



TIMES

Secrets For Living
A Healthy, Wealthy
& Happy Life

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Brought to you by:



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Healthy Lung Month

In honor of *National Healthy Lung Month*, here are some health tips to keep your lungs in ship shape...

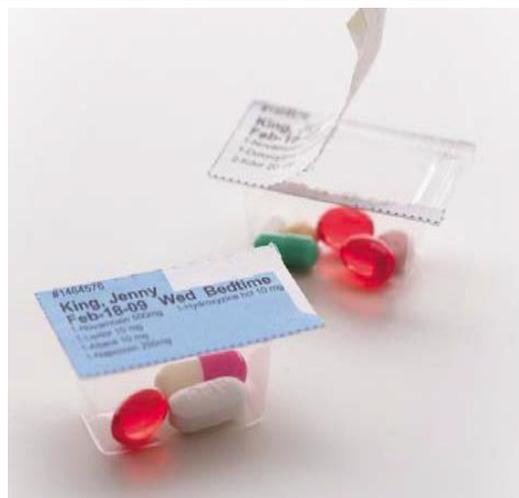
Don't Smoke: This tip may seem obvious, but it cannot be stressed enough. There is no "safe" threshold when it comes to smoking. Just being in an environment where people have smoked cigarettes carries a danger. Smoke nothing, and you'll be ahead of the game.

Exercise More Frequently: Another "of course" tip that bears repeating. While exercise in and of itself won't make your lungs stronger, it will help you get more out of them.

Eat Right: Antioxidant-rich foods (such as broccoli, kale, cauliflower and cabbage) are good for your lungs. Evidence strongly suggests they have a protective effect.

On the Job: 15% of asthma cases are occupational in origin. Some of the worst jobs for your lungs include: construction, manufacturing, textiles, baking, mining, firefighting and bartending.

At Home: There are a number of indoor sources of air pollution that could be affecting your lungs as you live, including fireplaces and wood-burning stoves, pet dander, mold and even some candles and air fresheners.



Halloween Safety Tips

The Mayo Clinic has assembled a list of Halloween Safety Tips to ensure your holiday is fun for your whole family. These tips include:

- *Leave the carving to adults:* Let young children draw faces on pumpkins with washable markers or child-friendly paint.
- *Never leave candlelit pumpkins unattended:* Place candlelit pumpkins on a sturdy surface away from curtains and other flammable objects. Better yet, light pumpkins with flashlights or battery-operated flameless candles instead.
- *Costumes - the brighter the better:* Choose bright colors and flame-retardant materials. If your child will be outdoors after dark, attach reflective tape to his or her costume.
- *Skip the mask:* A mask can obstruct your child's vision. Use kid-friendly make-up instead.



Medication Administration Error 101

It is your duty and responsibility as professionals in the nursing field to ensure health care quality and patient safety. According to The Institute of Medicine, "Medical errors cause as many as 98,000 deaths at a cost of up to \$29 billion each year in hospitals alone."

Even for the most alert and organized people, there is still the danger of mixing medications. PHD Pharmacy MULT-DOSE BLISTER PACKAGING SYSTEM is the solution to medication administration errors. It is easy to manage and administer medications, and cuts down on the nursing time.

FAST ACCESS TO ESSENTIAL INFORMATION: THE TOP OF EACH INDIVIDUAL BLISTER LISTS YOUR NAME, THE MEDICATION WITHIN AND THE TIME IT SHOULD BE TAKEN. We package and deliver medications to your home free of charge. Come take a tour of our facility

Visit Us At Our Website [PHDPHARMACY.BIZ!](http://PHDPHARMACY.BIZ/)

Pharmacist Tip of the Month!



Oscar Mbionwu R.Ph
Executive Pharmacy Manager
Diabetic Educator

In a recent finding, the levels of two enzymes known to cause cartilage damage were lowered in 13 out of 15 people who took cod liver oil twice daily for 10 weeks.

Theory: The balance of omega-3 fatty acids and vitamins found in the oil may be responsible for the benefit.

Helpful: Ask your doctor about taking 1,000 milligram capsule or one teaspoonful of cod liver oil per day. Check the label to be sure the oils are free of contaminants, such as mercury and polychlorinated biphenyls (PCBs).

