



Healthy Home News

"Secrets For Living A Healthy, Wealthy & Happy Life..."

Five Fascinating Facts from the April Edition of the Farmer's Almanac Monthly Magazine

April 24th marks the 248th birthday of Robert B. Thomas, the founder of The Old Farmer's Almanac! In his birthday month edition of *The Old Farmer's Almanac Monthly Digital Magazine*, we take a look at everything the month of April has to offer, including crazy lunar activity, famous April Fools' Day pranks, and delicious rhubarb recipes.

1. April's Full Moon is known as the Full Pink Moon because it heralded the appearance of wild ground phlox or moss pink, one of the first spring flowers. It is also known by many other names that announce the arrival of spring, including the Sprouting Grass Moon, the Egg Moon, and the Fish Moon.
2. How the origins of April Fools' Day are uncertain, but many agree that it may have started in 1582, when France switched to the Gregorian calendar and moved New Year's Day from March 25 back to January 1. Prior to this change, the New Year's celebration had begun on March 25 and ended on April 1. Those who were unaware of the change were called April fools.
3. Rhubarb is a vegetable! It acquired its reputation as a medicinal plant because it supplied nutrients to people who were winter-starved for fresh vegetables. Fresh stalks contain about one-third as much Vitamin C as an orange and a fair amount of vitamin A. It is also a good source of potassium, calcium, and iron.
4. April is national kite month, when more than 700 kite events are expected to take place around the world. Legend has it that the first kite was flown centuries ago by a Chinese farmer who tied a string to his hat to keep it from going aloft.
5. Originally, dogs (usually Dalmatians) ran in front of horse-drawn steam engines, barking loudly to alert pedestrians and vehicles so that the fire wagon could pass unhindered. With the advent of gasoline-powered fire engines, the Dalmatians weren't needed any longer, but they became a kid-friendly symbol of the honorable profession of firefighting.

www.sweptawaycc.com



www.thegoodthingsguy.com

Welcome to the home of everything Good! This website believes that there is good news all around us! This site promotes good news, inspirational stories, and only positive, upbeat media. This global, multi-platform media company started in 2015 with the goal of only producing positive, upbeat media and news.

blog.myfitnesspal.com

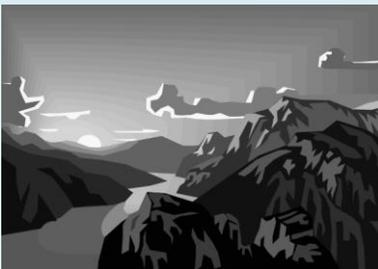
Countless people use MyFitnessPal to log and track their daily eating and exercise habits, but did you know that the popular app also has a website and blog. Chalk filled with great healthy living tips, exercise information, and answers to all your diet questions. Recent entries include advice on how to curb junk food cravings and an article on the dangers of starvation diets.

Get Inspired

“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it’s the only thing that ever has.”

– Margaret Mead,

Cultural Anthropologist who was featured frequently as an author and speaker in the mass media during the 1960’s and 1970’s



A new book has just been published by Susan Peirce Thompson and it is called “**Bright Line Eating**” Susan is a professor of brain and cognitive sciences and if you are struggling with losing 10 or 150 pounds, you might want to check her out. She has a website as well.

www.BrightLineEating.com

See Special Offer



Don't Miss! We can help you Survive Allergy Season

Dinner is Shipped



These days many families are struggling with getting a healthy, easy to prepare meal on the table. Not to mention, the time it takes to do the planning, shopping, and making sure it is something everyone will eat. Over the last couple of years, meal-subscription

services have emerged offering a solution to this nightly challenge.

There are several services to choose from and all share a couple of things in common: they send you every single ingredient you will need to make an entire meal. Most source produce that is organic, GMO-free, and in season. The target audience is people who care about eating right, have the money to do so, but have little time to plan or shop for what is needed. To those who fit this category, these subscriptions are a huge help.

The biggest names in the competitive field are Blue Apron, Plated, and Hello Fresh. They offer a mix of American, Asian, Mexican, and Italian foods. You can also find other companies that specialized in niches such as Vegan, Southern Food, New Moms, Paleo, and even those who feature recipes exclusively from the New York Times Cooking website.

One of the unplanned benefits of these subscription boxes is that families are discovering how fun it can be to work together in the kitchen. Children can join in on the preparation because most services include very detailed instruction that included full color instructions or even videos that make the prep work simple to follow along.

One more suggestion, search around before you order, since the field is competitive, it is fairly easy to locate a coupon code that reduces the initial cost, allowing you to try out a couple of services to see which one your family enjoys the most.

Quotes for April...

