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Summer 2013

AVVA E - Health Newsletter



AVVA National Health Committee Members:
Kathy Andras, Cathy Keister, Percilla Newberry,
Edith Rose, Carol Southern
Co-chairs: Elayne Mackey, Mary Miller

The Health Committee hopes that you enjoy this E-Newsletter which we are proud to share. Maybe you will find some helpful hints to make your lifestyle easier and healthier.

In no way, are we giving medical advice or taking the place of a visit to your Doctor. If you should see any signs of illness mentioned in the newsletter, please make a medical appointment.

We welcome any comments or suggestions that you may have. If you have any articles that you would like to submit, please do.

If there are any subjects that you might like to see just let us know and we will research it.

Submit to: Elayne @: mmm4evr1@aol.com

We thank VVA for allowing us to use some of their materials and those of Web Weekly.



“One must maintain a little bit of summer, even in the middle of winter.”

~ Henry David Thoreau



Agent Orange



<http://www.causes.com/honoravet>

Monsanto Has Been Removed And Banned By: Austria, Bulgaria, Germany, Greece, Hungary, Ireland, Japan, Luxembourg, Madeira, New Zealand, Peru, South Australia, Russia, France, and Switzerland!

(Natural News) By now, most of us are aware of the GMO problem and the political corruption akin to it.

Monsanto claims that GMOs are safe.



This was the same comment made by the tobacco companies back in the 40s and early 50s regarding cigarette smoking.

For full article:

<http://politicalvelcraft.org/2013/03/23/monsanto-has-been-removed-and-banned-by-austria-bulgaria-germany-greece-hungary-ireland-japan-luxembourg-madeira-new-zealand-peru-south-australia-russia-france-and-switzerland/>

Political Vel Craft ~ Veil Of Politics

Agent Orange - lets go back in

time: <http://www.youtube.com/watch?v=IDHC1xFT2II>

Also:

- <https://www.facebook.com/aovvm>
- http://www.youtube.com/user/faceso_fagentorange
- <http://www.causes.com/honoravet>

In response to mounting public backlash from the older generation, the biotechnology industry has launched a new propaganda campaign aimed at convincing children that genetically-modified (GM) crops are not only safe, but also an improvement over natural agriculture. Monsanto, Dow, Bayer, and five other major biotechnology companies and associations have collectively released the *Biotechnology Basics Activity Book*, a colorful guide designed to reeducate children into the false dogma of biotechnology.



The 16-page guide — which includes word scrambles, fill-in-the-blank puzzles, and matching games — contains an introductory paragraph that claims biotechnology boosts crop yields, improves environmental conditions, and leads to more nutritious food. Throughout the book, children are told that biotechnology is changing the world for the better, which is a complete contradiction to all available independent science. And yet this guide is reportedly slated for inclusion in some school curriculums.

“This is an activity book for young people like you about biotechnology — a really neat topic,” says the first page of the book. “Why is it such a neat topic? Because biotechnology is helping to improve the health of the Earth and the people who call it home.”

The guide was produced by a group known as the *Council for Biotechnology Information* (CBI), a pro-GMO coalition of the world’s largest biotechnology companies and organizations. CBI routinely ignores independent science that shows GMOs and their

cont.

growing chemicals to be dangerous, and continues to purvey the lie that GMO technologies are not only safe, but that they are superior to conventional and organic growing methods.

~ [NaturalNews](#)

You can view the entire activity book for yourself at:
<http://www.whybiotech.com>

Read more at

<http://www.realfarmacy.com/monsanto-wants-to-brainwash-your-children-with-biotechnology-basics-activity-book/#Oz7jk9wxcCoCmxWb.99>



[New Agent Orange Bill Introduced](#)

<http://www.fra.org/AM/template.cfm?template=/CM/ContentDisplay.cfm&ContentID=15265§ion=news> Tuesday, June 11, 2013

Rep. Chris Gibson (N.Y.) recently introduced the “Blue Water Navy Ship Accountability Act” (H.R. 1494) that requires the United States Army and DoD’s Joint Services Records Research Center (JSRRC) to do a comprehensive search to determine which ships operated on the inland waterways of Vietnam between January 9, 1962 and May 7, 1975.

