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TIMES

Secrets For Living
A Healthy, Wealthy
& Happy Life

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Five-Minute Costumes

There are three kinds of people: those who never spend more than five minutes on a costume; those who never spend less than five hours; those who spend five minutes, but make it look like five hours. Here are some costume ideas that will put you in the latter category.

Ghost: The old standby can be gussied up by painting makeup on your sheet. If you have an extra sheet and 10 minutes, make a ghost head out of a separate piece. This way you can remove it when you want and still look cute in your flowing ghost costume.

Miss America: Dig out your old formal or prom dress. Now, find that glitter you bought too much of last Christmas to make yourself a crown. Make the sash with wide ribbon. Creative variations include Miss Mars, Miss UFO.

Chinese Doll: Paint your face white; add bee-sting lips and circle cheeks. Wear a silk robe and black wig.

Green with Envy – see photo.



Pirate: Here are the ingredients: cutoff jeans; big hoop earring; bandana for head; long wig; rough beard; stripped shirt or one with big sleeves; fake knife strapped around waist; bottle with XXX on it.

50s Sock Hopper: Straight tight jeans, loafers, white socks, side burns, and lots of hairdressing.

Jimmy Buffett: Hawaiian shirt, shorts, parrot on shoulder, straw hat, and longneck beer. In other words, what you wear in July.



Smarty Pants: This idea couldn't be easier, and who doesn't love a good pun?! Take a pack of Smarties candies and use glue dots or double-sided tape to attach them to a pair of jeans.

Men in Black: Recreate the iconic movie look with suits, ties, sunglasses. This is an easy costume for a couple to throw together with just a few key items.

Enjoy your Halloween festivities!

October



Website to visit this month:

tickld

Tickld.com is a great spot for those looking for something cool and fun - and it's really interesting too. This site will provide you with hours of fun and laughter!

Tickld.com has different categories to explore, including "Heart-warming," "Spooky," "WOW," "Cute," "Outrageous," and "Funny." They scour the internet for the hidden gems, keeping a keen eye on what's trending, and show the best of the best.

We think you'll really enjoy this site!

<http://www.tickld.com>

Pharmacist Tip of the Month!



LIFE WILL ONLY
CHANGE WHEN
YOU BECOME
MORE
COMMITTED TO
YOUR DREAMS
THAN YOU ARE
TO YOUR
COMFORT ZONE.

October Quote

“Winter is an etching,
spring a watercolor,
summer an oil painting
and autumn a mosaic of
them all..”

~ Stanley Horowitz

“Autumn creates a colorful
story and leaves only when
its ink runs dry.”

~ unknown

Health Corner – Honey, Zinc and more

Three insights for improving your health:

1. Use Honey Instead of Sugar: You can substitute honey for up to half of the sugar called for in baking (coat your measuring cup with oil for easy cleanup). Reduce liquid in the recipe by 1/4 cup for each cup of honey and add 1/2 teaspoon of baking soda. Reduce oven temperature by 25 degrees to prevent over-browning.

2. Zinc and Type 2 Diabetes: A Finnish study reported by Johns Hopkins Health Alerts followed type 2 diabetes patients between the ages of 45 and 64. Those who had lowest levels of zinc in their blood at the start of the study were more likely to have a heart attack or die during the 7-year period. Foods containing high levels of zinc include meat, seafood, chicken, oatmeal, whole wheat bread, beans, and peas.

3. Avoid Carbonated Drinks to Prevent Reflux: The *Sleep Heart Health Study* by the University of Arizona shows that avoiding nighttime heartburn could be as simple as avoiding carbonated beverages. It is estimated that 44 percent of Americans experience nighttime heartburn at least once a month. It's more serious than daytime heartburn; it causes more damage to the esophagus and is more likely to lead to esophageal cancer.

The study showed that sufferers were more likely to consume one or more carbonated drinks daily. Heartburn was also associated with being overweight, snoring, hypertension, and asthma. Other causes may include coffee, chocolate, whole milk, peppermint, spearmint, citrus fruits, and tomatoes. It is recommended that people who have the problem eat a smaller evening meal and avoid a prone position for several hours after eating.

