



# Healthy Home News

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



*The fountain murmuring of sleep,  
A drowsy tune;  
The flickering green of leaves that keep  
The light of June  
Arthur Symons*

Voter approval of a ban on GMO farming in Jackson County on May 20 was a historic victory, according to the Our Family Farms Coalition. With the passage of Measure 15-119, there will be no more GMO farming in Jackson County. GMO farmers will have one year from when the vote is certified to rid their farms of GMO crops. The GMO ban also passed in Josephine County with a 58% yes vote. In July, Portland will take a turn in voting on a similar GMO ban. Last year California attempted to pass a ban on GMO crops and it didn't pass. This is a major victory!!

**Germ In Purses, Wallets:** A survey at the University of Arizona shows that purses can harbor thousands of germs. The same may be true of wallets. The worst types of handbags were made of leather and plastic. Researchers say we have a natural resistance to many organisms we come in contact with. But the leather and plastic, particularly at the bottom of a purse, can be cleaned with a little water and vinegar.

*There are no problems in life.....  
Only opportunities.*

## Father's Day: June 17<sup>th</sup>

In the United States, the first modern Father's Day celebration was held on July 5, 1908, in Fairmont, West Virginia. It was first celebrated as a church service at Williams Memorial Methodist Episcopal Church South, now known as Central United Methodist Church. Grace Golden Clayton, who is believed to have suggested the service to the pastor, is believed to have been inspired to celebrate fathers after the deadly mine explosion in nearby Monongah the prior December. This explosion killed 361 men, many of them fathers and recent immigrants to the United States from Italy. Another possible inspiration for the service was Mother's Day, which was recently celebrated for the first time in Grafton, West Virginia, a town about 15 miles away.

Another driving force behind the establishment of the celebration of Father's Day was Mrs. Sonora Smart Dodd, born in Creston, Washington. Her father, the Civil War veteran William Jackson Smart, as a single parent raised his six children in Spokane, Washington. She was inspired by Anna Jarvis's efforts to establish Mother's Day. Although she initially suggested June 5, the anniversary of her father's death, she did not provide the organizers with enough time to make arrangements, and the celebration was deferred to the third Sunday of June. The first June Father's Day was celebrated on June 19, 1910, in Spokane.

President Calvin Coolidge recommended it as a national holiday in 1924. In 1966, President Lyndon Johnson made Father's Day a holiday to be celebrated on the third Sunday of June. The holiday was not officially recognized until 1972, during the presidency of Richard Nixon. In recent years, retailers have adapted to the holiday by selling male-oriented gifts such as electronics and tools. Schools and other children's programs commonly have activities to make Father's Day gifts. -- Wikipedia

## Olive Oil May Reduce Ulcer Risk

Olive oil has anti-coagulant effects in the bloodstream that lower the risk of heart attack and stroke. Now, there's evidence that it may also help to prevent stomach ulcers. It seems that the phenols in virgin olive oil kill eight strains of H. pylori in test tubes. Infection with H. pylori bacteria increases a person's risk of stomach ulcers and stomach cancer.

Researchers at the University Hospital of Valme, Spain, say more studies are needed. Still, it's another good reason for including olive oil in your diet.

**Dangerous Lawn Mowers:** Lawn mower accidents cause more than 74,000 injuries every year, according to a new study by Johns Hopkins Bloomberg School of Public Health and Rice University. More than 5,000 of those accidents are to children and about 600 involved amputations. Push mowers and self-propelled mowers cause almost three times as many injuries as riding mowers. Children should be kept in the house while a power mower is being used.

## Outstanding Client of the Month!

### Meet Cynthia Colwell

Dr. Cyndi is my first thought when I strain or injure myself. She has helped with seemingly unrelated issues, like when I had pain in my leg if I moved a certain way. Between her care and my masseur, I am pain free while very active. And a big thank you to Dr. Cyndi for all the clients she refers to me!! See her special offer for Swept Away Clients Only!!

Every month I choose a very special **Client of the Month**. It's my way of acknowledging good friends and saying "thanks" to those who support me and my business with referrals, word of mouth and repeat business...YOU might be my next **Client of the Month**! Watch for your name here in an upcoming issue!

*I believe every human has a finite number of heartbeats. I don't intend to waste any of mine.*

**Neil Armstrong**

*It's what's left in life, to work with interesting people.*

**Mikhail Baryshnikov**

*You know, I try not to look back, because looking forward is so much better than looking backward.*

**Jim Bakker**

*There are never enough I love you's.*

**Lenny Bruce**

*It is wonderful how much may be done if we are always doing.*

**Thomas Jefferson**

*But for my faith in God, I should have been a raving maniac.*

**Mohandas Gandhi**

## Keys to Living to 100

The number of centenarians is exploding – there are now 61,000 Americans age 100 and older, compared with 37,000 just 20 years ago. The number of centenarians is expected to grow to between 800,000 and 4 million by 2050.