Service members serving on those ships would be eligible for a presumption of Agent Orange exposure when filing a disability claim with the Department of Veterans Affairs (VA)

Earlier this year, Gibson also introduced the “Blue Water Navy Vietnam Veterans Act” (H.R. 543) that clarifies a presumption for ailments associated with

exposure to Agent Orange herbicide during the Vietnam War. The bill would authorize those who served off the coast of Vietnam, so-called “blue water vets,” to claim disability benefits from the VA. FRA ([Fleet Reserve Association](#)) believes Congress should recognize that these veterans were exposed to Agent Orange and authorize VA presumption associated with this exposure.

Shipmates are strongly urged to use the FRA Action Center to ask their representative to support these important proposals.



• [Click here to support H.R.1494.](#)

• [Click here to support H.R. 543.](#)

Want to Make a Difference?

*Please read~
Wonderful story and great idea~*

<http://www.ironmountaindailynews.com/page/content.detail/id/541485/Butterfly-Wish-program-helping-VA-Medical-Center-hospice-patients.html?nav=5002>



Burn Pits

Over the last 12 years the prevalence of Developmental Disabilities has increased 17.1%. That is approximately 1.8 MILLION more children with DDs in 2006-2008 compared to a decade earlier. What do you think about this? <http://1.usa.gov/mFIXEY>

~ Birth Defect Registry for Children

Report shows open-air burn pits still used at bases.

WASHINGTON -- Open-air pits where toxic materials are burned are still being used at bases in Afghanistan, a report issued Thursday shows.

The report by the Special Inspector General for Afghanistan Reconstruction report shows that "the toxic smoke from burning solid waste each day increases the long-term health risks for camp personnel, including reduced lung function and exacerbated chronic illnesses, ranging from asthma to [chronic obstructive pulmonary disease](#)."

John Sopko, the inspector general, wrote commanders of U.S. Central Command and U.S. Forces-Afghanistan that he's concerned about a new, \$1.1 million contract for hauling solid waste to a local landfill when there are incinerators available.

After spending \$11.5 million to [install](#) four incinerators at Camp Leatherneck in Afghanistan, the incinerators were either not being used to full capacity or not being used at all, exposing 13,500 Marines and sailors to potentially hazardous chemicals from the burning of trash in open pits. Central Command and the Defense Department have banned open-air burn pits.

Although contractors said incinerators were being used 24 hours a day, seven days a week, "we did not see any solid waste being loaded into either unit," the report said. "Rather, we observed several truckloads of solid waste being delivered to open-air burn pits."

The base generates about 54 tons of waste a day, the report said.

The military experienced a similar problem in April, when "inadequate planning" at Forward Base Salerno, also in Afghanistan, led to unused \$5 million incinerators and "potentially hazardous" burn pits, the inspector general said.

"Absent the incinerators, FOB Salerno continues potentially hazardous open-air burn-pit," the report said. It found that contractors would not begin remove trash to avoid burning it until this month.

Potential toxins from the pits include particulate matter, lead, mercury, dioxins, and irritant gases, and the "effects they may have on various organs and body systems, such as the adrenal glands, lungs, liver and stomach," the report said.

In the meantime, Rep. Tim Bishop, D-N.Y., continues to push legislation to help those exposed to the burn pits. He's hoping for co-sponsors for a bill that would create a Center of Excellence for those exposed to the burn pits in Iraq and Afghanistan.

"We need to at least be ready to deal with a pretty serious onslaught of diseases," Bishop told USA TODAY. "What I'm hearing is more and more people exposed to the burn pits are having symptoms."

Bishop said he hasn't heard back from the Departments of Defense or Veterans Affairs about the issue, and that they've been "slower than I would have liked" to respond in general. He cited both Agent Orange and Persian Gulf Illness as examples of the government taking decades to respond to veterans' illnesses due to war-zone exposures.

His bill would establish three centers of excellence to research prevention, diagnosis, mitigation, treatment and rehabilitation of health conditions associated with the burn pits. His bill has support from Iraq and Afghanistan Veterans of America, as well as the Sergeant Sullivan Center and Burn Pit 360, but he's now looking for more co-sponsors.

