



March 2019 Vol 14 Issue 3

# HEALTHY



# HOME

# TIMES

Secrets For Living  
A Healthy, Wealthy  
& Happy Life

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### St. Patrick's Day – March 17

You've no doubt celebrated St. Patrick's Day. It's a fun and popular holiday celebrated worldwide by Irish people and increasingly by many of non-Irish descent.

You've likely seen celebrations that are generally themed around all things green and Irish; both Christians and non-Christians celebrate the secular version of the holiday by wearing green, eating Irish food and drink, and attending parades. 3.3 million US citizens claim Irish heritage

The St. Patrick's Day parade in Dublin, Ireland is part of a five-day festival, with over half a million people attending yearly.

But the largest St. Patrick's Day parade is held in New York City and it is watched by 2-million spectators.

Here's a little trivia: the St. Patrick's Day parade was first held in New York City on March 17, 1766, when Irish soldiers marched through the city.

Parades also take place in other Irish towns and villages. Other large parades include those in Cleveland, Belfast, Manchester, Birmingham, London, Coatbridge, Montreal, Boston, Chicago, Kansas City, Savannah, Pittsburgh, Denver, Sacramento, Scranton and Toronto.

Large parades also take place in other places throughout Europe and the Americas, as well as Australia and Asia.

We wish you a wonderful St. Patrick's Day.



## March



Website to visit this month:

### [agoodmovietowatch](http://www.agoodmovietowatch.com)

One of life's persistent challenges is trying to think of a good movie to watch, right?

Now you can always know what to watch. **A good movie to watch** is a human-powered suggestion platform: it suggests highly-rated non-blockbuster movies and shows for both *Netflix* and *Amazon Prime*.

This website has quality suggestions that aren't exactly well known. If anything, a few clicks of a random suggestion will get you to something that will catch your interest.

[www.agoodmovietowatch.com](http://www.agoodmovietowatch.com)

## Pharmacist Tip of the Month!



### March Quotes

“Nothing is as obnoxious as  
other people’s luck.”  
~ F. Scott Fitzgerald

“I busted a mirror and got  
seven years bad luck, but  
my lawyer thinks he can get  
me five.”  
~ Steven Wright

## Remember Apples for Memory

While medical researchers spend their lives making discoveries that will improve our health, sometimes they discover that good food can be great medicine. When it comes to apples, the good news gets better all the time. Apples can preserve memory and may help to prevent asthma, cancer, diabetes, and heart disease.

Researchers at the University of Massachusetts Lowell say the big news about apples right now is its possible ability to keep Alzheimer’s disease away. Apples can increase production of the neurotransmitter acetylcholine, resulting in improved memory. Neurotransmitters are also vital for good health throughout the body. The UMass study mostly used apple juice.

Apples are the best source of *quercetin*, an antioxidant that protects brain cells against oxidative stress. This is a tissue-damaging process associated with Alzheimer’s disease. Drinking two cups of apple juice or eating three apples a day boosts production of quercetin. Be sure to eat the skin; it can have 6 times more antioxidants than the flesh. Apples are well-known cancer fighters and heart protectors, reducing risk of diabetes, asthma, and tooth loss.

## Bananas Fight Heartburn, Depression

Most people know that bananas are an excellent resource for potassium (one ripe banana supplies more than 10% of an adult’s daily requirement of the mineral). That’s important because people with a low dietary intake of potassium are 28% more likely to suffer a stroke than those who consume higher levels, according to a study conducted at Tulane University.

Lesser-known medical uses of bananas:

- **Depression.** Bananas are a good source of *tryptophan* (a precursor to *serotonin*, a chemical in the brain that helps regulate mood).
- **Heartburn and ulcers.** Bananas neutralize acidity and soothe and coat esophageal tissue with *pectin* (a substance used as a thickener and stabilizer in jellies).

**Important:** In rare cases, bananas may trigger an allergic reaction. Bananas with blackened skin can increase blood sugar levels. Because bananas have high levels of potassium, people with kidney problems should check with their doctors before eating this fruit.

## International Earth Day

International Earth Day was initiated to make earth inhabitants aware of their responsibility to care for the planet. This care includes environmental and natural resources. International Earth Day was founded by John McConnell, of Davis City, Iowa. In September 1969, he proposed the establishment of Earth Day to the San Francisco, California Board of Supervisors. After approval, he gained support from many others, including then UN General Secretary, U Thant.

In 1970, McConnell wrote an Earth Day Proclamation which was ultimately signed by UN Secretary General U Thant on March 21, 1971.

This day is also called Sun-Earth Day.

The original Earth Day, on the Spring Equinox March 20-21 Earth's global holiday drawing together peoples of all nations, cultures, and religions to advance Peace, Justice, and Earth Care.

The Earth Day Stamp is part of the "Celebrate the Century – 1970's" U.S. Stamp Collection.



## The Ides of March

The Ides of March has a non-threatening origin. It was a marker for lunar phases, and once signified the first day of the Roman New Year. (Until Julius Caesar moved the date to January two years before he was slain.)



Reverse side of a coin issued by Caesar's assassin Brutus in the autumn of 42 B.C., with the abbreviation EID MAR (Eidibus Martiis) – on the Ides of March).

It was notable for the Romans as a deadline for settling debts. It has been branded with a dark and gloomy connotation that makes people uncomfortable.

On this day in history, Julius Caesar was warned by soothsayers to "beware of the Ides of March". Apparently, he did not heed the warning strongly enough as he was stabbed by Marcus Brutus on the Ides of March in 44 BC.

## 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 positive comments and referrals from people just like you! We couldn't do it without you!

**A special thanks to all of those who referred us.**

## We Don't Have a Business Without YOU!

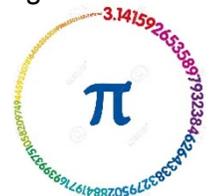
We can't fix it if we don't know what is broken. Please contact us and give us your feedback, good or bad. We are committed to continuous improvement because we want to be YOUR family pharmacy.

**Call us or stop by to let us know today!**

## Did You Know? March Fun Facts



**March 14:** "Pi Day" celebrates the annual occurrence of 3/14 with math jokes, pi-reciting competitions, and (of course) freshly baked pie.



**March 17:** St. Patrick's Day. And on this day in 1973, Pink Floyd's "Dark Side of The Moon" first hits the Billboard Top 200 chart at number 95. 14 years later, it finally left the top 200 for the first time, setting a still-unbroken world record.

**March 20:** The sun shines on the equator for the Vernal Equinox, giving us a near 50-50 split of day and night.





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“  
It is during our darkest moments  
that we must focus to see the light.  
~ Aristotle  
”

***Inside This Issue You Will Discover...***

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**Discounts, Specials And Much, Much MORE!**  
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