Fact: Persons age 100 and older are surprisingly healthy. A recent study sought the common factors associated with extreme longevity.

*Here are the factors you can't control....*

**Heredity.** Persons who have long-lived relatives have an above-average likelihood of enjoying long, healthy lives themselves.

**Being Female.** Eighty-five percent of centenarians are women. And woman who give birth after age 40 are up to five times as likely to live to 100 as those who don't.

*Here are the factors you can control....*

**Active Lifestyle.** Many centenarians are active in their communities and enjoy practicing their skills and hobbies, such as music, art, writing, etc.

**Healthful Lifestyle.** Few centenarians are overweight. Most are physically fit and physically active.

**Human Contact.** Centenarians enjoy people and stay engaged with friends and family.

**Adaptability.** Centenarians adjust well to changing circumstances. Many have had difficult lives and suffered tragic losses, but know how to grieve and move on.

Thomas T. Perls, MD

## The Sugar Trap

Sugar is often listed by another name in label ingredients. The food may contain a variety of sugars that together make sugar a principal ingredient. The following are all sugars: Sucrose, dextrose, corn syrup, sorbitol, xylitol, manitol, turbinado, molasses, sorghum, honey, maple syrup, maltol, maltodextrin, fruit sugar, and "natural" carbohydrates.

## Skin Cancer

It's summer and time for playing in the water and sun. What can we do to protect ourselves and our loved ones from skin cancer? First and foremost limit your exposure to sunlight, especially between 10 am and 3 pm, when sunlight is especially intense. Wear a broad-brimmed hat to protect your face. Make sure you never burn. 20 minutes of sun exposure before 10 am or after 3 pm is ideal and will give you enough time to produce vitamin D. Sunscreen has been proven to be detrimental to your health. For more information on this visit [www.drmercola.com](http://www.drmercola.com). Cover up with a light long sleeve shirt for sun protection, and to avoid use of sunscreen.

Check for skin cancer at least once per year. What does skin cancer look like? There are 3 major types of skin cancer, each with its' own characteristic appearance...

**Basal Cell Carcinoma.** A skin growth that increases in size and appears pearly and translucent, often with a rolled edge and a dent in the middle. An open wound which persists for weeks, or a rough patch that itches, or hurts, or bleeds. Most common form of skin cancer accounting for 80% of new cases.

**Squamous Cell Carcinoma.** A bump or open sore that appears thick, rough, with a raised border, sometimes with a crusty surface. This grows faster and is more likely to spread.

**Malignant Melanoma.** A mole or mole-like growth that steadily increases in size and develops an irregular or notched border. A raised surface that begins to scale, ooze, bleed or ulcerate, or becomes itchy, tender, or painful. It grows fast and spreads fast. If not caught early, it is often fatal.

**See Insert This Issue:**



**WIN A  
NIGHT OUT  
FAR FROM  
TOWN  
WORTH UP  
TO \$150!**

## Driver Error and Wrecks

A study by the Wisconsin Department of Transportation indicates about 85 percent of all motor vehicle crashes are caused by driver mistakes. The three most important things drivers can do are: Buckle up; slow down; drive sober.

Distracted drivers were a large contributing factor in driver errors. These distractions can cause an accident:

- **Talking:** Being involved in a conversation, either with a passenger or on a phone.
- **Rubbernecking:** Watching accident scenes, road construction, animals, or people outside the vehicle.
- **Tending to others:** Pets, bugs, spilled drinks, reaching down to pick up things. Tuning radios.
- **Minding yourself:** Eating, drinking, putting on makeup, or checking the vanity mirror.

### 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 into the 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 MegaTrivia Question:

