie? Unless you have a peanut allergy or an aversion to the nutty, salty, creamy taste of peanut butter, then you probably like a delish peanut butter cookie once in a while. This recipe is a great one and it has a surprisingly healthy twist.

- ½ cup organic salted butter (softened)
 - 1 cup creamy organic peanut butter
 - ½ cup raw organic honey
 - ½ cup organic coconut sugar*
 - 1 organic egg
 - ½ tsp organic vanilla
 - 1 tsp baking soda
 - ½ teaspoon salt
 - 1 ¾ cup organic whole wheat pastry flour**
- Preheat oven to 350 degrees F

Combine butter, peanut butter, honey, coconut sugar, egg, and vanilla. In a separate bowl combine the soda, salt, and flour. Add the dry ingredients to the wet, combine, and then roll the cookies into 1-2 inch balls and place on a parchment paper lined cookie sheet. Press down on the cookie with a fork and bake the cookies for about 8-10 minutes. Enjoy with a glass of your favorite milk!

*Coconut sugar is a low glycemic natural sweetener that only contains 4 grams of sugar per serving and tastes wonderful.

**If you can tolerate gluten, organic whole wheat pastry flour is a wonderfully healthy alternative to white flours.

Disclaimer: These are just suggestions; I'm not a doctor or health specialist.

April Tidbits



Cleaning liquid that doubles as bug killer...

If menacing bees, wasps, hornets, or yellow jackets get in your home and you can't find the insecticide, try a spray of Formula 409. Insects drop to the ground instantly.

Get Rid of Itch

To get rid of itch from mosquito bites, try applying soap on the area and you will experience instant relief.

Eliminate ear mites

All it takes is a few drops of corn oil in your cat's ear... massage it in, then clean with a cotton ball. Repeat daily for 3 days. The oil soothes the cat's skin, smothers the mites, and accelerates healing.

Quotes for April

"April is a promise that May is bound to keep."

– Hal Borland, well known American author and journalist, born in the early 20th century.

"The first of April is the day we remember what we are the other 364 days of the year."

– Mark Twain, author and father of the Great American Novel.

"Sweet April showers do spring May flowers."

– Thomas Tusser, 16th century English poet and farmer.

Happy Earth Day! How Are You Preparing for April 22nd?

Earth Day is a day set aside to raise awareness for living in a way that protects our special planet both today, and for future generations. This is an event everyone can get behind, no matter their beliefs or culture, and people all over the world participate. In fact, about a billion people in 192 countries now participate and support Earth Day!

What can you do to be involved? There are so many ways to support Earth Day. You can find tons of great resources at www.EarthDay.org But here are 4 easy ways to get started:

- 1. Fundraise.** Today fundraising is easier than ever with social media. Spread the word and sell trees, gardens seeds, or reusable bags. Get your neighborhood involved, get your schools involved, and then donate the proceeds to a worthy environmental group.
- 2. Unplug.** We can do this by trying to reduce our carbon footprint where possible. A cool fact: one person making use of public transportation or choosing to walk/bike just 2 times per week can reduce greenhouse gas emissions by 1,600 pounds per year. Also, experts recommend not idling our cars, which not just sends unnecessary pollution into the air, but wastes gas and money. And even something as simple as unplugging appliances when not in use can save you money and energy.
- 3. Waste not, want not.** Some simple suggestions for this are to make sure the dishwasher and washing machine are running full loads. Also, opting to shower instead of taking a bath can save an average of 50-60 gallons of water per day. And by fixing leaky faucets and toilets you are living green.
- 4. Upcycle.** Easy ways to do this is to donate items you don't need instead of hauling them to the dump. Buy used clothing, and goods from thrift shops and garage sales. Also, bringing your own bags to the store is a simple step that helps out in a big way. And by maintaining things we already have so we aren't such a "throwaway society" we are living green. (*Shameless carpet cleaning plug: cleaning your carpet is living green because your carpets can last years and years longer when properly maintained!*)

Enjoy Earth Day! Let's all show this planet some love and live greener lives.

***These are just for example purposes only. I'm not endorsing/recommend any charities*

Thank You!

Thanks to YOU the word is spreading! Thanks to all of our wonderful customers and friends who graciously referred us to their friends and neighbors last month!

Our business runs on the positive comments and referrals from people just like you! We couldn't do it without you!

A special thanks to all these fine folks who referred us...

[customer names]

The Idea Corner



April is the Perfect Month to Start a Garden

Gardens are therapeutic and tranquil and they are great for the environment. You can save money when you grow your own veggies and herbs, and gardens can fill your life with fragrant flowers. What's not to love about a garden?

For many, the idea of a garden is great, it's *starting a garden* that gets overwhelming. Here are a few beginner's tips and resources to get you going.

1. Educate yourself. Do you want an organic garden? What type of soil do you need? Is it perennials or annuals? Is it vegetables or flowers? Do you need a lot of sunshine on that plant or not? There are so many questions for the novice gardener and sites like www.YouGrowGirl.com and www.OrganicGardening.com will help to answer your questions and get you going.

2. Plant. Water. Repeat. Once you've figured out your zones, your seeds, your soil, and your garden type, you are ready to dig in and plant. It takes some commitment and time, and an initial monetary investment, but to grow your own beautiful flowers and veggies is worth it.

Please let me know your favorite gardening resources and your best tips and secrets for a green thumb on my Facebook page. Happy growing season!

We Don't Have a Business Without YOU!

Good or bad, we can't fix what we don't know is broken. Please contact us and let us know, good AND bad, what you like most about doing business with us and any issues.

We are committed to continuously improve because we want to be YOUR family's pharmacy.

Call us or stop by to let us know today!



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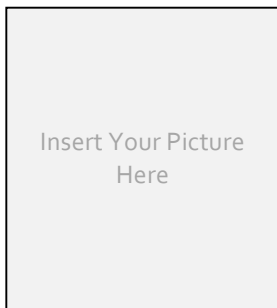


TIMES

Secrets For Living
A Healthy, Wealthy
& Happy Life



“
Continuous effort - not strength or intelligence - is the key to unlocking our potential.
- **Winston Churchill**
”



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Inside This Issue You Will Discover...

- ✓ **How To Spring Clean “Like A Boss”** ... *Your list of spring chores can be done in a short week-end...here is how!*
- ✓ **Healthy Talk... The Perfect Peanut Butter Cookie With A Healthy Twist...** *You're welcome!*
- ✓ **PLUS A Feature About How To Get Involved with Earth Day 2015!**
- ✓ **Thank You's, Fun Websites, Famous Quotes...PLUS...**

Much, Much MORE!
Keep Reading Inside...

CONGRATULATIONS!

**The winners of last month's
Trivia Contest are...**

First Name, City

First Name, City

First Name, City

These winners were the first to correctly answer
our March Trivia Challenge:

Which president was of Irish-American Heritage?

D) All of the above

You may be the next BIG winner –
Take your shot at the April Trivia Challenge!

Who Wants To Win?

*Take our Trivia Challenge
and you could win too!*

This is one of our favorite parts of the newsletter! Each month we'll give you a new trivia question. The first three people who call or e-mail us with the correct answer will win two FREE movie tickets. Enjoy a night out on us with someone special in your life! Take your best guess, then call or e-mail us at:

Your phone or email address here

This month's Mega Trivia Question:

How many countries participate in Earth Day?

A) 10

B) 72

C) 192

D) 210

Hint: You'll find the answer in the newsletter.