



HEALTHY

December 2012 Vol 7 Iss 12



HOME

TIMES

Secrets For Living
A Healthy, Wealthy
& Happy Life

Brought to you by:



6801- D W. Colonial Dr.
Orlando, FL 32818
(407) 291-1236

In This ISSUE

- What If?
- National Eggnog Month
- Supporting the Troops During the Holidays
- Poinsettias
- *Who Wants to Win?*

Wrapping Gifts With Style

This year, before you reach for the usual old boxes and bows, rethink your wrapping routine with these simple, inexpensive ideas to help punch up every present. Not only will it surprise and delight everyone on your gift list, but you'll also set the tone for a holiday season they'll never forget.

Think Beyond the Box: Hold the sweater boxes and wrap your gifts in more interesting packages. Items like baskets, buckets and tins are not only fun to unwrap, but they can also pull double-duty by being used around the house after the gift has been opened.



Keep It Under Wraps: Set aside traditional wrapping paper in favor of unexpected materials to make gifts feel even more special. Try wrapping presents in silver tissue paper, sparkly scrapbook paper or sheets of foil to create stunning style. For the crafters in your life, seasonal fabric makes a great alternative to wrapping paper; and those who love to travel will appreciate gifts wrapped in repurposed maps and exotic newspapers. For close family members, children's artwork makes for original, whimsical wrapping paper that doubles as a special keepsake. Just have your kids draw, doodle or paint on brown craft paper, then use it to wrap presents.

Add an Adornment: Amp up the wow factor of each package by adding an embellishment that doubles as an extra gift. Holiday ornaments, silk flowers and even pieces of costume jewelry will make each present a little more personalized -- and much more fun to open. Instead of ribbon you can also try tying up packages with leftover piece of yarn.

Play Tag: Repurpose last year's holiday cards to create gift tags that shine. Just cut a design or picture from the front of the card. Then punch a hole near the edge and use a felt marker to write your recipient's name on the back. Thread some ribbon through the hole and secure it to your gift for a quick and easy tag that's sure to stand out.

Ship and Surprise: In addition to all of the gifts you'll give in person this season, the holidays are prime time for mailing plenty of packages, presents and goodies, too. Everyone loves getting mail! (ARA)

DECEMBER



*Cool Blogs, Sites &
Online Resources to
Check Out!*



www.what-if.xkcd.com

Have you ever wondered what it would take to stop an out-of-control freight train using only b.b. guns? Or what would happen if you exploded the 57 megaton *Tsar Bomba* Hydrogen Bomb at the bottom of the Marianas Trench? Or if every person on earth aimed a laser pointer at the moon at the same time, would the moon change color?

Well these and many other crazy science-related questions are addressed at length, and in a very entertaining way, by the way-too-smart creators of the webcomic XKCD.

Need to know what would happen if a rainstorm dropped all of its water in one single, giant drop? Well, you're in luck. Drop by What If? and get the answer!

Visit Us At Our Website PHDPHARMACY.BIZ!

Pharmacist Tip of the Month!



Oscar Mbionwu RPh
Executive Pharmacy Manager
Diabetic Educator

Get to bed as early as possible. Our systems, particularly the adrenals, do a majority of their recharging or recovering during the hours of 11 p.m. and 1 a.m. In addition, your gallbladder dumps toxins during this same period. If you are awake, the toxins back up into the liver which then secondarily back up into your entire system and cause further disruption of your health. Prior to the widespread use of electricity, people would go to bed shortly after sundown, as most animals do, and which nature intended for humans as well.

Charlie Chaplin Quotes

We think too much and feel too little.

The saddest thing I can imagine is to get used to luxury.

A man's true character comes out when he's drunk.

Life is a tragedy when seen in close-up, but a comedy in long-shot.

I am at peace with God. My conflict is with Man.

It takes courage to make a fool of yourself.

Life could be wonderful if people would leave you alone.

All I need to make a comedy is a park, a policeman and a pretty girl.