In the past, Bishop successfully fought for a ban on the burn pits, as well as a registry for everyone who was exposed to the pits.

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"Now we have a registry, but that was a four-year effort," Bishop said. "The next step is the presumptive cause process."

That would allow veterans to receive benefits for such things as respiratory issues by automatically assuming they are connected to burn-pit exposure.

The new legislation seeks \$30 million a year from 2014 to 2019 to establish the centers.

~Kelly Kennedy, USA TODAY

<http://www.voanews.com/content/more-waste-uncovered-at-us-base-in-afghanistan/1699676.html>

<http://usnews.nbcnews.com/news/2013/07/11/19401375-toxic-trash-threatens-marines-in-afghanistan-government-report-shows?lite>

The same military contractor that a New Hampshire congresswoman tried to bring to task for faulty wiring at Iraqi military bases is also responsible for the burn pits that some soldiers say makes them very sick.

KBR, a Houston-based military contractor, keeps popping up as having a role in the burn pits that some believe spew toxic smoke.

U.S. Rep. Carol [Shea-Porter](#), a Democrat from New Hampshire's 1st District, has filed legislation with New York congressman Tim Bishop called the Military Personnel War Zone Toxic Exposure Prevention Act (H.R.2419). The legislation requires a full investigation into the effects of burn pits and prohibits their continued use.

The [BURN PITS Action Center](#) web site includes references to KBR by soldiers in their personal stories about their experiences with fire pits.

One soldier -- Tim, in a post June 10 -- tells of being "exposed to the down-wind smoke from the KBR burn pit. Since returning in Nov 2006, I've been diagnosed w/ sleep apnea and some unexplained rashes. It's a daily worry whether or not I've been exposed to the Agent Orange' of our time."



Doyle Sappington in a post June 5 says he was posted in Iraq in Najaf "with burn pits everywhere" and ultimately developed asthma. "They have given me all kinds of meds and treating me for asthma, none of which seems to help. I never had these problems prior to Iraq since being exposed to burn pits and other toxins. I would like to get on the bandwagon for claims against KBR or whoever was irresponsible. I will file a claim with the VA and appeal if required," he said.

According to the Department of Defense, there are no known long-term health effects due to exposure from burn pits.

But an [investigation by the Military Times](#) shows compelling evidence that tens of thousands of soldiers, contractors and civilians have been exposed to "cancer-causing dioxins, poisons such as arsenic and carbon monoxide, and hazardous medical waste."

"In Iraq and Afghanistan, we've heard time and again about troops falling ill after serving near burn pits. Veterans of previous generations struggled for years to have conditions such as Agent Orange and Gulf War Syndrome recognized as service-connected. We cannot repeat this same pattern with Iraq and Afghanistan veterans," Paul Rieckhoff, executive director of Iraq and Afghanistan Veterans of America, said in a posting on the Daily Kos web site.

Shea-Porter has tangled with the DoD before over KBR relative to what she believes was shoddy electrical work by the contractor at military bases that contributed to the electrocution and serious injury of American soldiers.

In February she questioned why KBR was being re-hired to operate bases for the U.S. military in Iraq.

cont.

The contract is worth \$35.4 million. See [related story here](#).

Not satisfied with the answers she received, she recently filed legislation to bar companies from getting their contracts renewed if found negligent in the injury or death of military personnel.

"Contractors who disregard the health and safety of our troops should not be awarded additional contracts," said Shea-Porter said in a statement. "The brave men and women who serve our country know that there are risks, but no service member should ever have to worry about being injured or killed because of shoddy contract work." ~ Examiner S.A. Nickerson ~ Newsmax Health

Healthy Living

When your body tries to tell you something, how well do you listen? With many health issues, your body sends out signals that something has gone awry. Of course, listening to your body when it complains that you just ate too much spicy food or you have a minor cold coming on may not be of life-shattering importance.

Studies indicate that about 200,000 Americans suffer a heart attack each year without even realizing it. These unrecognized heart attacks account for about one-fourth of all heart attacks, making this a serious public health issue.

