



# Freedom Wealth **NEWSLETTER**

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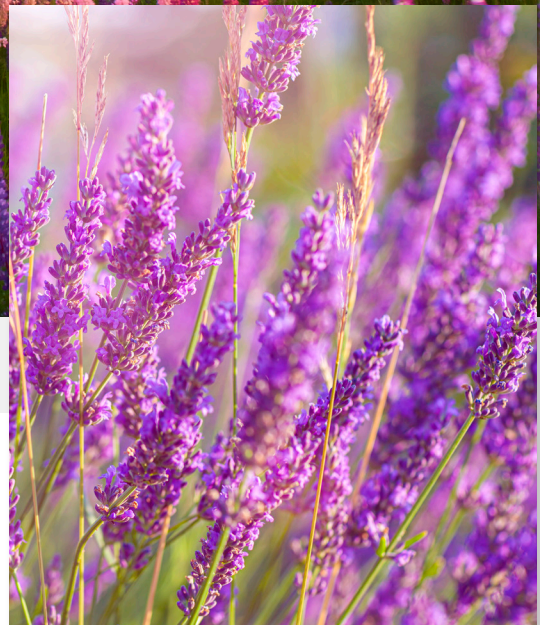
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## Want to Shine with Others? Try These Tips

If you want to treat others with a classiness that is rare in the world, follow these tips:

- **Listen to others without judgment.** Often people aren't really looking for an opinion; they just want to be heard. Look at it as an opportunity to give someone what he or she really wants in life.
- **If you are angry about some type of service you are receiving (or not receiving), don't ruin everyone's experience by making a scene.** If you must say something, say it in private. Remember that others in your group may not care about the same things or to the same degree that you do.
- **Try not to take things personally.** Not everything in the world is about your self-worth.

- **Paying an unexpected compliment is worlds better than giving an expected gift.** Give it a try and you'll understand.
- **Watch your body language.** If you hand someone a gift while wearing a scornful look, you'll cancel out the good energy of giving.
- **If you make a commitment, follow through.** An unfulfilled commitment is far worse than no commitment at all. Don't opt for immediate perceived relief that will only turn to disappointment later.
- **If you need someone's help, offer him or her something that serves his or her interest in return.** Don't create an obligation or establish guilt when you do this. Give what you offer free and clear.





## Rosemary is Good for Your Brain

The herb rosemary contains an ingredient that fights off damage to the brain. The active ingredient in rosemary can protect the brain from stroke and neurodegenerative conditions such as Alzheimer's, and also from normal aging, a collaborative group of researchers at the Burnham Institute for Medical Research say.

The ingredient, carnosic acid, protects the brain cells from free radicals. The findings were originally reported in *The Journal of Neurochemistry* and *Nature Reviews Neuroscience*.

Rosemary comes from a shrubby evergreen bush with needle-like leaves. It has trusses of flowers that can be white, pink, purple or blue. Rosemary derives its name from the Latin *rosemarinus*, which translates as "dew of the sea."

Rosemary has a long history as a memory aid. It was also used in the past at weddings to symbolize love and loyalty.

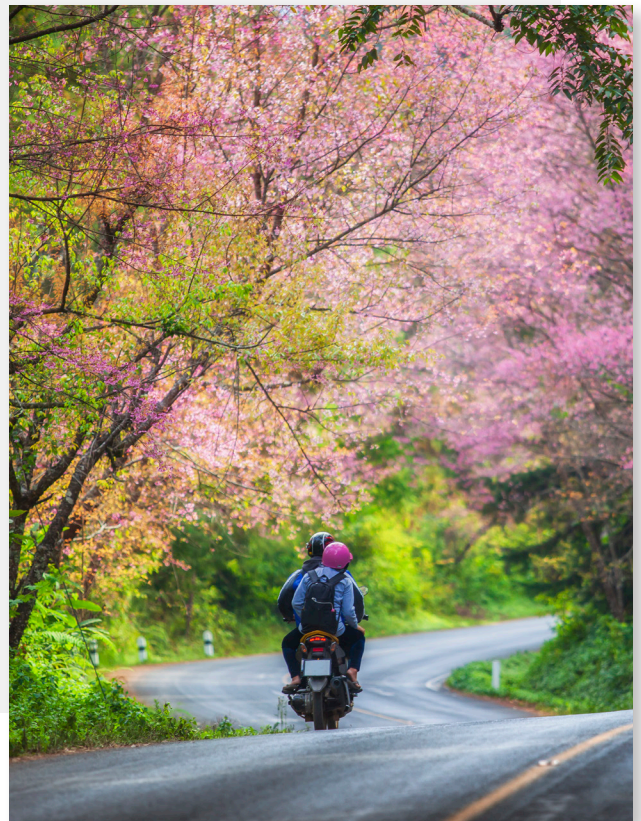
## Health in the News

### ***More veggies, less alcohol***

A report by the World Cancer Research Fund has found that dietary changes are essential to reduce the risk of cancer.

Here are the recommendations based on the Food, Nutrition, Physical Activity and the Prevention of Cancer: A Global Perspective report:

- Be physically active for at least 30 minutes every day.
- Limit consumption of energy dense food (foods high in fats and/or added sugars and/or low in fiber) and avoid sugary drinks.
- Eat more of a variety of vegetables, fruits, whole grains and pulses (the edible seeds of legumes—peas, beans and lentils).
- Limit consumption of red meats (such as beef, pork and lamb) and avoid processed meats.



**CONTINUE ON NEXT PAGE...**



### Monthly Quiz

## Question 1

Where is actor Charlize Theron from?

