



HEALTHY



HOME

TIMES

Secrets For Living
A Healthy, Wealthy
& Happy Life

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In This ISSUE

- Why Eat Spinach?
- Creative Ice Cream Flavors
- July Birthday Hall of Famer: P.T. Barnum
- Random Fun Facts for July 4th
- *Who Wants to Win?*

JULY



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

All That Is Interesting
www.all-that-is-interesting.com

This site is a wonderful repository for high-res pictures dealing with a variety of topics, from animal to nature to history to the strange and beautiful things in the world. Definitely worth spending time lurking through the archives.

Steven Pressfield Online
www.stevenpressfield.com

The main website for Best-Selling Author **Steven Pressfield**, writer of many wonderful historical war novels (including *Gates of Fire*, about the Spartan last stand at Thermopylae, and *The Virtues of War* about the exploits of Alexander the Great). He also has many insightful articles and links to additional content well worth your time.

Top 10 Foods for Brain Power

Like every other system in the body, the brain needs good food. It uses 20 to 25% of the total energy a person consumes, and the better you feed the brain, the better it works. According to the New Jersey Medical College, these are the ten best foods for our brain.



- Low-fat milk or yogurt
- Eggs
- Lean meats, such as flank steak
- Chicken and other poultry
- Spinach and other leafy greens
- Whole-wheat bread
- Oranges
- Black beans and other legumes
- Enriched brown rice
- Salmon



Why Eat Spinach?

Spinach nutrition is amazing. The calcium content in spinach strengthens bones. The A and C vitamins in addition to the fiber, folic acid, magnesium and other nutrients help control cancer, especially colon, lung and breast cancers. Spinach also helps protect against heart disease. The *flavonoids* in spinach help protect against age-related memory loss.

Spinach's secret weapon, *lutein*, makes it one of the best foods in the world for protecting cataracts, as well as age-related macular degeneration, the leading cause of preventable blindness in the elderly.

How Does Alka Seltzer Work?

Alka Seltzer™ contains citric acid and baking soda. When they are introduced to water the acid and base components mix, and causes it to fizz up. This is similar to the volcano trick, when you add vinegar to the baking soda and it will fizzle and foam up over the top of the volcano.



July Flower: The Water Lily (Larkspur)

Water lilies live in fresh water areas, in moderate and tropical climates around the world. They come in two basic varieties: hardy and tropical. The hardy water lily only blooms in daylight, whereas the tropical water lily will bloom day or night. They may appear to be floating on the water, but in reality they are secured to the soil at the bottom of the lake or pond by a long string of roots.

The scientific name for the water lily is *Nymphaeaceae*, and derives from the Greek word for nymph, which is a female sprite that was believed to live in bodies of water.



Along with being the birth flower of July, the water lily is the national flower of Sri Lanka, a country off the coast of India.

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Creative Ice Cream Flavors

- **Cucumber Honeydew Cayenne:** In Columbus, OH, there are ice cream shops called *Jeni's* at which you can eat your vegetables and your dessert at the same time. In this case, Japanese cucumbers, honeydew melon and cayenne pepper combined into a creamy frozen yogurt. Also on the menu: Goat Cheese w/ Roasted Red Cherries.



- **Lobster:** If you prefer the finer things in life, *Ben & Bill's Chocolate Emporium* in Bar Harbor, MN, proudly offers Lobster Ice Cream. If that's too far to drive, you can order it online at benandbills.com.
- **Sauerkraut:** If you're planning on being in Scappoose, OR, for their annual sauerkraut festival in September, you may get a chance to sample their "famous" sauerkraut ice cream.
- **Sweet Corn:** A company out of Los Angeles named *Palap Azul* creates many kinds of Mexican-style frozen treats, including Sweet Corn ice cream and Hibiscus Flower sorbet.
- **Foie Gras & Caviar:** If lobster ice cream isn't rich enough for you, French ice cream maker Philippe Faur has this offering for you.
- **Black Sesame & Orange:** In Asia, black sesame ice cream is as classic a flavor as vanilla is in the United States. It's been described as "slightly herbal and spicy, with a touch of fruitiness as well."
- **Add alcohol:** There are many examples of alcohol-enhanced frozen desserts, including Smoked Chocolate & Tequila ice cream, Brown Ale & Buckwheat Honey ice cream, Mint Julep ice cream and frozen beer pops.