Fortunately, according to renowned cardiologist Dr. Chauncey Crandall, you can easily train yourself to listen to your own body's signals when it comes to the state of your heart health.

Because, while they are called "silent" heart attacks, your body will warn you of these impending attacks days, weeks, even months before the actual cardiac events. However, symptoms may be mild, vague, or even painless and many people don't even realize they're heart-related. In particular, four things you could feel are the most sinister signs of a silent heart attack. Just don't expect the stereotypical "Hollywood" heart attack, where you see an actor clutching at the left side of his chest in severe pain. This is actually less common.

When it comes to surviving a heart attack, statistics show a clear link between delay in treatment and disability or death. That's why knowing what to look for in terms of symptoms is critical, especially when they're the kind that most people don't think to associate with a heart attack. **Clues:**

Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts for more than a few minutes, or goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain.

Discomfort in other areas of the upper body. Can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.

Shortness of breath. Often comes along with chest discomfort. But it also can occur before chest discomfort.

Other symptoms. May include breaking out in a cold sweat, nausea, or light-headedness. Since many people are alone when they suffer a heart attack, without help, the person whose heart is beating ...improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness.

However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest.

A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally.

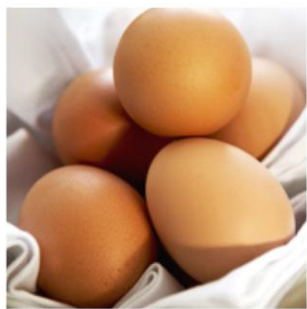
Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital

.



Egg's?

Dieticians have eased up on eggs. They used to tell people with heart disease not to eat more than two per week, but now, up to four are allowed. If you don't have high cholesterol, diabetes, or another heart r4zcondition, you can eat up to six, according to Cleveland Clinic dietician Julia Zumpano, RD.



One large egg has about 186 mg of cholesterol. That's almost the total daily maximum for someone with heart disease. So on days you eat an egg or two, try to cut down on other sources of cholesterol like red meat, cheese, and butter. The way you prepare them is also important.

Zumpano recommends drier or oil-free cooking methods -- poaching, boiling, or pan frying with a cooking spray. And remember, all the cholesterol is in the yolk so you can eat as many egg whites as you want!

~ Everyday Health

A wise man should consider that health is the greatest of human blessings, and learn how by his own thought to derive benefit from his illnesses.

~ Hippocrates



Daily Nutrition Nibble: Pumpkin seeds are a great source of zinc, magnesium, and copper. Studies have shown that pumpkin seeds contain phytonutrients that promote good prostate health. They have also been shown to have a positive impact on those with arthritis.

www.authenticwellness.com

Stages of Sleepiness



Good Health

The more we learn, the clearer it is that longevity isn't just about our genetic heritage. Instead we can control many of the factors that will influence the quality and quantity of our years with all those small, daily decisions we make about nutrition, fitness, sleep and other health behaviors.

Some foods could help improve our lifespan. Read on for some tasty items that may just add years to your life.

Broccoli for Cancer Protection

Broccoli and other cruciferous vegetables are full of sulforaphane and other antioxidants that help to protect healthy cells from damage caused by free radicals.

But when it comes to the veggies, raw may be better: recent research has found that boiling in water has a "leaching effect."

Whole Grains for Cardiovascular Health

Whole grains offer a variety of antioxidants and vitamins, and are packed with fiber, known to help protect against high cholesterol and regulate blood sugar levels, which can safeguard against diabetes.

And one type of whole grain in particular — oats — has a unique antioxidant called avenanthramides that can offer additional protection against cholesterol.

Berries for Brain, Bone and Brawn

Not only are berries good for extending life — they improve the quality of later years. Berries are chock full of antioxidants that help protect against free radical damage, but as *Whole Living* reported, one antioxidant in particular — anthocyanins — is particularly useful for brain function, balance and muscle retention.

Dark Chocolate for Anti-Inflammation

Dark chocolate is full of inflammation-reducing flavonoids, a compound that also has antioxidant properties and helps prevent blood clots.

