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## HEALTHY

April 2023 Vol 18 Issue 4



## TIMES

Secrets for Living  
A Healthy, Wealthy  
& Happy Life

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### Financial Literacy Month

If you are in favor of financial literacy, then the month of April may be the best time for you to learn and teach finance. Achieving financial success should be a goal set early in life to ensure that our needs and desires are taken care of even when we are not working. “How to set yourself up for financial success?” is a question that is asked by many.

However, there is no easy answer to this question despite the deluge of investments we have before us. Changing your money behavior through sheer determination is not enough; you must be willing to redefine your attitude towards money. Many ways can help you experience financial success, some of which include:

**Write your own money script.** Your financial success should not be much different from your personal success, which means that you must work on your financial success similarly to how you approach your achievements in life. Write down in detail what affects your financial decisions, and the learnings you have had to date regarding your finances. Review your decisions every day so that you can manage your money better.

**Carve your financial identity.** Not all people are natural investors, which means that you may seek professional advice to learn more about investing behavior, where to put your money, and how much to invest. Asset allocation is crucial as it underlines how much money you want to accumulate for what purposes along with your risk profile. Ultimately, your personality affects your ability to create wealth more than your strategy.

**Motivate yourself to be financially free.** It may not be easy to achieve what you had set out to do. To ensure that you reach the final point in the race towards financial independence, you must continue to motivate yourself to generate more finances regularly. Hold yourself accountable for every penny that you spend unnecessarily.

**Do not fear loss.** Your losses will teach you something about finance that you may not have been aware of. There may be unwanted triggers that may prompt you to spend money on things that you do not need. However, one loss must not deviate you from refocusing on your goals. The desire to be financially independent must continue to motivate you. A long-term perspective supported by a long-term strategy is a must to achieve what you had set out to. There should be an inherent desire to learn how you can apply your knowledge of finances to your daily living. Being able to afford what you want and spend time practicing your hobbies without worrying about depleting finances is a sure-shot sign of being financially independent.

## April



Website to visit this month:

[Howtodothings.com](http://Howtodothings.com)

So, if you've ever been curious as to how to do, well, anything, this is your go-to spot. They teach a little of everything; totally worth checking out.

[Goodreads.com](http://Goodreads.com)

A great site for those who love to read. Goodreads allows you to connect with fellow book lovers to figure out what book you should read next. You can also read reviews, add friends, discuss your favorite books, and basically discover great literature. I think they solve a great problem. The reality is that you cannot read every single book in the world before you die, so why try? Instead you should focus on reading books that are worth your time.

Visit us on [Facebook](#) for more tips and interesting articles throughout the month. Give us a Like!

<http://www.facebook.com/YourGordonsvillePharmacy>

Also, check out our interesting posts and health tips!

## Your Pharmacist Tip of the Month!



**Brooks Tune, PharmD**

### Quitting

Tobacco use is the most common preventable cause of death. About half of the people who don't quit smoking will die of smoking-related problems. A smoker's risk of cancer can be 2 to 10 times higher than it is for a person who never smoked. The likelihood of cancer depends on how much and how long the person smoked. Smoking can also affect the health of nonsmokers. Smoke that comes from the burning of a tobacco product or smoke that is exhaled by smokers is called secondhand smoke. Inhaling secondhand smoke is called involuntary or passive smoking. Quitting smoking is important and the best thing you can do for your health. Soon after you quit, your circulation begins to improve, and your blood pressure starts to return to normal. Your sense of smell and taste return, and it's easier for you to breathe. In the long term, giving up tobacco can help you live longer. Your risk of getting cancer decreases with each year you stay smoke-free.

Quitting is not easy. You may have short-term effects such as weight gain, irritability, and anxiety. Some people try several times before they succeed. There are many ways to quit smoking. Some people stop "cold turkey." Others benefit from step-by-step manuals, counseling, or medicines or products that help reduce nicotine addiction. Some people think that switching to e-cigarettes can help you quit smoking, but that has not been proven and presents risks of its own. Your health care provider can help you find the best way for you to quit.

### Why Do We Have Easter Eggs?

Easter is the most important date in the Christian calendar. Every year, Christians around the world remember Jesus' crucifixion and celebrate his resurrection three days later. But how did the egg come to represent Easter?



Throughout history, people across the world have given each other eggs at spring festivals to mark the seasons. Early Christians in Mesopotamia dyed eggs in the period after Easter. The practice was adopted by the Orthodox Churches, and from there it spread into Western Europe. Eggs represent new life and rebirth, and it's thought that this ancient custom was absorbed into Easter celebrations.