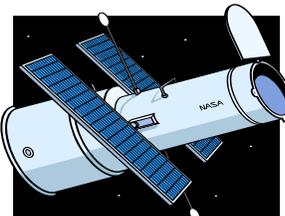
The Successor to the Hubble Telescope

The galleries of stunning images produced by the *Hubble Space Telescope* since its installation in 1990 is truly a treasure. But nothing proceeds like progress, and even this wonderful piece of equipment has reached a point where it needs an upgrade. Enter the *James Webb Space Telescope* (JWST).

According to the NASA website, the JWST is a "large, infrared-optimized space telescope" that is under construction, and projected to be launched into orbit in 2018. At a cost of \$8 billion, the JWST will gaze further into the depths of the universe than we've ever looked before. It is hoped that the JWST will be able to locate the first galaxies that formed in the universe.

It will have a large mirror measuring 21.3 feet (6.5 meters) in diameter, and include a sun shield the size of a tennis court - both of which will need to be launched folded up and deployed in space. According to NASA, it will take up residence in orbit an amazing 1 million miles from earth. For comparison, the Hubble Space Telescope is in low Earth orbit, at about 350 miles. The moon orbits the Earth at about 250,000 miles away. Being four times farther out than the moon will make servicing the JWST the trickiest part of the project.

The JWST is named after the NASA administrator who created the Apollo program. For more information, see www.jwst.nasa.gov



JFK Quotes

A man may die, nations may rise and fall, but an idea lives on.

Do not pray for easy lives. Pray to be stronger men.

Domestic policy can only defeat us; foreign policy can kill us.

Forgive your enemies, but never forget their names.

I'm an idealist without illusions.

Leadership and learning are indispensable to each other.

Once you say you're going to settle for second, that's what happens to you in life.

Pharmacist Tip of the Month!



Oscar Mbionwu
Executive Pharmacy Manager

Lower Cholesterol Naturally

If you do not have cardiovascular disease (or multiple risk factors) or diabetes, check out cholesterol lowering supplements before you commit to taking the common prescription medications known as statins. Supplements are less likely to cause side effects. Proven statin alternatives, available in our store are...

- **Inositol**, a form of niacin, reduces LDL (bad cholesterol) levels by about 20% and raises HDL (good cholesterol) by up to 30%. It's less likely than other forms of niacin to cause facial flushing. The typical dose is 500 milligrams (mg) two to three times daily.
- **Policosanol**, a waxy substance from sugar cane wax and beeswax, lowers LDL levels by up to 25% and raises HDL levels by up to 10%. The typical dose is 10-20 mg daily.
- **Red yeast rice** contains a chemical compound produced from the fermentation of rice, similar to the active ingredient in *lovastatin* (Mevacor). It can lower LDL levels by 20% to 25%. The typical dose is 1,200 mg twice daily.
Caution: Don't take red yeast rice if you're already taking a statin.

In addition to taking a statin or natural alternative, consider daily supplements, such as fish oil capsules (1,000 mg)...coenzyme Q10 (100 mg to 200 mg)...and magnesium (200 mg to 400 mg.)

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.

Nathan's Famous July 4th Hot Dog Eating Competition

Every year on July 4th, on the corner of Surf and Stillwell Avenues in Coney Island, NY, there is a hot dog eating competition, widely considered to be the competitive eating equivalent of the Super Bowl. After a series of regional qualifiers throughout the country, a group of 16-20 world-class gluttons converge on Coney Island on Independence Day to see who can consume the most hot dogs in ten minutes, in front of a crowd of tens of thousands of spectators, as well as live television coverage.



The contest has been sponsored by Nathan's Famous Hot Dogs since its inception almost a century ago. According to legend, on July 4, 1916, four immigrants had a hot dog eating contest at the Nathan's Famous stand on Coney Island to settle an argument about who was the most patriotic.

