

**Ideal Carpet
Cleaning**

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Healthy Home News

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

Classic April Fools' Day Joke: "Planetary Alignment Decreases Gravity"

April 1, 1976: During an early-morning interview on BBC Radio 2, the British astronomer Patrick Moore announced that, at 9:47 AM that day, a once-in-a-lifetime astronomical event was going to occur.

Pluto would pass behind Jupiter and this planetary alignment would temporarily counteract and lessen the Earth's own gravity.

Moore told his listeners that if they jumped in the air at the exact moment the alignment occurred, they would experience a strange floating sensation. When 9:47 AM arrived, the station began receiving hundreds of phone calls from listeners claiming to have felt the sensation. One woman reported that she and her friends had risen from their chairs and floated around the room.

Moore had intended his announcement to be a spoof of a pseudo-scientific theory that had recently been promoted in a book called *The Jupiter Effect*, alleging that a rare alignment of the planets was going to cause massive earthquakes and the destruction of Los Angeles in 1982.



An Amazing Website to Visit This Month:

"Geo Guesser"

This game is beyond fascinating. It drops you somewhere in the world on Google Street View and you have to guess where you are. The closer you pinpoint your location on the map, the more points you get.

You can even customize it so you can only be dropped in Europe or other regions. But for the real fun, you have to play the global version. Good luck when you try and differentiate a dirt track in Mexico with one in Australia.

(Description from dailyledge.ie)

Have fun with this website!

geoquessr.com

"Like" us on Facebook at

<https://www.Facebook.com/IdealCarpetCleaningON>

Get Inspired



Outstanding Client of the Month!

Meet Susan Vered



“A Lesson in Savings This Month!”

(see coloured insert)

Health Corner

Easter is Chocolate Time! Eat Dark Chocolate, But Not Too Much

In the Aztec culture, the creation of the cocoa plant was attributed to Quetzalcoatl, who was believed to be descended from heaven carrying a cocoa tree from paradise. Cocoa was combined with spices to make a frothy drink (they didn't have sugar).

Today, chocolate's allure lies in its sweet or bittersweet taste, but chemical reactions are at work. Chocolate stimulates the secretion of endorphins, which produce a pleasurable sensation, and serotonin, which acts as an anti-depressant.

Chocolate does more than please the taste buds and make people feel good. It's packed with polyphenol antioxidants that reduce the risk of heart disease. Antioxidants in raw cocoa can dilate blood vessels, a healthful effect, and raise HDL (good) cholesterol levels.

Researchers in Italy have found that eating dark chocolate can help to control diabetes by increasing the body's ability to metabolize sugar. Chocolate is high in potassium, magnesium, and vitamins B1, B2, D, and E – but it's also very high in fat and calories.

Be Cautious with Alcohol

While there is evidence that moderate drinking may lower the risk of heart disease, there is a reason doctors don't prescribe a drink or two a day. Alcohol can kill.

“Excessive drinking” (more than two drinks a day) causes some 75,000 deaths a year, making it the third-leading cause of preventable death. Smoking is first, followed by a combination of poor diet and inactivity, according to the Centers for Disease Control and Prevention.

About 45 percent of alcohol-related deaths are from chronic conditions, and 54 percent are from acute conditions including car crashes.

Quote for April...

“Oh, how fresh the wind is blowing! See! The sky is bright and clear, Oh, how green the grass is growing! April! April! Are you here?” -- Dora R. Goodale (1866-1952)

EASTER FACTS

What day is Easter Sunday this year? It's April 21st. Here are some interesting Easter facts for you:

- Easter in the western Christian church can occur as early as March 22 and as late as April 25.
- It is observed on the Sunday after the Paschal Full Moon (a fixed spring date set by a formula).
- Folk customs attached to the festival date from pre-Christian times: eggs, traditionally forbidden during Lent, symbolize new life.
- The Easter Bunny recalls the hare, the Egyptian symbol of fertility.
- Easter may have derived its name from the Saxon goddess Eostre, whose feast was celebrated each spring at about this time. Or it may have derived from the word oster, meaning "rising."

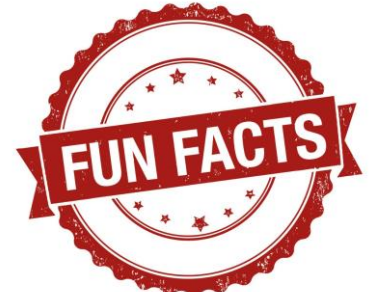
April is "Humour Month"

Begun in 1976 by humourist Larry Wilde, this observance serves to heighten public awareness of humor's health benefits. Laughter has been shown to reduce stress and pain, relax muscles, boost morale, strengthen the immune system, increase blood flow, and enrich the quality of life overall. To get the month off to a healthy start, try this riddle.

Q: Which is heavier, a half moon or a full moon?

A: The half Moon because the full Moon is twice as light.

April Fun Facts



- The Latin word *aperio*, meaning "to open or bud," gives us the name April. Spring festivals celebrate the season's renewal of life.
- In the Southern Hemisphere, April is the same as October in the Northern Hemisphere.
- The diamond of April symbolizes innocence.
- The fiscal year for most Japanese businesses starts on April 1st.
- In England, there are many cuckoo festivals. The arrival of the cuckoo bird in April is a signal that spring has arrived.
- Leonardo da Vinci and William Shakespeare were both born in April.

Thank You!

Thanks to YOU the word is spreading! Thanks to all of my wonderful clients who graciously refer me to their friends, family, and neighbors! My business runs on the positive comments and referrals from people just like you. I couldn't do this without you! A special thanks to ...

Susan Vered