



TIMES

Secrets For Living
A Healthy, Wealthy
& Happy Life

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DRIVE-THRU PHARMACY

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April 22nd is Earth Day! 3 Easy Tips For Living Green



Earth Day is a day set aside to focus on the unique challenges we face today in regards to our environment and our planet. Did you know every year over a billion people in 190 countries around the world participate in Earth Day? That's a lot of people honoring our great planet.

If you want to get involved be sure to check your local resources for Earth Day events and ways you can participate. But the reality is, we can all try to live a little "greener" every day by making some small adjustments or changes in the way we do things.

Here are 3 easy ways we can all live a little greener:

- 1) **Save energy.** We can do this by trying to reduce our carbon footprint where possible. A cool fact: one person making use of public transportation or choosing to walk/bike just 2 times per week can reduce greenhouse gas emissions by 1,600 pounds per year. Sounds good to me! Also, experts recommend not idling our cars, which not only sends unnecessary pollution into the air, but wastes gas and money. And even something as simple as unplugging appliances when not in use can save you money and energy. Go green by saving energy!
- 2) **Use water efficiently.** Some simple suggestions for this are to make sure the dishwasher and washing machine are running full loads. Also, opting to shower instead of taking a bath can save an average of 50-60 gallons of water per day. And by fixing leaky faucets and toilets you are living green. Go green by saving water!
- 3) **Reduce, reuse, recycle.** Donate items you don't need instead of hauling them to the dump. Also, bringing your own bags to the store is a simple step that helps out in a big way.

There you have 3 easy ways to live green and honor our awesome planet. We hope you have a great month in April and remember Earth Day is April 22, 2014.

For more information about how you can save energy and live greener visit www.epa.gov and click on the Earth Day tab.

Visit us at our website: www.philldrug.com

APRIL



**Cool Blogs, Sites &
Online Resources to
Check Out!**

www.GirlsGoneChild.net

Tune into this blog created by modern mom Rebecca Woolf. This 30-something mother of four is witty, cool and oh yeah, funny as heck. So if you want a good read, check out her blog.

She's got campy advice and musings on everything from family, love, music and eating healthy. Plus, her blog is rich with great photographs. Hope you enjoy this award winning blog!

www.EatMoveInspire.com

Eat, Move, Inspire is a blog created by Rikki Lee featuring content about healthy food, healthy exercise, healthy thoughts. But, don't let that scare you off. fun with beautiful photography and memes so you inspired. And who doesn't want to feel inspired to version of themselves?

Eat, Move, Inspire also has a great Instagram account that is sure to give you a boost in the right direction every day.

Pharmacist Tip of the Month!

Eric Christensen, RPh



A great way to maintain a healthy cardiovascular system is by adding flaxseed to your daily diet. Flaxseed actually contains what is called alpha-linolenic acid, which is a fatty acid essential in controlling blood pressure. They have a benefit of helping with digestion; just make sure the flaxseed is crushed for easier consumption and absorption.

From the Mouth of Babes

"Mom when you stop coloring everything pink, that's when you know you are mature." – Sol, age 8



How To Win \$25

Have a useful household tip or remedy to share? If we use yours, you win \$25. Please direct all entries to: Tips@HealthyHomeTimes.com Please include your name, full mailing address and phone number.

How Does A Nice Tall Glass of Green Juice Sound?

Go back in time 5 years ago and if someone offered you a glass of thick green liquid to drink you would have thought they were crazy! Who drank "green juice" besides characters in Dr. Seuss books anyway? Fast-forward to today and we have a movement of green juice and green smoothie guzzling happening all around us.



Thanks to people like Kris Carr (www.KrisCarr.com) and Joe Cross (www.RebootWithJoe.com) we are an educated group of juicers and smoothie makers now. In fact, if you haven't tried your hand at making the green stuff yet, then you need to jump on this healthy bandwagon now.

Green juice and green smoothies are alkalizing, and give you an energy kick that beats any coffee high. Plus, take a look at the people drinking this stuff -- their skin glows, their eyes are bright and their hair is shiny. There is something to be said about the results.

People claim going green in their drinking habits can cure ailments and make them feel amazing, but even if you don't do it for any other reason other than to put something good into your body everyday, you should give it a shot. Maybe Popeye was onto something...

Try this simple green juice: ¼ of a pineapple, 1 organic cucumber, 2 handfuls of spinach, 1 lemon, 1 small chunk of ginger

Wash and peel the fruits and veggies (you don't have to peel the cucumber unless it's not organic) then run them through your juicer and drink up!