During Lent, when Christians fasted to mark Jesus' time in the wilderness, eggs were one of the foods that people weren't allowed to eat (incidentally, this is why we make pancakes on Shrove Tuesday). So when Easter Sunday came around, tucking into an egg was a real treat.

Various traditions and superstitions sprang up around the egg at Easter. Eggs laid on Good Friday were said to turn into diamonds if they were kept for 100 years. Some thought that eggs cooked on Good Friday and eaten on Easter would promote fertility and prevent sudden death, and it became the custom to have your eggs blessed before you ate them. It was also said that if your egg had two yolks, you'd soon become rich. In parts of England, people used to play a game like conkers with their eggs, hitting them against each other until one of them cracked. Happy Easter, enjoy an Easter egg hunt!

### National Prescription Drug Take Back Day

**April 22, 2023 – 10AM to 2PM**

The National Prescription Drug Take Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications.



#### [Locate a Collection Site Near You](#)

Search by zip code or city/state to find a collection site near you.

### April Quotes

"None of us got where we are solely by pulling ourselves up by our bootstraps. We got here because somebody - a parent, a teacher, an Ivy League crony or a few nuns - bent down and helped us pick up our boots." - Thurgood Marshall

"When you recover or discover something that nourishes your soul and brings joy, care enough about yourself to make room for it in your life." - Jean Shinoda Bolen

"Love is the great miracle cure. Loving ourselves works miracles in our lives." - Louise Hay

"You alone have the power to determine your value. Don't let somebody else paste a discount sticker on you. You're priceless." - Toni Sorenson

## Where does the Easter Bunny come from?

As Christians probably already know, the Bible makes no mention of a mythical hare who delivers eggs to children on the day of Jesus Christ's resurrection. So, why exactly has a rabbit become a prominent part of one of Christianity's most important celebrations of rebirth and renewal?



One theory, is that the symbol of the rabbit stems from the ancient pagan tradition on which many of our Easter traditions are based — the festival of Eostre, which honored the goddess of fertility and spring. The goddess's animal symbol was a rabbit, which have long traditionally stood for fertility due to their high reproduction rates.

As for how the character of the Easter Bunny made its way to America, History.com reports that it was first introduced in the 1700s by German immigrants to Pennsylvania, who reportedly brought over their tradition of an egg-laying hare named "Osterhase" or "Oschter Haws" from the Old Country. Legend has it, the rabbit would lay colorful eggs as gifts to children who were good, so kids would make nests in which the bunny could leave his eggs and even sometimes set out carrots in case the hare got hungry. Remind you of any other holiday traditions? Eventually, the custom spread across America until it was a widespread Easter tradition. Over time, the fabled bunny's delivery expanded from just eggs to include other treats such as chocolate and toys. Easter baskets have only gotten more and more elaborate over the years, as one trip to the store this year will tell you

## Awesome Facts About April

April is known for beautiful spring weather, the start of warmer weather, and right about the time when the Easter bunny will make an appearance!

- In the Southern Hemisphere, April is the seasonal equivalent of October.
- No one is sure how the month ended up with its name, but we do know the Romans named it "Aprilis."
- The word "April" comes from the verb "aperire," which means "to open." It's commonly believed that the word refers to the season of trees and flowers begin to "open" or bloom.
- April is a great month for meteor showers. One of which is the Lyrids meteor shower, which appears from April 16th to April 26th each year. There's another one called the Eta Aquariids meteor shower that can be seen onwards from April 21st.
- George Washington was inaugurated as the First President of the United States on April 30, 1789.
- One of the most well-known dates of the month is April Fools' Day on the 1st of the month. No one is sure where this originated from, but some believe it to be inspired by Geoffrey Chaucer's story in "Canterbury Tales" called "Nun's Priest's Tale."
- For all the car enthusiasts out there, Ford unveiled their first Mustang on April 17, 1964, costing \$2,368.
- The first battle of the Revolutionary War, Lexington, and Concord, broke out on April 19, 1775.

