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# Healthy Home News

*“Secrets For Living A Healthy, Wealthy & Happy Life...”*

## It's That Time of Year!

### Top Tips for Great Grilled Steak

- **Choose the right steak.** Rib-eye or Flank, T-bone or Top Round – there's a choice for every type of grill, fire, budget, and taste.
- **Choose the right seasoning.** Use rubs, marinades, sauces, butters, and bastes to add an extra dimension of flavor. Even something as basic as sea salt and cracked black pepper adds a spectacular taste to beef.
- **Build the right fire.** Understand the difference between direct and indirect grilling and when to use each. Every fuel and fire burn differently.
- **Know when your steak is done.** Remember medium rare is 145°F (63°C); medium 160° and well done is 170°F (77°C). Use an instant-read meat thermometer or the “poke” test to check for doneness. An instant-read thermometer gives you the internal temperature immediately.
- **Turn, don't stab.** Tongs are the most important tool in the griller's workshop, enabling you to turn the steak without stabbing it.
- **Give it a rest.** After grilling, give the steak a rest for a couple of minutes to let the juices redistribute before cutting into it. A drizzle of olive oil or a pat of butter gives the steak a handsome sheen and spectacular



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### An Amazing Website to Visit This Month:

## “Pocket”

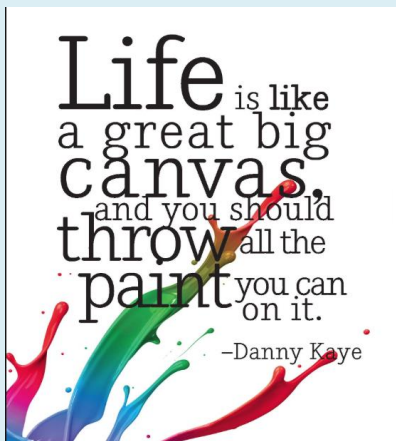
This is a handy website where you can save articles, videos, and stories from any publication, page or app. You can curate your own space filled with everything you can't wait to learn.

**Fuel your mind anywhere.** Even offline. Read or listen without distraction, on any device.

**It's simple to use.** Connecting the *Pocket* button provides a simple way to save pages to Pocket in just one click.

There's a free version, so check it out.

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



## Outstanding Client of the Month!

### Meet Lynda Clingen

Every month I choose a very special **Client of the Month**. It's my way of acknowledging and thanking 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...



I Want to Send You to Dinner at a  
Restaurant You Choose!

(see coloured insert)

## Health Corner

# Apples & Hot Cocoa?

## These *Really Do* Keep the Doctor Away!

### Apples

In recent findings, incidence of lung cancer was reduced by 60%, asthma by 20% and death from heart disease by 20% in people who ate one apple a day.

**Theory:** Apples are rich in the bioflavonoid quercetin, which helps block the accumulation of free radicals in the body. The cell damage caused by free radicals contributes to the development of these diseases.

**Self-Defense:** Eat one small apple a day for this benefit.

**Other quercetin-rich foods:** Onions, cabbage, blackberries and cranberries. – *Paul Knekt, PhD, Helsinki*

### Hot Cocoa

Hot cocoa fights disease better than wine or tea. One cup of hot cocoa contains about 611 mg of phenols and 564 mg of flavonoids, two powerful antioxidants that protect against cancer and heart disease. By comparison, a glass of red wine has 340 mg and 163 mg respectively, while green tea has 165 mg and 47 mg... and black tea has only 124 mg and 34 mg.

**Bonus:** Although chocolate also is very rich in antioxidants, it is high in saturated fat. The equivalent amount of cocoa contains less than 1 gram of saturated fat. – *Chang Y. Lee, PhD, Cornell University*

## Quote for June...

*“We make a living by what we get, but  
we make a life by what we give.”*

- Sir Winston Churchill

## FUNNY STUFF: *Fathers' Day Humour*

Fathers' Day is June 16 this year. Here's some humour to help you enjoy the day:

*"You can tell what was the best year of a father's life, because they seem to freeze that clothing style and ride it out."* – Jerry Seinfeld

*"I gave my father \$100 and said, 'Buy yourself something that will make your life easier.' So he went out and bought a present for my mother."* – Rita Rudner

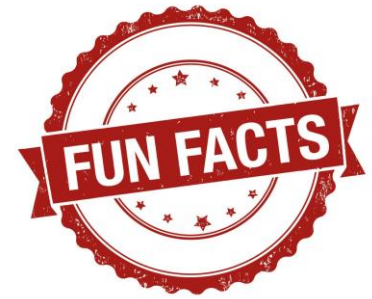
*"Father's Day is important because, besides being the day on which we honour Dad, it's the one day of the year that Brookstone does any business."* – Jimmy Fallon

*"Me and my dad used to play tag. He'd drive."*  
– Rodney Dangerfield

*"We wondered why when a child laughed, he belonged to Daddy, and when he had a sagging diaper that smelled like a landfill, 'He wants his mother'."* – Erma Bombeck

*"When I was a boy of 14, my father was so ignorant, I could hardly stand to have the old man around. But when I got to be 21, I was astonished at how much the old man had learned in seven years."* – Mark Twain

*"Sometimes I am amazed that my wife and I created two human beings from scratch yet struggle to assemble the most basic of IKEA cabinets."* – John Kinnear



### Quotes for June

*"Music can change the world because it can change people."*

**-Bono**

*"Education is a progressive discovery of our own ignorance."*

**-Will Durant**

*"Any idiot can face a crisis - it's day to day living that wears you out."*

**-Anton Chekhov**

*"The price of anything is the amount of life you exchange for it."*

**-Henry David Thoreau**

*"Common sense in an uncommon degree is what the world calls wisdom."*

**-Samuel Taylor Coleridge**

## 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!