Tomatoes for Cancer Prevention

Tomatoes are a **great source of lycopene**, the fat-soluble nutrient that helps to protect against some types of cancer, like prostate, lung and stomach cancers.

Beets for Beanie Power

Beets are rich in betaine, a compound associated with lower markers of inflammation, **according to the latest research** in the American Journal of Clinical Nutrition.

Walnuts for Lower Cholesterol

Walnuts are a great source of alpha linolenic acid (ALA), which is a type of omega-3 fatty acid **associated with reduced inflammation**.

Researchers found that replacing some carbohydrates with those healthy fats was also tied to a lower risk of dying from any cause during the study. But the opposite was true for saturated and trans fats often found in meat and processed foods.

"A lot of doctors will simply say, 'Cut out fat,'" after a prostate cancer diagnosis, said Dr. Stephen Freedland, a urologist at Duke University Medical Center in Durham, North Carolina.

But this study challenges that advice, said Freedland, who wrote a commentary on the findings.

"It actually says, if you eat more fat, albeit the right kind of fat,... you're less likely to die of not only prostate cancer, but really of any cause, which really flies in the face of this 'low-fat, low-fat, low-fat' mantra that we've been told for decades now," he told Reuters Health.

Researchers tracked 4,577 men who were diagnosed with localized prostate cancer during a large study of health workers beginning in 1986. Those men filled out questionnaires every four years on how often they ate or drank about 130 different types of foods and beverages.

Over the next eight to nine years, 315 men developed lethal prostate cancer - cancer that spread to other parts of the body or killed them - and 1,064 died from any cause.

Men who reported getting the highest proportion of their daily calories from vegetable fat - more than 21 percent - after their diagnosis were about one-third less likely to die during the study than those who ate the least vegetable fat. And they had a borderline lower risk of developing lethal cancer.

On the other hand, men who ate a similar amount of animal fat tended to be more likely to die during follow up, from prostate cancer or anything else, than those who skimped on animal meat.

~ Reuters Health

Men's Health

Erin Richman of the University of California, San Francisco, and her colleagues found that switching 10 percent of daily calories from carbohydrates to vegetable fat was linked to a 29 percent lower risk of lethal prostate cancer and a 26 percent lower chance of dying from any cause.

But replacing 5 percent of those calories with saturated fat, or just 1 percent with trans fat, was tied to a 25 to 30 percent higher risk of death during the study period, according to findings published Monday in JAMA Internal Medicine.

"The benefit was really when you were replacing refined carbohydrates with (things like) olive oil and nuts," Richman told Reuters Health.

She said vegetable fats contain antioxidants and may reduce inflammation in the body, thereby making it harder for cancer to spread.

The American Cancer Society estimates about one in six U.S. men will be diagnosed with prostate cancer during his lifetime, and one in 36 will die of the disease.

Because how animals are fed and how meats are cooked may both affect cancer risks associated with eating animal fats, Freedland said, "It becomes difficult to say, 'Animals are bad; vegetables are good.' It's not that simple."

He recommends that men with prostate cancer cut out simple sugars and processed foods, as that is one of the easiest ways to get to a healthy weight. But not all fat should go.

Richman agreed. "I think there's enough established benefit that you're not going to do any harm by adding nuts or olive oil," she said.

SOURCE: bit.ly/MbBLbb JAMA Internal Medicine, online June 10, 2013.

Great Home Ideas

HYDROGEN PEROXIDE MAGIC!

Ever since I started using Hydrogen Peroxide to get rid of armpit stains, to clean cookie sheets, as a miracle cleaner in my kitchen and bathroom, and to make my own "oxi clean"...I ALWAYS have at least one bottle of the stuff under my kitchen sink, under my bathroom sink, AND in the laundry room. This stuff is amazingly versatile!

But it wasn't until recently, after doing some IN DEPTH research on the subject that I came to realize what a "miracle substance" hydrogen peroxide really is! It's safe, it's readily available, it's cheap and best of all, it WORKS! It works for a LOT of stuff!

Hydrogen peroxide should really be called oxygen water, since it is basically the same chemical make up as water but with an extra oxygen atom (H_2O_2). Because of this it breaks down quickly and harmlessly into oxygen and water.

