

## SENIOR NUGGET - JUNE 2017

### Helpful Tips

**Sneak Peek at DC's Museum of the Bible** - coming soon. Venture through 5 floors of artifacts. To see entire exhibit area. It will take 9 days at 8 hours a day to read every placard, located at 400 4<sup>th</sup> Street, SW, a few blocks from the U.S. Capitol. For more information: [www.museumofthebible.org](http://www.museumofthebible.org)

**Fly the Flag** – proudly fly our nation's flag daily or on every U.S. Holiday, next one is July 4<sup>th</sup>. If flown at night, it needs to be illuminated. Dispose of torn, worn flags, donate them to Purple Heart, Vietnam Veterans and even at Sam's Club. Do NOT toss in trash or recycle bins.

**Best days to purchase airline tickets and fly:** Tuesday, Wednesday and Thursday.

**Antitoxins:** asparagus, strawberries, kiwi, green tea, grapes, pomegranates, dark chocolate (70%)

**Aspirin** – keep chewable baby aspirin (81 mg) handy, in case of heart attack symptoms

**Balloons:** Reuse deflated mylar balloons to insert gifts (young and old enjoy the shiny gift wrap)

**Banana** – source of potassium. It helps ditch diarrhea. Use peel to remove splinter and polish shoes

**Baking Soda** – Place box in refrigerator/ freezer, replace monthly. Empty used one down drain

**Bay Leaves** – Place a few leaves in cupboards/flour to keep pesky bugs away (replace every few months)

**Bone Loss** – reverse loss by eating plums

**Blueberries** – helps keep your memory sharp

**Cabbage** – place a piece of bread on top when cooking, removes odor. Toss the bread before serving

**Candles** – melted on cloth or carpet – use hand hair dryer to soften, place paper towel on top, then remove

**Celery** – remove from plastic and place in foil to keep it longer

**Cholesterol** – eat green apples to lower count

**Cinnamon** – helps control blood pressure (sprinkle on cereal, yogurt, pudding); nips E. coli in the bud!

**Constipation** – take one tablespoon of natural honey daily

**Dish water** – suds clean eyeglasses

**Dryer Sheets** – reuse 2-3 times; place one under front seat of car for fresh scent, replace as needed

**Grapefruit** – Heart patients - it can react to certain medications, check with your doctor

**Headache** – reach for almond (has similar compounds as aspirin)

**Heartburn** – walnuts (a good fat)

**Hemorrhoids** – soothe with an ice cube

**Honey** – soothes sore throat – purchase **Local Honey** to help with seasonal allergies

**Ice Pack** – wet towel in freezer for formfitting ice pack

**Mayo** - small dab on clean cloth cleans the indoor plant leaves

**Newspaper** – Clean windows streak clean, with vinegar and water

**Nylons** – avoid snags/runs by placing new nylons in freezer (no typo), It hardens fibers

**Oranges** – eat to help clear up clogged arteries

**Peppermint** –the tea and stripped candy sooth upset stomach

**Picnic bug free** – place sprigs of peppermint in a jar with water and place on table

**Soda clips** – make great hangar extenders - provides more space in your closet

**Tennis Balls** – put on rear walker legs, use balls in dryer to speed drying

**Tooth Paste (White)** – removes white marks and circles from furniture

**Vinegar (White)**– small bowl around room makes a good deodorizer; replenish as needed, for clean hair, rinse hair with it – use vinegar with water for streak free windows (use newspaper for rubbing)

**MEDICAL CORNER TIPS (Always check with doctor before taking any herbal items or supplements)**

**Blood Thinners** – avoid fish oil supplements

**Burns** – place a piece of raw potato, it will withdraw the pain

**Certain Statins** – you may need to avoid grapefruit and grapefruit juice (Check with pharmacy/doctor)

**Blood pressure medication** – take it easy on bananas and other high potassium foods

**Heart Medication** – avoid too much calcium, also check with doctor about grapefruit products

**Certain Anti-depressants** – avoid hard cheese (Parmesan, Swiss, etc.) and chocolate

**Diabetic Medication** – avoid consuming too much cinnamon (lowers blood sugar)

**Mosquito-proof** – without lotions – just eat foods rich with vitamin thiamine

**Splinters** – sprinkle salt on finger and get a tomato to help draw it out, also see banana above

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**HAPPY BIRTHDAY TO ALL HAVE A JUNE BIRTHDAY**

– check out your personal Bible Birthverse: [www.birthverse.com](http://www.birthverse.com)

**Did you know ... The Senior Nuggets are also on Atholton's Website**