



Freedom Wealth **NEWSLETTER**

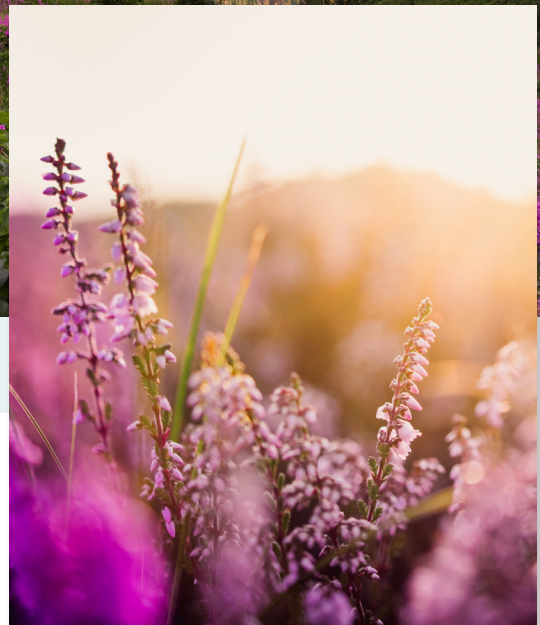
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Sam Walton's Rules of Business

Sam Walton, the founder of the Wal-Mart chain, had 10 rules for building a business. According to WalMart.com, the following are principles that have enabled the company to experience more than 40 years of success:

- **Commit to your business.** Walton says you have to believe in it more than anybody else. Love your work and do it the best you can every day.
- **Share your profits with all your associates and treat them as partners.** This will make the people who work for you perform beyond your wildest expectations.
- **Motivate your partners.** You have to constantly think of new ways to motivate your partners.
- **Communicate everything you possibly can to your partners.** The more they understand, the more they'll care, Walton says.
- **Appreciate everything your associates do for the business.** "Nothing else can quite substitute for a few well-chosen, well-timed, sincere words of praise. They're absolutely free and worth a fortune."
- **Celebrate your successes.** Have fun. Find humor in your failures. Loosen up.
- **Listen to everyone in your company.** And more important, try to get them talking, he advises. The ones who really talk to the customers are the ones who really know what's going on.
- **Exceed your customer's expectations.** Give them what they want—then give 'em a little more, he says.



Understanding change

Do you have a bad habit you desperately want to change? The conventional wisdom is that you need to commit to that change, says composer, filmmaker Robert Fritz. However, he says that attempting change as a way of eliminating something negative from your life might not be the best way. Instead, Fritz recommends you work toward some end that will motivate you.

So, for instance, if you want to stop smoking, saying I want to be a nonsmoker might put you on the road to relapse, because you're working against something. The better way to keep yourself motivated is to become aware of what you truly desire. What you really want is to be healthy, and to do things that keep you healthy. Knowing what you want is the key and phrasing it so that you're working toward something positive is important.

This method can be used to change most kinds of work or personal habits, Fritz says.





Children Should Be Taught Dog-bite Prevention

Don't leave your children alone with a dog, experts in the British Medical Journal advise.

Dog bites and mauling are a widespread problem; the United Kingdom alone reports 250,000 dog bite victims per year who seek treatment for minor injuries.

Children, the experts say, should be taught to treat dogs with respect, avoid direct eye contact and refrain from teasing them. Parents should teach their children not to approach an unfamiliar dog or to play with a dog while unsupervised.

Children should also be taught not to run or scream in the presence of a dog, not to pet a dog without letting it sniff them first, and not to disturb a dog while it is eating, sleeping or caring for puppies.

Dog owners also need to do their part by not leaving children unsupervised with a dog and by knowing what their responsibilities are.

Health in the News

Need more brain power—eat some chocolate

Consumption of a cocoa drink rich in flavanols—a substance found in dark chocolate—gives the brain a boost of blood flow for two to three hours, a University of Nottingham study has found.