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HERE ARE A FEW – MORE AVAILABLE IN OUR STORE

**\$13<sup>29</sup>**



**Cetaphil**  
Moisturizing Lotion  
16 oz

**\$12<sup>29</sup>**



**GNP**  
Soft Tip Neti Pot  
Soothing Sinus Relief  
1 kit

**\$10<sup>29</sup>**



**GNP**  
Nighttime Sleep-Aid, Maximum Strength  
Diphenhydramine HCL, 50 mg  
Softgels, 60 ct  
*Compare to Unisom SleepGels*

**\$4<sup>19</sup>**



**GNP**  
Allergy Relief  
Chlorpheniramine Maleate, 4 mg  
Tablets, 24 ct

**\$11<sup>09</sup>**



**GNP**  
Olopatadine Hydrochloride  
Ophthalmic Solution, USP 0.1%  
0.17 oz  
*Compare to Pataday Twice Daily Relief*

**\$3<sup>89</sup>**



**GNP**  
Eye Drops  
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0.5 oz  
*Compare to Clear Eyes Maximum Redness Relief*

Offers valid from April 1-30, 2023  
Offers may not be available in all locations

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## HEALTHY HOME TIMES

April 2023 Vol 18 Issue 4

Secrets for Living  
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### Should You Be Taking Fish Oil?

We all need essential fatty acids for optimum health, but most Americans are eating too many omega-6 fatty acids (mainly from vegetable oils), and not enough omega-3 fatty acids (found in oily fish, walnuts and freshly ground flaxseed). This imbalance can lead to an increased risk of heart disease, inflammatory conditions, cancer and other health concerns.



While eating several servings of oily fish (most prefer wild Alaskan salmon and sardines) per week is a start, you may want to take fish oil supplements, especially if you don't enjoy fish. Available in liquid or capsule forms, fish oil is effective at helping to reduce blood pressure, is beneficial to the nervous system, and can even help address mild to moderate depression. Look for capsules or oil that are certified free of contaminants, and begin with small daily doses, building up to the recommended amount (most should aim for 1000-2000mg of EPA plus DHA daily).

### An Apple a Day?

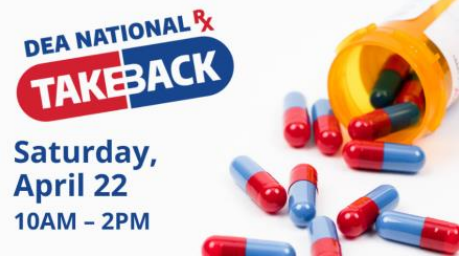
Are some apples better for you than others? If so, what are the best apples? Some types of apples do appear to be better for your health than others. A recent study compared eight different varieties of apples to see which ones were highest in antioxidant activity.



The researchers found that polyphenols, compounds that are the major source of antioxidants in apples, are five times more prevalent in apple skin than in the flesh. Of the eight types of apples studied, the two that provide the most antioxidants are the Red Delicious and Northern Spy, with Ida Red coming in third. The other apples studied included McIntosh, Cortland, Golden Delicious, and Mutsu.

In addition to the antioxidants they provide, apples are a good source of soluble fiber, which can help lower LDL ("bad") cholesterol, and they fall low on the glycemic index. The antioxidants they contain offer protection against both heart disease and cancer.

Other studies show that people who ate apples daily had less than half the risk of lung cancer than did those who ate fewer apples or none at all. Look for organically grown apples to reduce the risk of pesticides. You'll also get plenty of antioxidants if you include a variety of fresh fruits and vegetables in your diet as well.



*We offer*  
**CURBSIDE PICKUP**  
**WE OFFER FREE DELIVERY!**

### Who Wants To Win?

*Take our Trivia Challenge and you could win too!*

This is one of our favorite parts of the newsletter! Each month we will give you a new trivia question. Each month we randomly select 3 people who e-mail or call us with the correct answer by the 20<sup>th</sup> of the month. You can win two FREE movie tickets with a Regal Cinema Ultimate Movie Pack or a gift certificate to local restaurant The BBQ Exchange

Enjoy it with someone special in your life! Take your best guess, and then call the store (540) 832-0000 or better yet e-mail us at: [gvillepharmacy@yahoo.com](mailto:gvillepharmacy@yahoo.com)

**Remember, your chances of winning are better than you think!**

This month's Mega Trivia Question:

**When is the National Takeback day when you can safely dispose of unwanted medication?**

- (A) April 8                      (B) April 22  
(C) April 15                     (D) April 29

**Hint: You will find the answer in the newsletter.**

Make sure to get your newsletter each month.

Register here for the color e-mail version.

Send your name and e-mail address to

[gvillepharmacy@yahoo.com](mailto:gvillepharmacy@yahoo.com)

**Last Month's Winners and Answer**

**What fruit helps with depression?**  
**D) Bananas**

Dustin F. – Randy S. – Connie C.

You could be the next winner, take your best shot at April Trivia Contest