

The Latest News from Freedom Wealth Services

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Brought to you by: **Bill Constain, CEO, RFP** | FreedomWealthServices.com | **904.373.8349**



Talk Your Way into Confidence

Self-confidence is crucial to achieving your goals, but many people struggle with it. Sometimes you're your own worst enemy, running yourself down in your thoughts. NPR offers these insights into being nicer to yourself so you can succeed on the job and in your life:

- **Talk to yourself like a friend.** You wouldn't call your best friend stupid, would you? Don't do it to yourself.
- **Learn to be kind to yourself.** Be constructive when you make a mistake—not "I am such an idiot!" but "How could I have handled that better?"
- **Keep a log of your thoughts.** Pay attention to how often you criticize yourself throughout the day. You may find that you're pretty harsh, which can help you realize that you can be gentler with your thoughts.

Also, when you have a negative thought, question it. You may have made one mistake, but that doesn't mean you always screw up. Think of times when you succeed instead of wallowing in failure.

- **Find authentic affirmations.** Let's face it, lots of "positive thinking" affirmations can sound cheap and cheesy.

Train yourself to respond to negative thoughts with something you can believe in—"I learn from my mistakes," or "I don't have to worry about things I can't control."

- **Redirect your thoughts.** Try not to think about yourself so much. Find an activity that demands your full concentration. Volunteer for a cause you believe in. Getting out of your head can help more positive thoughts seep in.

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Health in the News

Keep your body healthy in your golden years

Staying healthy and fit as you age can be a challenge, especially these days. Forbes offers this advice on aging well for people growing older:

- **Take care of your brain.** Challenge your brain by learning a new language or musical instrument or taking up a new hobby. Work on word puzzles and other mental exercises.
- **Check your hearing.** Hearing loss is associated with dementia, loss of balance, anxiety, social isolation, and diminished self-esteem. Get your hearing checked and do what's necessary to get the assistance needed.
- **Reward yourself.** Don't think in terms of cutting things out of your life. Instead, reward yourself for positive activities like exercising. Getting up and moving is good for you, so save the other activities you enjoy like watching TV until you're finished doing what's good for you.
- **Engage with virtual health.** These days you don't have to go to a doctor's office for a checkup. Remote monitoring can keep track of your blood pressure, glucose levels and the like. Ask about what's available to make taking care of your health easier.
- **Focus on key fitness areas.** Everyone's body deteriorates somewhat as we age, but you don't have to give up. Pay attention to strength training, flexibility, and balance. Strength training keeps your muscles in shape; tai chi, yoga, and walking can improve balance; and stretching helps you stay flexible. All of these help you stay safe from falling and serious injury.

Enjoy better health with avocados

Avocados are an essential ingredient in tacos, guacamole, salads, and more. They're also part of a healthy diet. The Healthline website lists these benefits of eating more avocados:

- **Important nutrients.** Avocados are high in fiber, healthy fats, vitamin C, vitamin E, vitamin B6, potassium, magnesium, and folate. Many of these nutrients support the immune system and suppress inflammation.
- **Gut health.** The fiber in avocados supports a healthy digestive system by promoting the growth of healthy bacteria in your gut. Some evidence suggests that consuming avocados may increase bacterial diversity and reduce fecal bile acid concentration.
- **Heart disease risk.** Avocados have lots of potassium and magnesium, which are beneficial for controlling blood pressure. They may also help decrease levels of LDL cholesterol, which is associated with the accumulation of plaque along artery walls.
- **Antioxidants.** Avocados are filled with carotenoids and other nutrients that possess significant antioxidant, neuroprotective, and cardioprotective properties. Carotenoids have been shown to protect against oxidative damage, which is associated with many chronic diseases.
- **Pregnancy and breastfeeding.** The body's need for certain nutrients, like folate, potassium, vitamin C, and vitamin B6 jumps during pregnancy and breastfeeding. A single avocado can provide 27% of a woman's daily folate requirements during pregnancy.



Referral Corner

I want to thank you for your referrals over the years. We always tell our clients, "If you can just refer us one client per year, it would help us immensely." We are grateful to everyone who's referred someone our way, and we always love to have new people become part of our inner circle of friends and family.



Third Woman Cured of HIV

A woman has joined two men as one of only three people cured of the AIDS-causing virus HIV. The woman received umbilical cord blood as a treatment; the blood came from a donor who carried a rare genetic mutation that blocks HIV infection.

The two men before her received bone marrow transplants from people with the mutation and were pronounced cured after treatment. The bone marrow procedure is difficult—it's highly invasive and hard on the body after the procedure has been performed. Both men experienced immune cells from donor blood attacking cells in their bodies. Following that reaction, however, they were cured of HIV.

