



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 pseudoscientific 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:

“The Secret Door”

“It won’t open into a dark nook at Hogwarts, but it can take you to equally unexpected places around the world. The idea is simple — opens the secret door and let Google’s Street View transport you to an interesting place on the globe.

Think of it as a portal for virtual globetrotting. And if you don’t like it, just click the **Take Me Somewhere Else** button. It definitely ranks as one of the more fun ways to use Google Maps and Street View.

(Description from makeuseof.com)

Have fun with this website!

www.safestyle-windows.co.uk/the-secret-door/

**Get Exclusive Specials When You “Like” us at
[www.Facebook/jandjfc.com!](https://www.facebook.com/jandjfc.com/)**

Get Inspired



Outstanding Client Of the Month!

Mark Rogers -Norman

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!**

Online Booking Special

Click on the red box on
our main page **Book it**
and be **Done** to instantly
save

\$40.00

Use Promotion
code:9874

Health Corner

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

In the Aztec culture, creation of the cocoa plant on earth was attributed to Quetzalcoatl, who they believed 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 also high in potassium, magnesium, and vitamins B1, B2, D, and E – but it's 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 the church).

This Christian holy day celebrates the resurrection of Christ after his Crucifixion and was probably the earliest of the church's annual festivals.

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 "Humor Month"

Begun in 1976 by humorist Larry Wilde, this observance serves to heighten public awareness of humor's health benefits.

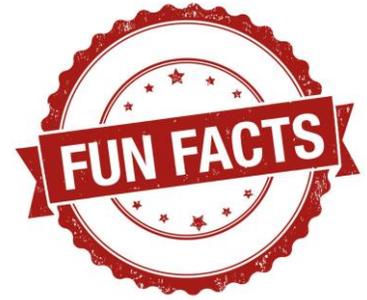
Laughter has been shown to reduce stress and pain, relax muscles, boost morale, strengthen the immune system, increase blood flow, and enrich the quality of life overall.

To get the month off to a healthy start, can you answer 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 Japanese fiscal year for most 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.
- April is the month when the professional baseball begins in the United States.

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 all these fine folks who referred me last month...

Karen Hooper - Norman, Mark Rogers - Norman,

Dean & JoAnne Hart- Pauls Valley

Thanks for

All the Kind Words!

Shirley, thanks so much for your recommendation for J & J to clean our tile & carpet! We are so happy with our results! Yes, we would like them to come back! All looks Great! Thanks again! - Sherri Finley

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Get a quote and book
online by clicking the red
box on the main page.
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Inside This Issue You Will Discover...

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Discounts, Specials and MORE!

Keep Reading Inside...

Who Wants To Win Movie Tickets?

Take my Trivia Challenge

And you could win, too!

This is one of my favorite parts of the newsletter! Each month, I'll give you a new trivia question. The first 3 people who go to our trivia answers tab and gives the correct answer will win **two FREE movie tickets**. Enjoy a night out on me with someone special in your life! Take your best guess, Remember, your chances of winning are better than you think!

This month's Mega Trivia Question:

In the Aztec culture, the creation of the Cocoa plant is attributed to:

- A) Ancient Aliens B) Milton S. Hershey
C) The Soil D) Quetzalcoatl

Hint: You'll find the answer in the newsletter.