The current official world record holder is Joey "Jaws" Chestnut, from San Jose, CA, who ate an amazing 68 hot dogs and buns in the 2009 competition. Unofficially, Takeru Kobayashi ate 69 dogs and buns in 2011 in ten minutes, during an exhibition that was held concurrently with live coverage of the July 4th Nathans event. He didn't compete in the event itself due to a contract dispute with MLE, the organization that runs the sport of competitive eating. By eating alongside the live broadcast in front of a large crowd, Kobi proved to many that he was still one of the top eaters in the world.

Tune in to ESPN at 3pm ET on July 4 to watch this year's contest.

Ring Around The Table

When you place a glass with a wet bottom on wood furniture the water can react with the stain in the wood or whatever wax was used leaving a white ring. These rings may be removed by mixing a small amount of salt with 2 tablespoons of vegetable oil. Apply the solution and allow it to stand for at least 1 hour before rubbing the area gently. Baking soda may be substituted for salt if a less abrasive mixture is desired for more delicate surfaces.



Streaker

If the sun is shining on your windows, try not to wash them until they are in the shade. When they dry too fast they tend to show streaks.



July Birthday Hall of Famer: P.T. Barnum

Phineas Taylor Barnum (7/5/1810 - 4/7/1891) was an American showman, businessman and entertainer, remembered for promoting celebrated hoaxes and for founding the circus that became the Ringling Bros. and Barnum & Bailey Circus. His successes may have made him the first true "show business millionaire."

Although Barnum was also an author, publisher, philanthropist and politician, he said of himself, "I am a showman by profession, and all the gilding shall make nothing else of me." His personal aims were "to put money in his own coffers."

Barnum didn't enter the circus business, the source of much of his enduring fame, until the age of 61, establishing "P.T. Barnum's Grand Traveling Museum, Caravan & Hippodrome," a traveling circus, menagerie and museum of "freaks," which by 1872 was billing itself as "The Greatest Show on Earth."

Barnum was the first circus owner to move his circus by train, and the first to purchase his own train. Given the lack of paved highways in America, this turned out to be a shrewd business move that enlarged Barnum's market.

Barnum is widely credited with coining the phrase, "There's a sucker born every minute," though he denied ever saying this. – Wikipedia

Cleaning Glass Coffee Carafes

Mix the juice of one fresh lemon and enough ice to cover the bottom of the carafe, then add 2 tablespoons of table salt, swirl the contents for a few seconds and the coffee stains should disappear.



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...

Jeffery Barlett

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.

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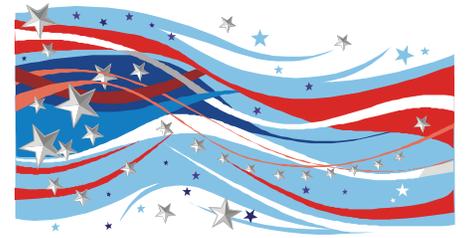
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TIMES

Secrets For Living
A Healthy, Wealthy
& Happy Life



“
You miss 100% of the shots you don't take.
Wayne Gretzky
”



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Random Fun Facts for July 4th

- Benjamin Franklin wanted the national bird to be the turkey.
- There were about 2.5 million people in the United States in 1776
- The first party for July 4th was held in 1801 at the White House.
- The US imports close to \$200 million in fireworks from China annually.
- 150 million hot dogs are eaten every July 4th in America.
- The stars on the original American flag were arranged in a circle to symbolize that all of the colonies were equal to each other.
- The Fourth of July was not officially declared a holiday until 1941.
- Two US Presidents died on July 4th - Thomas Jefferson and John Adams. In fact, they both died on the same day, only hours apart, and it happened to be the 50th anniversary of the signing of the Declaration of Independence.

June Trivia Challenge:

What is the most poisonous fish in the world?

B) Stonefish

You may be the next BIG winner –
Take your shot at the July 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 phone or 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, then call or e-mail us at:

phdpharmacy@live.com

This month's Mega Trivia Question:
Who is the current official world record holder for most hot dogs eaten in ten minutes?

- A) Takeru Kobayashi B) Pat Bertoletti
C) Joey Chestnut D) Sonya Thomas E) Matt Stonie

HINT: The answer is somewhere in this newsletter