It's found in all living material. Your white blood cells naturally produce hydrogen peroxide (H_2O_2) to fight bacteria and infections. Fruit and vegetables naturally produce hydrogen peroxide. This is one of the reasons why it is so healthy to eat fresh fruit and vegetables.

It's found in massive dosages in the mother's first milk, called colostrum, and is transferred to the baby to boost their immune system.

It's found in rain water because some of the H_2O in the atmosphere receives an additional oxygen atom from the ozone (O_3) and this H_2O_2 makes plants grow faster.

Next to Apple Cider Vinegar, hydrogen peroxide ranks up there as one of the best household remedies.

Besides the obvious (cleansing wounds), did you know that it is probably the best remedy to dissolve ear wax? Brighten dingy floors? Add natural highlights to your hair? Improve your plants root systems? The list goes on and on!

cont.

There are SO many uses for this stuff that I've started replacing the cap on the hydrogen peroxide bottle with a sprayer because it's easier and faster to use that way.

Wash vegetables and fruits with hydrogen peroxide to remove dirt and pesticides. Add 1/4 cup of H₂O₂ to a sink of cold water. After washing, rinse thoroughly with cool water.

In the dishwasher, add 2 oz. to your regular detergent for a sanitizing boost. Also, beef up your regular dish soap by adding roughly 2 ounces of 3% H₂O₂ to the bottle.

Soak your toothbrush in hydrogen peroxide between uses to keep it clean and prevent the transfer of germs. This is particularly helpful when you or someone in your family has a cold or the flu.

Clean your cutting board and countertop. Let everything bubble for a few minutes, then scrub and rinse clean. (I've been using it for this a LOT lately!)

Clean your sponges. Soak them for 10 minutes in a 50/50 mixture of hydrogen peroxide and warm water in a shallow dish. Rinse the sponges thoroughly afterward.

Remove baked-on crud from pots and pans. Combine hydrogen peroxide with enough baking soda to make a paste, then rub onto the dirty pan and let it sit for a while. Come back later with a scrubby sponge and some warm water, and the baked-on stains will lift right off.

Whiten bathtub grout. First dry the tub thoroughly, then spray it liberally with hydrogen peroxide. Let it sit — it may bubble slightly — for a little while, then come back and scrub the grout with an old toothbrush. You may have to repeat the process a few times.

Remove stains from clothing, curtains, and tablecloths. Hydrogen peroxide can be used as a pre-treater for stains — just soak the stain for a little while in 3% hydrogen peroxide before tossing into the laundry. You can also add a cup of peroxide to a regular load of whites to boost brightness. It's a green alternative to bleach, and works just as well.

Brighten dingy floors. Combine half a cup of hydrogen peroxide with one gallon of hot water, then go to town on your flooring. Because it's so mild, it's safe for any floor type, and there's no need to rinse.

Help out your plants. To ward off fungus, add a little

hydrogen peroxide to your spray bottle the next time you're spritzing plants.

Remove yellowing from lace curtains or tablecloths. Fill a sink with cold water and 2 cups of 3% hydrogen peroxide. Soak for at least an hour, rinse in cold water and air dry.

Helps with foot fungus. Spray a 50/50 mixture of hydrogen peroxide and water on them (especially the toes) every night and let dry. Or try soaking your feet in a peroxide solution to help soften calluses and corns, and disinfect minor cuts.

Tub Cleaner - vinegar and dish soap, no scrubbing! **Heat** 1/2C white vinegar in m'wave for 90 sec, pour into spray bottle. **Add** 1/2 Cup BLUE Dawn dish soap. **Shake** gently to mix. **Spray** on surface; let it sit 1-2 hours. Just wipe it away then rinse with water. Should also take soap scum off. shower doors!