“Sweet April showers do spring May flowers.” – *Thomas Tusser, Poet*

“You can’t connect the dots looking forward; you can only connect them looking backwards. So, you have to trust that the dots will somehow connect in your future.” – *Steve Jobs, American Businessman.*

“Teamwork is what the Green Bay Packers were all about. They didn’t do it for individual glory. They did it because they loved one another.” – *Vince Lombardi, Head Coach*

“If you want the rainbow, you’ve got to put up with the rain.”-*Dolly Parton*

Healing from the Inside Out

Healing our gut is a good first step to take if one is experiencing any autoimmune symptoms. The list of conditions that now fall under the category of autoimmune may surprise you. If you have arthritis, a thyroid condition, lupus, Graves disease, Crohns' Disease, alopecia, psoriasis, and the list goes on and on. Healing the gut stops the body having to deal with large food particles entering the blood system that shouldn't be there. Some important support for the digestive system would include digestive enzymes with every meal, taking the supplement L-Glutamine, and adding a high quality vitamin D supplement. A good source of information is Isabella Wentz, she has written books and you can find her website at <https://thyroidpharmacist.com>

Who Wants to Win Movie Tickets?

Take my Trivia Challenge And you could win too!

This is one of my favorite parts of the newsletter! Each month I'll give you a new trivia question. Anyone who calls in with the correct answer will be put in a drawing to win **two FREE movie tickets**. Enjoy a night out on me with someone special in your life! Take your best guess, then call me at **482-3660**! Remember, your chances of winning are better than you think!

This month's Mega Trivia Question:

According to the Farmer's Almanac, which breed of dog typically ran alongside horse drawn steam engines to alert pedestrians so the fire wagon could pass by easily?

- A) Labradors
- B) Golden Retrievers
- C) Dalmatians
- D) German Shepherds

Thank You!

Thanks to YOU the word is spreading!
Thanks to all of my wonderful clients who graciously refer me to their friends, family, and neighbors!
My business runs on the positive comments and referrals from people just like you.
I couldn't do this without you!

April Fun Facts

In the Southern Hemisphere, April is the same as October in the Northern Hemisphere

The April Birthstone is a diamond, which symbolizes innocence.

The Daisy and the Sweet Pea are the Flowers of April

April is National Pet Month

Apple Computer Company was formed on April 1, 1976 by Steve Jobs and Steve Wozniak.

April 10-16 is recognized as National Volunteer Week

April 28th is National Pay it Forward Day

Queen Elizabeth's Birthday is April 21, but the actual celebration of her birthday takes place on a Saturday in June

The Boston Marathon is always held in April.

In April, 1955, Ray Kroc opened the first McDonald's in DesPlaines, IL charging 15-cents for a hamburger, 10-cents for fries.

April is named for the Greek goddess of love, Aphrodite.

Thanks For The Kind Words.....

I have had my carpets cleaned by 2 other carpet cleaners and now finally I found a carpet cleaner who could really clean. My carpets look new again for the first time in ten years! Thanks Swept Away.

Carol Baer, Phoenix



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FINALLY: You Don't Have to Dread the Upcoming Allergy Season!

Hello friends and Clients. It's a wonderful time of the year, isn't it? Warmer weather, singing birds, blooming flowers. But for many it means itching eyes and a running nose. Yes, allergy season is upon us again!

There are proven things you can do to eliminate most allergens in your home! Imagine enjoying Spring. Is it possible? Well, a popular website had this to say on the subject: *"Why people develop allergies remains a mystery in the medical community. Until we know more about allergies the best line of defense is to eliminate the offending agents."* – peacefulmind.com

SO – there's hope, and we have the answer! You see, several "offending agents" are found in most homes today: **dust mites, pollens, and mold.** We know what mold is and that mold spores can be found in your home and carpets. And we know what pollens are and they can come in through open doors and windows (and can be tracked in on shoes) and settle in your upholstery and carpets. And dust mites are microscopic little creatures (bug-like) that wander in your fabrics and carpets (yuck!). The living mites are not the offenders, it's their fecal matter and the bodies of dead mites that most people are allergic to. (I know that's not such a nice visual – but it's true). What that means is... **There are many allergy offenders living in your home – right now!**

Well you can face the allergy season with health and confidence if you take a proactive approach to the season.

Don't let allergens in your own home contribute to your ill health.. Doesn't it make sense to get your carpets cleaned properly to eliminate the pollens, molds and dust mite matter that can make your allergies go from bad to worse?

The EPA has this advice, **"Keep the home clean. House dust mites, pollens, animal dander, and other allergy-causing agents can be reduced...through regular, thorough cleaning."**

If it's been more than 6 months since you had your carpets cleaned, your carpets can use a professional cleaning.

If you want to take steps toward reducing allergens found in your home then pick up the phone and call me

April Specials, Expires April 30th, 2017

Take \$30 off ANY type of cleaning you do with Swept Away

Call 541-482-3660 to get on my schedule!