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Healthy Home News

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

St Patrick's Day

St. Patrick's Blue, not green, was the color long-associated with St. Patrick. Green, the color most widely associated with Ireland, with Irish people, and with St. Patrick's Day in modern times, may have gained its prominence through the phrase "the wearing of the green" meaning to wear a shamrock on one's clothing. At many times in Irish history, to do so was seen as a sign of Irish nationalism or loyalty to the Roman Catholic faith. St. Patrick used the shamrock, a three-leaved plant, to explain the doctrine of the Trinity to the pre-Christian Irish.

The wearing of and display of shamrocks and shamrock-inspired designs have become a ubiquitous feature of the saint's holiday. The change to Ireland's association with green rather than blue probably began around 1750s.

Bars across the country are packed with revelers on St. Patrick's Day. Saint Patrick's Day is an official holiday only in the province of Newfoundland and Labrador. Some groups, most notably Guinness, have lobbied to make Saint Patrick's Day a federal (national) holiday.

The longest-running Saint Patrick's Day parade in Canada occurs each year in Montreal, Quebec. The parades have been held annually since 1824; however, St. Patrick's Day itself has been celebrated in Montreal as far back as 1759 by Irish soldiers in the Montreal Garrison following the British conquest of New France.

The Irish Association of Manitoba runs an annual three-day festival of music and culture based around St. Patrick's Day.

In the City of Toronto from 1919 to 1927, the *Toronto Maple Leafs* were known as the *Toronto St. Patricks*, and wore green jerseys. The Leafs wore green St. Pat's retro jerseys when they played on St. Patrick's Day in 1999. There is a large parade in the city's downtown core that attracts over 100,000 spectators.

Although the baseball season is still in the spring training phase when St. Patrick's Day rolls around, the Toronto Blue Jays wear green uniforms for the occasion.



An Amazing Website to Visit This Month:

agoodmovietowatch

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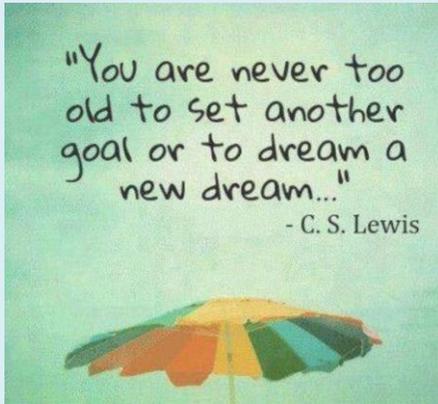
One of life's persistent challenges is trying to think of a good movie to watch.

Now you can always know what to watch. **A good movie to watch** is a human-powered suggestion platform: 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

Get Inspired



Outstanding Client of the Month!

Meet Lale Eskicioglu

Every month I choose a very special **Client of the Month**. It's my way of acknowledging loyal clients and saying a big "Thank you!" to those who support me and my business with referrals and repeat business... You could be my next **Client of the Month!**

See Insert This Issue...



"Do You Want More Money in Your Pocket at the End of Every Month?"

(see colored insert)

Health Corner

Eating Apples Protects Your Memory, Heart & More

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 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, and More

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. - Ara DerMarderosian, PhD

Quote for March...

"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade." - Charles Dickens

Irish Humour

“It's All in The Glove”

On St. Patrick's Day O'Malley was leaving his favourite bar when he's run over by a bus. He gets to the gates of heaven and St. Peter tells him he cannot enter unless he passes a test. What choice did he have? O'Malley agrees to try, though he never was the brightest bulb in the box.

St. Peter decides to go easy on him, 'What has 5 fingers and is made of black leather?' he asks. O'Malley scratches his head, thinks hard and finally gives up. 'It's a glove,' says St. Peter.

Let's try again. 'What has 10 fingers and is made of black leather?' asks St. Peter. O'Malley is clearly stumped. After a few minutes of pacing in a circle and scratching his head, O'Malley gives up. 'Why it's 2 gloves - don't you see 10 fingers, black leather,' says St. Peter, amazed. Being in a generous mood, St. Peter decides to give O'Malley yet another chance but thinking of an even easier question.

'Who is the patron Saint of Ireland?' asks St. Peter, thinking he can't miss this. 'It wouldn't be 3-gloves, would it?' says O'Malley.

“How to Gain Admittance to the Olympics”

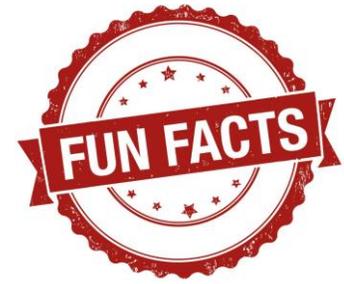
Three Irishmen were without tickets for the opening ceremonies of the summer Olympics but hoped to be able to talk their way in at the gate. Security was very tight, however, and each of their attempts was met with a stern refusal.

While wandering around outside the stadium, the first came upon construction site, which gave him an idea. Grabbing a length of scaffolding, he presented himself at the gate and said, 'O'Leary, pole vault,' and was admitted.

The second, overhearing this, went at once to search the site. When he came up with a sledge hammer, he presented himself at the gate and said, 'Kelly, hammer toss.' He was also admitted.

The third Irishman combed the site for an hour and was nearly ready to give up when he spotted his ticket in. Seizing a roll of barbed wire, he presented himself at the gate and announced, 'O'Sullivan, fencing.'

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.

***March 27:** Easter Sunday

Thank You!

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

Thank you to Lale Eskicioglu for her recent referral!