Join us for tips, healthy recipes, and more: [Belinda's Fit Tips](#)

Homemade Febreze

What you'll need:

1/8 Cup of fabric softener (I used Downy April Fresh)

2 tablespoons Baking Soda

Hot tap water

Spray bottle (I used my empty 27 oz. Febreze bottle)

Preparation:

Using a funnel, pour fabric softener and baking soda into your spray bottle. Fill spray bottle with hot tap water and shake well. Don't forget to twist the nozzle over to the LOCK position if you're using a Febreze bottle, or you might fall. Now go spray every fabric surface in your house and take a nap on your very comfortable and now un-stinky couch. :)

Store-bought Febreze: \$5.59

Homemade Febreze: \$0.15

Total Savings: \$5.44 OR 97.3%

More fun stuff>> <http://bit.ly/Motivate-Me>

Have you noticed the Mosquitoes are already out! Here is a homemade trap to help keep you and the kiddos from being a blood donor....!!!

HOMEMADE MOSQUITO TRAP:

Items needed:

1 cup of water

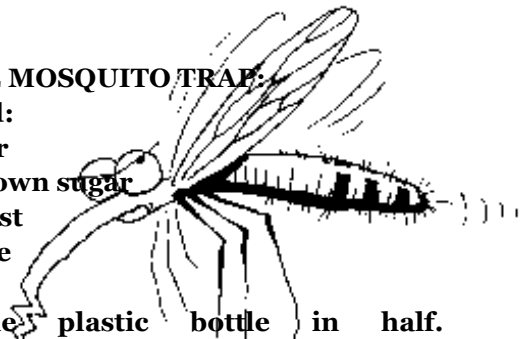
1/4 cup of brown sugar

1 gram of yeast

1 2-liter bottle

HOW:

1. Cut the plastic bottle in half.
2. Mix brown sugar with hot water. Let cool. When cold, pour in the bottom half of the bottle.
3. Add the yeast. No need to mix. It creates carbon dioxide, which attracts mosquitoes.
4. Place the funnel part, upside down, into the other half of the bottle, taping them together if desired.
5. Wrap the bottle with something black, leaving the top uncovered, and place it outside in an area away from your normal gathering area. (Mosquitoes are also drawn to the color black.) Change the solution every 2 weeks for continuous control.



Fun Stuff

Fun with the kids or grandkids ~ ice cream?



1/2 cup milk

1/2 teaspoon vanilla

1 tablespoon sugar

4 cups crushed ice

4 tablespoons salt

2 quart size Zip-loc bags

1 gallon size Zip-loc freezer bag

a hand towel or gloves to keep fingers from freezing as well!

Add: chocolate chips, nuts, candy, cereal etc.

Mix the milk, vanilla and sugar together in one of the quart size bags. Seal tightly, allowing as little air to remain in the bag as possible. Too much air left inside may force the bag open during shaking. Place this bag inside the other quart size bag, again leaving as little air inside as possible and sealing well. By double-bagging, the risk of salt and ice leaking into the ice cream is minimized.

Put the two bags inside the gallon size bag and fill the bag with ice, then sprinkle salt on top. Again let all the air escape and seal the bag. Wrap the bag in the towel or put your gloves on, and shake and massage the bag, making sure the ice surrounds the cream mixture. Five to eight minutes is adequate time for the mixture to freeze into ice cream.

Tips

Freezer bags work best because they are thicker and less likely to develop small holes, allowing the bags to leak. You can get away with using regular Zip-loc bags for the smaller quart sizes, because you are double-bagging. Especially if you plan to do this indoors, we strongly recommend using gallon size freezer bags.



Keep those bugs out of a drink ~

Rainbow Cake in Jar



sprinkles

Ingredients:

- 1 box white cake mix (made according to package instructions)
- Food coloring
- 4 one pint mason jars
- 1 can vanilla frosting
- Colored sprinkles

Directions: Preheat your oven to 350 degrees. Make sure you wash and dry the inside of each canning jar. Spray the inside of each jar with nonstick cooking spray then set aside.

Scoop 1/2 cups of cake batter into five small bowls. It doesn't have to be perfect, don't panic if you get a little more of less of one color than another. Tint each bowl of cake batter with the food coloring until very bright. (I used a lot of food coloring!) The colors I did were red, blue, purple, yellow and green. But you can use any colors you want! Spoon about 3 tablespoons of the red batter into the bottom of each jar. Spoon equal amounts of purple batter, then blue, green, and yellow. Place the 4 jars in a shallow baking dish; add about 1/4" in water in the baking dish. Place the baking dish in the oven and bake for 30-35 minutes. Make sure you watch them! You don't want them to turn too brown because you want to be able to see the colors from the outside.