Interesting Environmental Facts

- In 2014, the United States produced about 258 million tons of trash. Around 89 million tons of that trash were recycled or composted.
- By recycling 89 million tons of trash, carbon dioxide emissions were reduced by 181 million metric tons.
- In 2015, about 67% of the electricity generated in the United States came from burning fossil fuels including coal, natural gas, and petroleum.
- Around 20% of the electricity generated in the United States comes from nuclear power plants.
- If you could harness the energy from all the sunlight that falls on the Earth in **one hour**, you would have enough energy to supply the world for a year.
- The city with the worst air pollution in the United States is Los Angeles, California.
- Around 40% of the rivers and lakes in the United States are too polluted for fishing or swimming.
- Water pollution is often a result of land pollution or air pollution that gets transferred to lakes, oceans, and rivers when it rains.
- The ozone layer helps protect us from cancer causing rays from the sun. The ozone layer was damaged by chemicals called Chlorofluorocarbons (CFCs).

Pumpkin Spice Craze

Are you a fan of the pumpkin spice craze or does it drive you crazy?

Pumpkin-spiced everything has been pleasing our autumnal palettes for quite some time now. Every fall it infiltrates every aisle of the supermarket, our coffee shops, bakeries and even the local brewery.

Our senses are piqued – in particular, our olfactory sense. Smell is the only sense that has a direct link to the deeper parts of our brain, the amygdala and the hippocampus. These areas are directly related to memory and emotion. The pervasive use of aromatic spices like cinnamon, ginger and clove means that with just one whiff of something a memory can be created or retrieved and an emotional response invoked.

The traditional ingredients of pumpkin spice vary depending on the recipe though most will consist of cinnamon, ginger, nutmeg and clove or allspice. All of these spices are considered aromatic and warming. Cinnamon, nutmeg and clove are all spices that originated in the East Indies while ginger originally hails from China. Allspice is the lone spice from this side of the hemisphere, Jamaica.

It's a bit of a misnomer to call it pumpkin spice when it contains absolutely no pumpkin. It seems to have all started with the Pilgrims, to whom pumpkins were considered a valuable food source. The pilgrims quickly adapted to this new fruit. They would cut the top off the pumpkin, scoop out the seeds and fill it with cream, honey, eggs and spices. Then they would place the pumpkin top back on and cook it in the ashes of a hot fire. When finished cooking they would remove it from the ashes and scoop out the contents along with the cooked flesh of the shell. It was like a custard or pudding.

By flavoring everything with pumpkin spice, the hundred-year-old blend of cinnamon, clove, allspice and ginger, creative marketers might be tapping into our sense of nostalgia that abounds this time of year. From pumpkin spiced beer, coffee, cat food and cereal, the trend is real.



Did You Know? October Fun Facts



Columbus Day, the second Monday of October, is a national holiday and celebrated as the anniversary of Christopher Columbus's arrival in America in 1492.

Halloween, the spookiest night of the year, is celebrated on October 31, the eve of All Hallows' Day. It is believed that on this day the spirits can wander the earth freely and children can hope for treats in the neighborhood in the guise of costumes. Interestingly, in terms of expenditure, Halloween is second only to the Christmas.

October is celebrated as the National Pizza Month, Popcorn Month, Pork Month and Sausage Month.

Bill Gates, the world's richest man from 1995 to 2017, was born on October 28, 1955. He is not only the founder of Microsoft but also an investor, author and philanthropist. He built Microsoft, the world's largest PC software company. Bill Gates is a proponent of higher taxes, particularly for the rich.

Alfred Nobel, the founder of the Nobel Prize, was born on October 21, 1833, in Italy. Following his philanthropist calling, he founded the Nobel Prize. Since 1901, the Nobel Prize has been honoring men and women from all corners of the globe for outstanding achievements in physics, chemistry, physiology or medicine, literature, and for work in peace.

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!



HEALTHY



HOME

TIMES

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Secrets For Living
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“
To improve is to change; to be
perfect is to change often.
~ *Winston Churchill*
”

Inside This Issue You Will Discover...

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- **Health Corner Insights**
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- **Thank You's, Quotes to inspire**

Discounts, Specials And Much, Much MORE!
Keep Reading Inside...