## Question 2

Who is described as the “girl on fire” in *The Hunger Games*?

## Question 3

What is the term for a list of things you wish to achieve in your lifetime?

Answer: South Africa, Katniss, a bucket list.

- If consumed at all, limit alcoholic drinks to two for men and one for women per day.
- Limit consumption of salty foods and foods processed with salt.

### **Commuters exposed to pollution in car**

If you live a relatively healthy life and don't smoke, chances are the unhealthiest part of your day is your daily commute, researchers say. A study by University of Southern California and the California Air Resources Board found that up to half of Los Angeles residents' total exposure to harmful air pollutants occurs while people are traveling in their vehicles.

Although the average driver in Los Angeles spends only about 6 percent of their day on the road, that period of time accounts for between **33 percent and 45 percent of their total exposure** to diesel and ultrafine particles, the researchers say.

“Urban dwellers with long commutes are probably getting most of their UFP exposure while driving,” says Scott Fruin. Ultrafine particles are of concern because they tend to be more toxic than larger size particles, he says. “Shortening your commute and spending less time in the car will significantly reduce your total body burden of harmful pollutants.”

### **TV linked to child obesity, hypertension**

Researchers have found that television viewing is linked to childhood obesity and hypertension. The researchers (from University of California, San Diego; the Rady Children's Hospital – San Diego; the University of California, San Francisco; and the University of South Alabama) determined that television viewing time was directly linked to the severity of obesity, and that both of these factors were predictors of hypertension.

Children who watched two to four hours of television per day had a **2.5 times higher likelihood of hypertension** than those watching television for zero to two hours per day. For children who watched television four or more hours per day the chances for hypertension were **3.3 times greater than** for those watching zero to two hours.



## Did You Know?

- The diameter of Earth is **12,756 km (7,926 miles)**
- The diameter of the sun is **1,390,000km (865,000 miles)**
- Mount Everest is **8.9km (5.5 miles) high**
- Dolphins can detect underwater sounds from **24 km (15 miles) away**
- Dinosaurs lived on Earth for over **165 million years before they became extinct**
- Jellyfish have been on Earth for over **650 million years**
- **Only pregnant females polar bears** hibernate
- **Polar bears** are strictly carnivores
- Sharks have been on Earth for **over 400 million years**
- Some dinosaurs had tails over **13m (45 feet) long**
- **The average age of a polar bear** in the wild is 17 years
- The tallest mammal is **the giraffe**
- **Warthogs** can reach speeds of 48 km/h (29 mph)

\*Thanks [www.did-you-knows.com](http://www.did-you-knows.com) **p40 and 41**

## Thoughts of the Month

*"Happiness is a quality of the soul... not a function of one's material circumstances."*

– **Aristotle**

*"Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world."*

– **Harriet Tubman**

## 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.

## Valentine's Day Cookies

Show your Valentine a little bit of extra love with these Heart-Shaped Valentine's Day Cookies! With a chocolate zigzag and crunchy sprinkles, this is a sweet treat that the whole family will enjoy!



### Ingredients

3/4 cup butter, salted, softened  
2/3 cup granulated sugar  
2 cups all-purpose flour  
1 Tbsp almond extract  
1 large egg  
Pink gel food coloring  
Chocolate melting candy  
Pink and white sprinkles

### Instructions

Preheat your oven to 325 degrees.

In a large mixing bowl with a hand mixer, beat together your softened butter and sugar. Next, mix in your almond extract and egg. Mix in your flour and food coloring and continue to mix until you have a thick pink dough.

Flour a flat surface and roll your dough out with a rolling pin. Use heart shaped cookie cutters and place onto a lined baking sheet. Bake for 8 minutes, and cool completely.

For the topping, place one cup of chocolate melts into a microwave safe dish and microwave for 2-3 minutes, stirring every 30 seconds until melted. Pour the melted chocolate into a decorating and cut a small tip off of the end. Drizzle your melted chocolate onto each cookie in a zigzag pattern.

Top each cookie with sprinkles and let them set on a piece of parchment paper for 15 minutes until the chocolate hardens. Serve and enjoy!



## People Eat Less Candy When It's Wrapped

A study by the American Heart Association Conference has found that candy in wrappers might help indulgers eat less as opposed to eating unwrapped candies.

Researchers found that people who ate candies and kept the wrappers in plain sight ate only about half as many as those who did not.

Lead author Brian Wansink (author of *Mindless Eating*) says, "Having a visual reminder of how much [you eat], keeps you honest and eating less. Your stomach can't count, but your eyes can when they see the empty wrappers."

It also helps to keep the candy in a less convenient location as opposed to a more convenient location, Wansink says. So, for instance, in the office, you wouldn't want to keep the candy on your desk where it's easy to get to. **Move it at least 5 or 10 feet away so that you have to get up and walk for your treats.**

## Talking for 10 Minutes Keeps You Sharp

A University of Michigan study has found that participating in a conversation for 10 minutes is just as effective as participating in an "intellectual" activity, such as doing a crossword puzzle, in affecting memory and mental performance in a positive way.

In the study, subjects were divided into three groups. One group participated in a 10-minute discussion of a social issue, one group completed a set of three intellectual activities, and the control group watched 10 minutes of a *Seinfeld* episode.

Then all group participants completed two tests of intellectual performance measured working speed and memory. The researchers found that the **10 minutes of social interaction boosted performance just as much as engaging in intellectual activities.**

Researchers say this is good news and suggests that visiting a neighbor or a friend can be just as helpful in staying sharp as doing a daily crossword puzzle.



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