Remove jars and allow to cool completely before scooping a small portion from the top of your cake and adding a hefty dollop of vanilla buttercream to the top. Sprinkle & serve, or cover with a lid and store in the fridge or pop into the mail & surprise someone you love! (Recipe adapted from [Babble](#))

Pop Bottle Sprinkler

Cool the kids off with a homemade sprinkler. Take a 2 liter soda bottle, poke holes in it. Attach to a garden hose via a male to male adapter that cost less than \$5 at Lowes or Home Depot. Toss over a tree branch and let hang. You can adjust how the water sprinkles by adjusting the water flow. When the bottle gets worn out, just switch it with another bottle, no additional cost!



You're never too old to swing. Swinging on a swing is fun -- and it is good exercise. For every hour you swing, you burn 200 calories. Swinging is different than most workout programs, as it can make you feel like a kid again. You can get fit and spend time outdoors.

<http://www.livestrong.com/article/372316-is-swinging-on-a-swing-good-exercise/#ixzz2ZSuav9iK>



Odds & Ends

Did you know?

Once you lick the frosting off a *cupcake* it becomes a muffin... and muffins are *healthy*.
You're welcome 😊

Helpful hint:

Painting jug - cut out the side of a gallon milk container. The bottom can hold enough paint for trim with built in handle and paint brush holder.

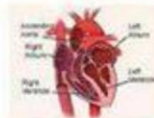
NATURE'S AMAZING PHARMACY!



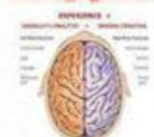
* A sliced carrot looks like a Human eye and it greatly enhances blood flow to the eyes



* A tomato has 4 chambers & is red just like the heart. A tomato is loaded with Lycopine that is pure heart & blood food



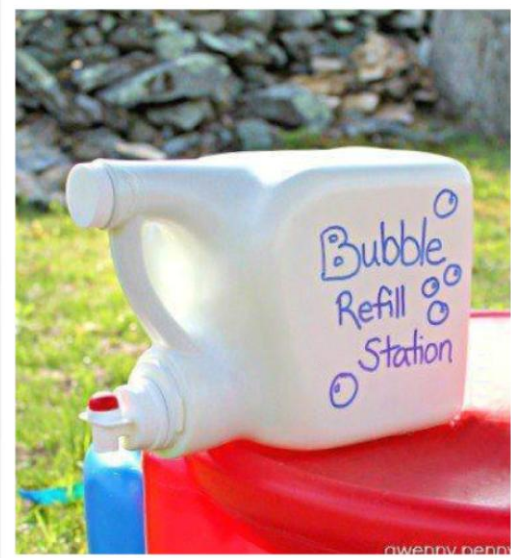
* A walnut looks like the brain and helps develop more than 3 dozen neuro Transmitters to enhance brain functions.



* Beans are kidney shaped and they heal and help maintain kidney functions.



Great entertaining idea!



Bubble solution:

12 cups of water
... 1 cup of dish soap
1 cup of cornstarch
2 Tbsp baking powder
....now go out and make some bubbles!!



**Had to add this for all you Grandparents, Aunts, Uncles and parents.
This is really great!**

Kool Aid Play Dough

What you need:

1 cup flour
1/2 cup salt
... 1 env. (0.13 oz. to 0.23 oz.) KOOL-AID
Unsweetened Drink Mix, any flavor
2 tsp. cream of tartar
1 cup water
1 Tbsp. oil
make it

MIX: first 4 ingredients in medium saucepan until blended. Stir in water and oil.

COOK: on medium heat 5 min. or until mixture forms ball, stirring frequently.

TRANSFER to plate; cool slightly.

Kraft kitchens: tips...**STORAGE KNOW-HOW**...Store in resealable plastic bag or airtight container.....

IMPORTANT NOTE: KOOL-AID Play Dough is not intended for consumption.