**Which US President first recommended Father's Day as a national holiday?**

- A) Lyndon Johnson   B) Calvin Coolidge   C) Teddy Roosevelt  
D) Harry Truman

*HINT: The answer is somewhere in this newsletter*

## This Month in History

**37 Years Ago (6/10/77):** Apple Computer ships its 1st Apple II

**47 Years Ago (6/6/67):** 6 day war between Israel & Arab neighbors begin

**52 Years Ago (6/25/62):** Supreme Court rules NY school prayer unconstitutional

**72 Years Ago (6/3/42):** Battle of Midway begins; Japan's 1st major defeat in WW II

**137 Years Ago (6/15/1877):** Henry O Flipper becomes 1st black graduate at West Point

**152 Years Ago (6/19/1862):** Slavery outlawed in US territories

**202 Years Ago (6/11/1812):** Napoleon's invasion of Russia begins

**222 Years Ago (6/1/1792):** Kentucky admitted as 15th US state

**237 Years Ago (6/14/1777):** Continental Congress adopts Stars & Stripes replacing Grand Union flag

**262 Years Ago (6/10/1752):** Ben Franklin's kite is struck by lightning

### ALIGN WITH HEALTH CHIROPRACTIC

#### DR CYNTHIA COLWELL

376 B St, Ashland 541-482-0999

**4 Free Muscle Relaxation Therapies  
With Regular Chiropractic Adjustment.  
A \$100 Value.**

Go in for an adjustment and see how a great chiropractor can help you. I use to have constant migraines until I found Dr Cyndi. I never have headaches now! Joanna

A Special Offer For Swept Away Clients Only

### Thanks For All The Kind Words!

If I had not stayed to watch Joanna clean my carpets, I would have thought she had installed new carpets! The stains, gone. The fibers, renewed. The magic touch created by Joanna is truly appreciated by my fur family and me. Thank You!

**Helene DeMartinez**

# Swept Away Carpet Cleaning

PO Box 1134

Ashland, OR 97520

482-3660 / 821-3664

PRSR STD  
US POSTAGE

**PAID**

MEDFORD OR  
PERMIT # 150

**Carpet Cleaning**  
**Upholstery Cleaning**  
**Oriental Rug Cleaning**  
**Leather Cleaning**  
**Odor Removal**  
**Color Repair**  
**Carpet Repair**

**Congratulations to Mimi and Marshal Umpleby,  
this month's movie trivia winners....call in with  
your answer today and you could be a winner too!**

Never compromise your health. Choose the most conscious and educated company. **Choose Swept Away!!**

## I Want To Send You & A Friend To Dinner and a One Night Stay at The Pinehurst Inn.

*Hello friends and clients!* How would you like to have a wonderful night out with someone special at the secluded Pinehurst Inn? And, the best part is the entire evening is paid for courtesy of your favorite carpet cleaner. **Why Does Your Carpet Cleaner Want to Buy You & A Friend Dinner and a nights' stay at the Inn?** It's as simple as this. My best customers are the ones my existing clients refer to me. So, as an incentive in the months of June, July, and August I'm offering a little extra special reward to clients who send me referrals. **To Make It Even Easier, I'm Providing You With A Free Gift To Give Your Friends & Family** That's right. You don't have to give me the names and numbers of any of your friends or relatives. You don't have to worry about me calling and bugging anyone you know and love. All you need to do is give free gifts I've provided to your friends and family. They are a simple way of test driving my services that is worth \$50.00. (But, please only give them out to homeowners who have never used my services before.)

This is how it works. Give your friends & family the free gift. Be sure to tell them for you to get the "credit" for the referral they have to call me before August 31<sup>st</sup>. (They don't have to clean by then, they just have to schedule a job.) I'll ask who referred them and put your name in the drawing. Then on September 1, 2014 I'll pull a name from the hat and if it's you – you win! If you win I'll give you a \$150 gift certificate to the Pinehurst Inn –one of the finest around town. I want you to have a great night out to thank you for your business and your referrals.

### Please Give This Coupon To A Friend To Use

For every referral that becomes a client, I'll pay you **\$20 Carpet Bucks**. In fact I'll do better than that! For the first 3 referrals, I'll pay \$20 and for the 4th referral, I'll pay you **\$40 Carpet Bucks**. After the 4th, it starts all over again at \$20. *If you need more coupons you can copy this or call for more.* **Your friend must present this coupon at the time of their carpet audit to receive \$50.00 off their first cleaning and you will be entered into the referral drawing!**  
**Special pricing for June/July/August 2014**

Date \_\_\_\_\_  
Name of person giving the coupon \_\_\_\_\_  
Phone \_\_\_\_\_

Name of person receiving \_\_\_\_\_  
Phone \_\_\_\_\_

**Receive \$50 off any cleaning service provided by:  
Swept Away Carpet Cleaning  
482-3660**

### Please Give This Coupon To A Friend To Use

For every referral that becomes a client, I'll pay you **\$20 Carpet Bucks**. In fact I'll do better than that! For the first 3 referrals, I'll pay \$20 and for the 4th referral, I'll pay you **\$40 Carpet Bucks**. After the 4th, it starts all over again at \$20. *If you need more coupons you can copy this or call for more.* **Your friend must present this coupon at the time of their carpet audit to receive \$50.00 off their first cleaning and you will be entered into the referral drawing!**  
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