



Freedom Wealth **NEWSLETTER**

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Succeed on the Job by Going Beyond the Job

Hard work is important to succeeding on the job, but it's not everything. Maintaining a healthy balance between work and life is essential to staying effective and avoiding burnout for the long term. The Ladders website offers this guidance on how to succeed in both areas at the same time:

- **Change your routine.** Don't follow the same schedule all the time. Mix things up so you're actively thinking about choices, not just following the clock. You may find better ways of getting your job done and recharging when you need to.
- **Give up control.** Let go of the impulse to try controlling everything in your life. Do what you can but remember that some things are beyond your influence. You'll be able to relax and let things flow, concentrating on what's really possible.



- **Meditate.** Meditation can calm your thoughts and relax your body. Make a list of things you're grateful for and look at it every day, adding new things.
- **Do something you enjoy every day.** Take the time to paint a picture, take a walk, or sit quietly. Having this to look forward to will help you get through the day, and you'll feel better afterward.
- **Exercise.** You don't have to run a marathon. Just spend 20–30 minutes a day on light, moderate exercise like walking, riding a bike, or yoga. It helps you stay in good physical shape and benefits your mood.
- **Be social.** Don't limit your friendships to work relationships. Cultivate friends who support you no matter what. Spend time with them to get your mind away from the office and enjoy life.





The Crucial Difference

A heart surgeon took his car to his local garage for a regular service.

“So, tell me”, said the mechanic. “I’ve been thinking about what we both do for a living, and how you get paid a lot more than me.”

“Yes?” said the surgeon.

“Look at this,” said the mechanic as he opened the hood.

“I open it up, check how it’s running, fix the valves, and put it all back together so it works good as new. We basically do the same job, don’t we? But you get paid ten times more than I do. How do you explain that?”

The surgeon thought for a moment, then smiled.

“Try it with the engine running.”

Health in the News

Don’t fall for fad diets

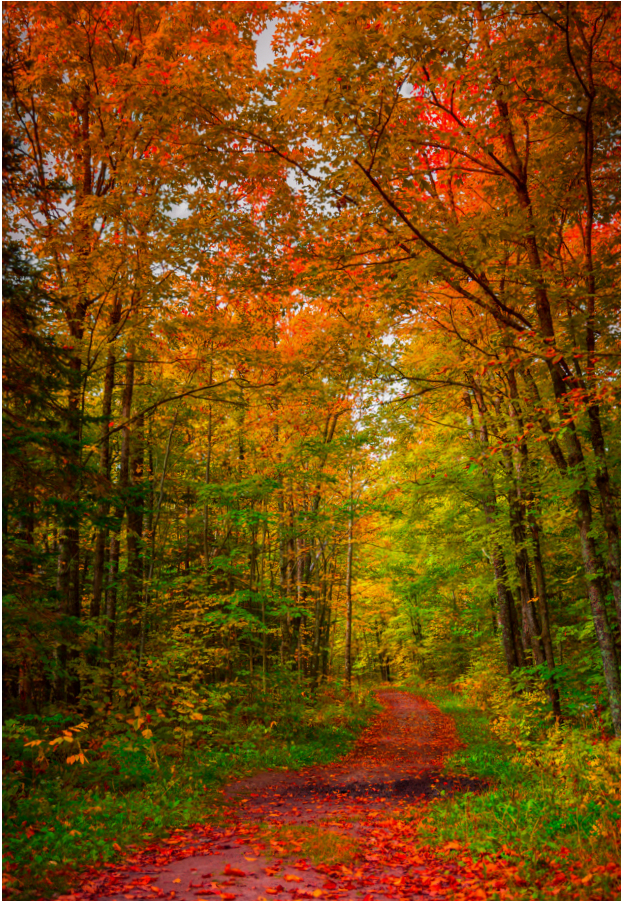
Dieting to lose weight can be good or your health, but only if you choose the right diet. Unfortunately, many fad diets promoted on social media can actually be harmful to your health. Watch for these red flags from the Healthline website:

- **Flimsy credentials.** A social media influencer may not be qualified to provide reliable nutrition advice. Your doctor, or a registered dietitian, can offer better options.
- **Sponsored content.** Check to see if people dispensing advice have any financial relationship with the products they’re touting. If they’re being paid to endorse a supplement or diet plan, they may not be trustworthy. Look at reviews from real customers, and check with your physician before buying anything.



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Monthly Quiz

Question 1

What is a meteor called when it reaches Earth's surface?

Question 2

Which athlete has won the most Olympic medals?

Question 3

What is a flock of crows called?

Answer: Meteorite, Michael Phelps, A murder.

- **Unrealistic claims.** If a product sounds too good to be true, it probably is. Diet pills promising to help you lose lots of weight in a few days or weeks may be dangerous, for example. Avoid anything that offers a “cure,” a quick fix, or immediate results.
- **Overly restrictive diets.** Popular diet plans that try to restrict or eliminate entire food groups aren't healthy. Often, they rob your body of the nutrients it needs to stay healthy. The best diet is balanced, allowing you to enjoy your favorite foods in moderation.