The woman didn't suffer that experience, though, and left the hospital 17 days after the procedure. More than 14 months later, no traces of the virus, or antibodies fighting the virus, could be found in her blood.

Monthly Quiz

1. What three-digit web error code for censored content is a reference to a Ray Bradbury novel?
2. The mojito is a traditional rum cocktail from which country?
3. Whistler Blackcomb is a popular ski resort located in which country?

Did You Know?

The greyhound is the fastest dog and can reach speeds of up to 72kph (45mph)

The fastest fish in the sea is the swordfish and can reach up to speeds of 108kph (68mph, 59knots)

Female condors lay a single egg once every 2 years

Hippopotamuses have skin 3.8cm (1.5in) thick

An arrow frog has enough poison to kill over 2,200 people

Whales have the slowest metabolism of all animals

Penguins in the wild are only found in the southern hemisphere primarily in Antarctica

Toads only eat moving prey

A baby giraffe is 1.8m (6ft) tall at birth

A bear in hibernation loses up to 25% of its body weight

Pandas spend 12 hours a day eating bamboo

**Thanks www.did-you-knows.com p. 34-35*

Recipe of the Month

Cheesy Chicks Mini Cheese Balls

Forget boring cheese and crackers. These cute cheeps and crackers make fun and easy Easter appetizers your guests will love.

Ingredients

2, 8-oz. packages cream cheese

2 Tbsp. Worcestershire sauce

1 tsp. lemon zest

Salt and pepper

1, 14-oz. can whole black olives

2 cups finely shredded cheddar cheese

Round crackers

Carrot rounds (for beaks and feet)

Whole peppercorns (for eyes)

Directions

Using a mixer, combine the cream cheese, Worcestershire sauce, lemon zest, and salt and pepper to taste. Refrigerate the mixture for 1 hour.

Drain the can of olives. Using your fingers, cover each olive completely with about 1 tablespoon of the cream cheese mixture and form it into a ball.

Refrigerate for another hour.

Before serving, roll each ball of cheese into the finely shredded cheddar cheese to cover. Place each ball on a round cracker.

Cut pie-shaped wedges from carrot rounds for beaks and feet and press on. Add black peppercorns for eyes.



The Biggest April Fool's Day Jokes

April Fool's Day pranks have been around since long before the Internet. Take a look at some of these epic pranks over the years from the History website:

- **The bottle show.** In 1749, the Duke of Portland bet the Earl of Chesterfield that he could advertise something outrageous in the London newspapers and draw a crowd to see it. He put out a notice that a man would squeeze himself into a wine bottle and then sing while inside it. On the appointed night the theater's seats were filled, but of course no one showed up to perform the act—leading to a riot from the audience.
- **The gold heist.** On April 1, 1905, a German newspaper reported that thieves had tunneled beneath the U.S. Treasury in Washington, D.C. and made off with the nation's supply of silver and gold, worth some \$268 million. The story spread rapidly through the European press before anybody realized that it was a joke, written by a New York correspondent to the paper under a pseudonym.
- **The spaghetti harvests.** On April 1, 1957, the BBC reported that the Swiss region of Ticino, near the Italian border, had harvested an "exceptionally heavy spaghetti crop" that year, and broadcast footage of farmers picking fresh spaghetti off trees and bushes, followed by a dinner of "real, home-grown spaghetti." Many viewers got the joke, but others called the BBC to find out how they could grow their own spaghetti.

Chimpanzee "Doctors" Treat Wounds with Bugs

Sci-News website reports that chimpanzees in West Africa have been observed self-medicating by applying insects to open wounds on themselves and others.

Chimpanzees and bonobos are known to swallow leaves that cure worms and intestinal parasites, but until now scientists haven't seen them use anything externally for self-treatment. The discovery occurred in 2019, when a biologist at the Ozouga Chimpanzee Project watched a chimpanzee named Suzee inspect a wound on the foot of her adolescent son, Sia, then catch an insect out of the air and apply it to Sia's wound.

The team following the chimpanzee group documented 76 cases of the apes applying insects to wounds on themselves and others. The chimpanzees would catch an insect, squeeze it between their lips, apply it to the exposed surface of the wound using their lips or fingers, and then extract the insect from the wound (which sometimes took several tries). The insects they use haven't been identified.

Thoughts of the Month

"Take chances, make mistakes. That's how you grow. Pain nourishes your courage. You have to fail in order to practice being brave."

- Mary Tyler Moore

"If you want to lift yourself up, lift up someone else."

- Booker T. Washington

Quiz Answers

451, Cuba, Canada