Quotes About The Environment



"We never know the worth of water till the well is dry." - Thomas Fuller

"What is the use of a house if you don't have a decent planet to put it on?" - Henry David Thoreau

"When one tugs at a single thing in nature, he finds it attached to the rest of the world." - John Muir

These and more "green" quotes found at www.sustainablebabysteps.com.

Pantyhose instead of metal ties

Old pantyhose can be cut into narrow strips and used to tie up plants. This works better than green metal or plastic ties. The pantyhose will expand and the plant grows.



Bermuda triangle remedy

Before putting socks into the washing machine, pin together the two that make a pair with a safety pin. You might lose two socks, but likely not just one!



5 Home Organization Tips To Make Your Spring Cleaning Easy Breezy

Don't you just feel better when things are organized? It's harder to function when your desk is stacked high with papers or their pantry is so jam packed with bags. Here are a few tips for getting your home organized and streamlined from the pantry to the home office:

1. **Kitchen:** Grab some of those fun drawer organizers from IKEA or Target and get your spices and Tupperware under control. Also, clean up the family junk drawer (everyone has one) and vow to keep it organized this time.
2. **Pantry:** Use glass jars or bins (or try bpa free plastic) to organize and stack cereals, pastas, and dry baking supplies.
3. **Bathrooms:** Go through the drawers and cabinets and throw out all expired products. (Keep it "green" by recycling what you can!) Buy some cute colored bins and separate out the hair products from the medicine cabinet and the nail polish from the face wash. When you're done you'll be surprised how much easier it is to find a band-aid when you need it.
4. **Closets & Drawers:** Go through and donate any clothes you haven't worn in the past year or that don't fit. (If you are hanging on to a dress you wore to prom in 1989 for sentimental reasons that's fine just make sure it has a nice spot that's not causing clutter.) Then, organize the hanging clothes by section i.e. sweaters, dresses, blouses, skirts, suits. You can also go short sleeved to long and keep them in color blocks. Drawers can go in groups i.e. underclothing, pjs, t-shirts, jeans. If your shoes are a problem, get some shoe racks so you can see all your shoes and keep them neat.
5. **Office:** There is no better office organizer than a filing cabinet. Pick up a stack of those manila folders and a sharpie and start organizing your life away. Keep important documents like birth and marriage certificates in an easy-to-access area. Shred what you don't really need and file away the rest. If you are really fancy you can go paperless with an electronic storage system. Very cool and very uncluttered.

Don't get overwhelmed! Start with one small project and work off lists. You might want to invest in a simple label maker to make things even more "Martha Stewart" around your house. And if you don't have the time yourself, you can either hire a professional organizer or simply pay your best friend's teenager who needs to make a few bucks and has a knack for organizing things to do it for you. Now let's get organized!

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

A special thanks to all these fine folks who referred us...

Pleasant Hill Drug would like to thank all of our customers for their loyalty and continued support!



A Spring Kid Craft for Earth Day! "Fluffy Trees"

Craft Supplies:

- 1 cardboard tube (from inside a roll of toilet paper or a paper towel)
- 1 sheet of green construction paper
- 10-20 cotton balls (depending on how fluffy you want your trees)
- glue
- glitter
- green marker or paint
- brown and/or black marker

Take the brown and black marker and go to town decorating the cardboard tube like a tree trunk. Then trace and cut out a nice shape for the top of the tree from the green paper. Use the green marker or paint to color each cotton ball then glue it to the green paper. Use glitter liberally. Then cut 2 slits in the top of the cardboard tube and insert your treetop. *Voila!* Fluffy trees. Happy Earth Day!

Round and round we go



Have you ever wondered how to efficiently get the last drop of ketchup out of the bottle? All you have to do is to hold the neck of the bottle, then swing the bottle in a circular motion from your side and make sure you hold on tight!

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(Not for contest entry)



HEALTHY

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HOME

TIMES

Secrets For Living
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“
Sometimes adversity is what you need to face in order to become successful.
– **Zig Ziglar**
”



Eric Christensen

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Inside This Issue You Will Discover...

- ✓ **3 Easy Ways You Can Live Greener in April**
- ✓ **Healthy Talk. Millions of people are DRINKING green here's why!**
- ✓ **5 Simple Tips for Easy Breezy Home Organization**
- ✓ **Thank you's, fun websites, crafting tips and funny quotes**