What to Know About Monkeypox

Monkeypox has become a global health crisis, with more than 28,000 cases reported. According to NPR, here's what you need to know:

- **Monkeypox is a virus.** Its name comes from the fact that it was discovered in monkeys used for research in 1958, though that doesn't mean that monkeys are the source of the disease. It's similar to smallpox, but it's not as dangerous or easily transmissible.
- **It's not necessarily fatal.** The strain of monkeypox currently spreading across the world is serious, but it probably won't kill you. The CDC estimates that 99% of people who get infected will survive. It can be deadly for children under eight, people with compromised immune systems, or people who are pregnant or breastfeeding.
- **Symptoms.** The symptoms of monkeypox include fever, headaches, muscle aches, and fatigue—similar to those of smallpox. It may also cause a rash or blisters anywhere on the body. The rash may appear before other symptoms and can persist for two to four weeks.
- **How it spreads.** The virus is transmitted through close personal contact, including sexual contact as well as contact with an infected lesion. It can spread on surfaces, though that seems to be rare. Respiratory droplets can also spread the disease. In general, the risk of catching monkeypox in the U.S. is considered low by the CDC.
- **How to protect yourself.** Avoid close contact with large groups of people. If you've been exposed, keep potentially contaminated items like clothing, bedsheets, and towels contained until they can be thoroughly washed. Wash your hands frequently. Keep track of the spread of the virus in your community.



Did You Know?

- The first aluminum drink can **was introduced in 1964**
- **The first drug that was sold** as a water-soluble tablet was aspirin in 1900
- The national anthems of Japan, Jordan, and San Marino **each have only 4 lines**
- There are only 3 sets of letters on a keyboard which are **in alphabetical order** (f g h, j k l, and o p)
- Women were not allowed to vote in France **until 1944**
- **A bumble bee** flaps its wings at 160 times a second
- **A dragonfly** can fly at 40kph (25mph)
- **Flies** can react to an object it sees and change direction in less than 30 milliseconds
- **A queen bee** can lay up to 3,000 eggs in one day
- **Ants** can lift 50 times their own weight
- **Bees** can see ultraviolet light
- **80%** of the world's food crops are pollinated by insects
- **10%** of with world's food supply is consumed by insects

*Thanks www.did-you-knows.com p37

Thoughts of the Month

"It is not how much we do, but how much love we put in the doing. It is not how much we give, but how much love we put in the giving."

- **Mother Theresa**

"The achievement of one goal should be the starting point of another"

- **Alexander Graham Bell**

Referral Corner

I want to thank you for your referrals over the years. We always ask our clients, "If they 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.

Mummy Halloween Brownies

These Mummy Halloween Brownies are adorable! They are easy to make, super delicious and your kids will rave about them!



Ingredients

- 1 batch homemade brownies
or 1 box brownie mix, prepared
- 12 oz white chocolate melts
- 32 candy eyeballs

Instructions

1. Bake brownies according to recipe (or package directions) and place in the freezer to cool.
2. While brownies are cooling, pour melting chocolate into a microwave-safe bowl.
3. Heat white chocolate melts in the microwave in 30 second increments, stirring in between each, until they are completely melted. Pour melted chocolate into a small Ziplock bag and cut a small opening in one of the corners.
4. Cut brownies into 12 rectangles.
5. Squeeze melted chocolate out of the Ziplock and onto brownies in a back-and-forth zig-zag motion.
6. Immediately place eyeballs onto melted chocolate.
7. Put finished mummies in the fridge to set.

Halloween Is Here – Are You Ready?



Trick or treating is about to commence. Here are some fun facts to share while you're handing out candy:

- **The word “witch”** comes from an Old English word, “wicce,” meaning “wise woman.”
- **Black and orange** are associated with Halloween because they're signs of autumn. Orange signifies harvest, and black alludes to darkness coming earlier.
- **Jack-o-lanterns are Irish.** In an Irish folktale, a man named Stingy Jack fooled the devil and was punished by being forced to walk the Earth with only a burning coal in a hollowed turnip to light his way. “Jack of the Lantern” became “Jack-o-lantern.”
- **Trick-or-treating has a long history.** In medieval times, children would go door to door on All Souls Day, asking for food in exchange for prayers for the inhabitants' deceased family members.
- **The most popular kids' Halloween costume is Spider-man.** According to the National Retail Federation, it's followed by princesses, Batman, witch, ghost, pumpkin, Superman, zombie, and Avengers hero.

How Chewing Shaped Human Evolution

The simple act of chewing food may have had a significant impact on human evolution, The New York Times reports. Chewing makes it easier for the body to digest food and make use of the nutrients and energy it offers. It doesn't require much energy, but even small advantages make a difference in how creatures evolve.

In an experiment, scientists in the Netherlands outfitted human test subjects with helmets designed to measure oxygen and carbon dioxide, which can determine how much energy the body uses. The subjects were given two kinds of chewing gum, one hard and one soft, to chew for 15 minutes each. The softer gum increased subjects' metabolic rate 10% while chewing; the harder gum boosted the rate 15%, a bigger difference than the scientists expected. The results suggest that humans began cooking food, mashing it, and growing crops of more chewable food as a way to conserve the body's energy, freeing it up for other activities.

Cultivating more easily chewed foods also may have helped humans develop smaller, more delicate jaws than other animals.



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