Quotes by E.A. Poe

*Those who dream by day
are cognizant of many things that escape those
who dream by night.*

*Beauty of whatever kind invariably excites the
sensitive soul to tears.*

*I wish I could write
as mysterious as a cat.*

*The true genius shudders at incompleteness --
and usually prefers silence to saying something
which is not everything it should be.*

*To vilify a great man is
the readiest way in which a little man can
himself attain greatness.*

*I became insane,
with long intervals of horrible sanity.*

*I have great faith in fools;
'self-confidence' my friends call it.*

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.

Halloween Profile: Edgar Allan Poe

Edgar Allan Poe is buried in the yard of Westminster Presbyterian Church in Baltimore, Maryland. He was an American author, poet, editor and literary critic, considered part of the American Romantic Movement. Best known for his tales of mystery and the macabre, Poe was one of the earliest American practitioners of the short story and is considered the inventor of the detective fiction genre. He is further credited with contributing to the emerging genre of science fiction.



He was the first well-known American writer to try to earn a living through writing alone, resulting in a financially difficult life and career. He was born as Edgar Poe in Boston, Mass, and was orphaned young when his mother died shortly after his father abandoned the family. His publishing career began humbly, with an anonymous collection of poems, *Tamerlane and Other Poems* (1827), credited only to "a Bostonian."

Poe switched his focus to prose and spent several years working for literary journals and periodicals, becoming known for his own style of literary criticism. His work forced him to move among several cities, including Baltimore, Philadelphia and New York City. It was in Baltimore in 1835 that he married Virginia Clemm, his 13-year-old cousin. In January 1845 Poe published his poem, *The Raven*, to instant success. – *Wikipedia*



A Candy Moment: Caramel

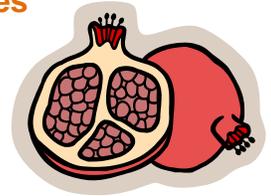
Making caramel is a very simple process - it is made by slowly boiling sugar in water to about 340 degrees Fahrenheit. The sugar liquefies and breaks down into composites with the characteristic caramel flavor and color. Melted sugar, basically. In the US, settlers were cooking caramel as early as the 17th century.

However, making caramel candies is a bit more complicated -- milk, sugar, butter, vanilla essence, water and glucose syrup are heated to only 250F (to avoid the sugars caramelizing, resulting in a candy too hard to chew).

Bet You Didn't Know: Milton Hershey didn't start his *Hershey's* chocolate empire with chocolates, but with caramels. In searching for new toppings and coatings for his caramel candies, he tried chocolate -- and never looked back.

The Power of Pomegranates

Pomegranates, at their peak in October and November, have been eaten since ancient times. Brought to America by European settlers, most pomegranates are now grown in California. These exotic fruits, with their juicy, ruby-colored edible seeds, contain vitamin C and are rich in potassium. For those who prefer not to munch on seeds, pomegranate juice is available, and according to research at the University of California, it has two to three times the antioxidant power of red wine or green tea.



Returning to Life

Those dented up ping-pong balls can be revived by placing them into very hot water for about 20 minutes. The air in the ball will expand enough to pop out the dents.

Nutrient Protection

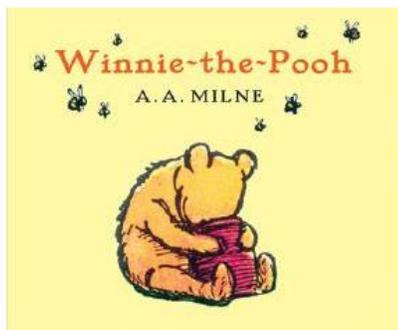
The latest fad is buying vegetables in bags that are ready to open and eat. Studies were conducted as soon as these appeared on the market, and to everyone's surprise the nutrient content was excellent, even to the point of surpassing fresh in most cases.



Ring Around the Bottom

Check the bottoms of lettuce to be sure that the ring is white, not brown.

**Winnie-the-Pooh,
by A. A. Milne
Published in
October of 1926**



The first Winnie the Pooh book, written by A.A. Milne, was published in October of 1926, although there were Winnie the Pooh stories published in the *London Evening News* before that. The stories were inspired by the stuffed toys that belonged to Milne's son, Christopher Robin.

The Pooh bear toy was purchased at Harrod's department store in London and given to young Christopher on his first birthday. At the time, he was called Edward Bear.