How To Win \$25

Have a useful household tip or remedy to share? If we use yours, you win \$25.

Please direct all entries to:

Tips@HealthyHomeTimes.com

Please include your name, full mailing address and phone number.

National Eggnog Month

Here are a few things you may not know about good old eggnog.

- One cup of eggnog will provide you with almost 350 calories, of which 167 are from fat. It also includes 34 grams of carbs and 19 grams of fats, but no sugar! So drink up!
- To reduce the risks associated with ingesting raw eggs (as traditional eggnog is made), be sure to purchase fresh eggs only, and clean the outer shell thoroughly. And if you're pregnant, you should pass on eggnog altogether, just in case.
- The word *eggnog* comes from an old English word meaning a small, carved wooden mug used to serve alcohol. Eggnog comes in both alcoholic and non-alcoholic versions, both being popular during the holidays.
- Alcoholic eggnog varies from country to country. In America, it is usually made with bourbon, while in Europe it is made with white wine.
- Eggnog became popular in the US in the early 18th century when it made its way across the Atlantic. There is no accurate information on the origin of the drink itself.
- Sales for eggnog taper off dramatically after the New Year, suggesting that it is a holiday-based beverage, and not one that would have year-round appeal.



December 1st is National Pie Day!

There is a group called *The American Pie Council*, believe it or not. They combined efforts with Crisco to survey people about their pie habits. Here is what they found...

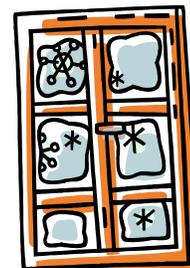
- 1 out of 5 Americans prefer apple pie above all others (no wonder Apple stock is so high!). After apple comes pumpkin, pecan, banana cream and cherry.
- 35% of people polled said they've had pie for breakfast before, and 66% said they'd had pie for lunch. 20% of people said they'd eaten an entire pie by themselves.
- Over 6 million men ages 35-54 admitted that they'd eaten the last slice of pie and denied it.
- 32% prefer no crust on top of their pie.
- 9% prefer to eat the pie-crust first.
- 27% feel chocolate cream pie is the most romantic to share with someone special.
- 7% have passed off a store-bought pie as homemade.
- Milk is the overwhelming choice of beverage for the pie eaters polled.
- 18% of men say their wives make the best homemade pies.

Window Frosting Recipe

4 ½ Teaspoons of Epsom salts
 1 Cup of cheap beer

Place the beer in a medium bowl and allow the Epsom salts to fully dissolve. The mixture will foam as the salt crystals are released and will be partially dissolved.

Use a 2-3 inch paintbrush to apply the mixture to your windows in any pattern you like. You can also use a dishtowel to dab the mixture on. When the mixture dries, it will leave crystals that look like ice formed on the windowpane. The window can easily be cleaned with a damp cloth.



Sprinkle, Sprinkle, Little Salt

Place salt on fireplace logs to reduce the soot in the house.

Remembering Pearl Harbor



On Sunday morning, December 7, 1941, the American Army and Navy base in Pearl Harbor, Hawaii was attacked by the Imperial Japanese Navy. The surprise attack led to great loss of life and equipment. More than 2,000 American citizens were killed, with another 1,000 injured. Also lost were a large portion of the battleships and aircraft that the US had in the Pacific region at the time.

The Japanese military hoped that the attack would prevent the US from increasing its influence in the Pacific. Instead, the attack led to the escalation of World War 2, President Roosevelt calling the day of the attack "a date which will live in infamy." Germany declared war on the US shortly afterwards, and it was on. "Remember Pearl Harbor" became a rally cry in America.

National Pearl Harbor Remembrance Day commemorates the attack, and what it represented, as well as honoring those that lost their lives on that day. On this day, the US flag should be displayed at half-mast on American homes everywhere, as it is on the White House and all government buildings.