Eeyore was a large stuffed animal given to Christopher as a Christmas gift one year. The Milne family dog enjoyed playing with Eeyore as much as Christopher did - which caused the stuffed toy to lose some stuffing in its neck. This caused the toy's neck to droop, giving inspiration to Milne for the melancholy character.

Though Christopher loved the stories that his father wrote, it wasn't all sun and roses for him. He needed to learn boxing as a way to defend himself from classmates who teased him about the popular books.

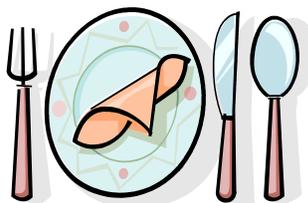
Forbes Magazine recently ranked Winnie the Pooh as the world's second most valuable character, with \$5.6 billion in global retail sales (just behind Mickey Mouse, with \$5.8 billion).

Preventing Insomnia

Insomnia can hit anyone of any age, seemingly out of the blue. In fact, one in three people complain about insomnia. Not only is this the inability to get to sleep, but it also involves not being able to stay asleep. Here are some techniques that will help you combat the condition.



- Go to bed and get up at the same time every day, including weekends. Keeping the same routine will help to program your body.
- Avoid intense conversation, arguments, and upsetting news/talk show before bed.
- Get a checkup from your physician. Your insomnia could be a side effect from a medical condition of some kind.
- Avoid alcohol, caffeine, nicotine, ginseng and heavy meals within six hours of your planned bedtime.
- Exercise vigorously for thirty minutes at some time during the day.
- Practice meditation, relaxation or prayer for 15 minutes during the day.
- Keep your bedroom as cool and dark as possible. Make sure there is no television set in your room - your bedroom should be only for sleep/rest.
- Breathe very deeply and slowly. Deliberately make yourself yawn repeatedly.
- Get help with our Nutraceutical Compounding Dept. for a free sample of Magnesium Glycinate.



A Foreign Problem

Dinnerware being imported from foreign countries may still contain traces of lead and other heavy metals. Salad dressings that contain a mild acid such as vinegar and even tomatoes may be strong enough to release these metals.

Leather Revival

If you want to revive the beauty of leather try beating two egg whites lightly, then applying the mixture to the leather with a soft sponge. Allow it to remain on for 3-5 minutes before cleaning off with a soft cloth, just dampened with clear warm water. Dry immediately and buff off any residues.



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...

**Ilana Frank, Jeff Bartlett, and
Marie Milien**

We Don't Have a Business Without YOU!

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TIMES

Secrets For Living
A Healthy, Wealthy
& Happy Life



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**Intellectuals solve problems,
geniuses prevent them.**
Albert Einstein
”



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The Best-Selling Books of All Time *(from reliable sales figures only)*

- | | |
|---|--|
| 1) A Tale of Two Cities
(Charles Dickens)
~200 million copies | 6) And Then There Were None
(Agatha Christie)
~100 million copies |
| 2) The Little Prince
(Antoine de Saint-Exupery)
~200 million copies | 7) The Lion, the Witch and the
Wardrobe
(CS Lewis)
~85 million copies |
| 3) The Lord of the Rings
(JRR Tolkien)
~150 million copies | 8) She
(H Rider Haggard)
~83 million copies |
| 4) The Hobbit
(JRR Tolkien)
~100 million copies | 9) The Da Vinci Code
(Dan Brown)
~80 million copies |
| 5) Dream of the Red Chamber
(Cao Xueqin)
~100 million copies | 10) Think and Grow Rich
(Napoleon Hill)
~70 million copies |

CONGRATULATIONS!
The winners of last month's
Trivia Contest are...
Rosa Ortiz, Pine Hills
Emma Ruben, Orlando
Michael Williams, Metro West

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

How many days does it take a chick to develop inside
its egg?
B) 21 days

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

The 3 Worst Products in Your Bathroom Did you know
you could be shelling out extra money for bathroom
staples that are actually making your life miserable?
A common chemical found in soap, toothpaste, and
mouthwash products could wreck your thyroid and
cause congestion...[Continue Reading ...](#) Join us on
facebook

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, e-mail us at:

phdpharmacy@live.com

This month's Mega Trivia Question:
According to Forbes Magazine, who is the
top-selling cartoon character in the world?

- A) Snoopy B) Mickey Mouse C) Winnie the Pooh
D) Bugs Bunny E) Charlie Sheen

HINT: The answer is somewhere in this newsletter

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