There are also special services at such places as the USS Arizona Memorial in Pearl Harbor and other war memorials across the country, where speeches are made, wreaths laid, and media events focus on survivor's memories from that day.

Supporting the Troops During the Holidays



With the holidays coming up, many of our servicemen and women are away from family. Here are a few easy ways to thank those people that keep us safe every single day - even if you don't personally know someone serving.

Send a Thank You Gift: Give a personal thank you directly to the men and women serving the country. Even if you don't personally know any deployed troops, some retailers are making it easy to support the troops this holiday season by providing the names of active servicemen and providing a way to ship directly to them overseas.

Volunteer Your Time: Show your appreciation for those who have helped protect our country by volunteering at your local VA hospital or nursing home this season, even if only for a few hours. You are sure to meet some fascinating men and women, and you'll bring holiday cheer to those who may not have many visitors.

Give Blood: It may not seem like it would directly impact men and women overseas, but giving blood through an organization like the American Red Cross can actually help troops hundreds and thousands of miles away. Military units may depend on rush shipments of blood during times of need, and maintaining an ample supply of all blood types is important.

Support Troops' Families: When troops are deployed, they leave their strongest supporters behind. Someone in your area will likely be without a loved one this season. Particularly during the holidays, it is important to remember the families of active duty service members in our communities. A plate of holiday cookies, a community event or simply a handwritten card could mean the world. Find a local family to support through an organization like Military OneSource.(ARA)

Safe Storage of Leftovers

Never wrap warm meat or poultry in aluminum foil and place it in the refrigerator. Foil is an excellent insulator and the meat will remain warm, for too long a period allowing bacteria to thrive. Wrap the food in plastic wrap or place in a well-sealed plastic container. Meat, poultry and stuffing should last 3-4 days if stored separately.



A Sweeter Yule

To preserve your Christmas tree for a few extra days, try adding a small amount of sugar or Pinesol™ to the water.

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...

William Sherr and Ali Mohammed

We Don't Have a Business Without YOU!

Good or bad, we can't fix what we don't know is broken. Please call our toll-free testimonial hotline and let us know, good **AND** bad what you like most about doing business with us and what you don't like.

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

1(800) 609-9006 ext. 2679

Available 24/7

(Not for contest entry)

“
The best way out is always
through.
– Robert Frost
”



Sashamarie Nieves

**PHD Pharmacy & Medical
Supplies**

6801- D W. Colonial Dr.
Orlando, FL 32818
(407) 291-1236

WWW.PHDPHARMACY.BIZ

Poinsettias

Joel Robert Poinsett introduced the poinsettia to the US in 1828. Poinsett was the first US ambassador to Mexico (appointed by John Quincy Adams). He discovered the beautiful red-flowering shrub in the Mexican countryside and brought back cuttings to his own greenhouse in South Carolina.

Here are a few more interesting tidbits about poinsettias...

- Poinsettias are grown commercially in all 50 states, but California is the top poinsettia producing state.
- Poinsettia shrubs in nature can grow up to 10 feet tall.
- Contrary to legend, poinsettias are not poisonous. Research shows that ingesting the plant can produce degrees of discomfort, but is not fatal to humans or pets.
- There are over 100 varieties of poinsettias available today.
- 80% of poinsettias are sold to women.

CONGRATULATIONS!

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

William Anderson, Orlando
Caitlyn Palmer, Orlando
Steven Parker, Orlando

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

Which WWI battle prompted John McCrae to write the poem *In Flanders Field*?

C) The Second Battle of Ypres

You may be the next BIG winner –
Take your shot at the December 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 3 people who e-mail us with the correct answer win two FREE movie tickets. Enjoy a night out on us with someone special in your life! Take your best guess, and then e-mail us at:

PHDPHARMACY@LIVE.COM

This month's Mega Trivia Question:
What is the most popular pie flavor in America?

- A) Banana Cream B) Pumpkin C) Apple
D) Cherry E) Pecan

HINT: The answer is somewhere in this newsletter