The increased blood flow could enhance performance, lead researcher Ian McDonald, professor of metabolic physiology, says. It can also improve general alertness. The study raises the possibility that ingredients of chocolate could be used to treat vascular impairment, such as strokes or dementia, and for maintaining vascular health.

The study also points to possibly using cocoa flavanols to enhance brain function when people suffer fatigue, sleep deprivation and the effects of aging.

McDonald emphasized that the level of cocoa-rich flavanol beverage was specifically designed for the study and not available commercially. Flavanols are also found in red wine, green tea and blueberries.



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Vitamin D may prevent falls

Seniors taking a high daily dosage of vitamin D experienced 72 percent fewer falls than those who took a placebo, a study has found.

Statistics report that around 50 percent of nursing home residents fall every year, and those who suffer injuries from the falls are more likely to take a future spill.

The study's authors, Kerry Broe and Douglas Kiel, say that lowering the risk of falls could improve the quality of life of the nursing home residents.

"Past studies have shown that vitamin D could help prevent falls in seniors, and may be due to a possible strengthening effect the vitamin has on the musculoskeletal system. Until now, we didn't know what dosage amount would be effective," the researchers say.

The study found that the dose that was most effective was 800 International Units per day, which is higher than is normally prescribed to seniors. Taking this dosage should only be done through the approval of a patient's doctor—and certain conditions, such as high blood calcium levels, need to be considered by the doctor. A patient's current health conditions and such variables as ethnicity need to be studied, the researchers say.

Falls, the researchers point out, occur for many reasons, and taking vitamin D only may not result in fall reductions. They recommend that all preventative measures be considered. The study results were published in the Journal of the American Geriatrics Society.

Monthly Quiz

Question 1

What is a group of kittens called?

Question 2

Where is actor Natalie Portman from?

Question 3

Michael Jordan starred alongside Bugs Bunny in which film?

Did You Know?

- The Statue of Liberty weighs over **225 tons**
- There are **132 rooms** in the US White House
- Banana plants are the **largest plants without a woody stem** (they belong to the same family as lilies, orchids and palms)
- Bananas are a good source of **vitamin C, potassium and fiber**
- Bananas **contain no fat**, cholesterol or sodium
- **Over 96% of American households** purchase bananas at least once a month
- Mosquitoes dislike citronella because **it irritates their feet**
- Mosquitoes **prefer children to adults** and blondes to brunettes
- **No two spider webs** are the same
- There are over **900,000 known species** of insects
- Worker ants may live for **7 years and the queen up to 15**
- John Cadbury founded the Cadbury chocolate company in England in **1842 producing the first chocolate bars**

**Thanks www.did-you-knows.com p42*

Thoughts of the Month

“Action may not always bring happiness; but there is no happiness without action.”

– **Benjamin Diraeli**

“The time is always right to do what is right.”

– **Martin Luther King, Jr**

Mango Salsa



The BEST mango salsa that's fresh, full of flavor and combines a little heat with a little sweet. This easy recipe makes the perfect snack, appetizer, or topping!

Ingredients

3 ripe mangoes (peeled, seeded & diced)
1/2 red bell pepper (chopped)
1/4 cup red onion (diced)
1/4 cup chopped cilantro (more to taste)
1/2 jalapeno pepper (seeded and minced)
juice of one lime
Salt & Pepper to taste

Instructions

Before you get started, make sure your mango is ripe! It should be soft to squeeze and the color of the skin should be mostly red or yellow. You can also tell if it's ripe by the stem – if there's a yellow circle around it, then it's ready to use. Then cut the mango into cubes and dice the other veggies as well.

In a bowl, combine the mangoes, bell pepper, onion, cilantro and jalapeno.

Add the lime and salt and pepper to taste. Stir to combine.

Refrigerate for at least 15 minutes to blend the flavors.

Store in the refrigerator until ready to serve.

Serve with chips or on top fish, chicken etc.



Washing Dishes Right Away a Good Idea, Study Says

In an Ohio State University dishwashing study, steel forks were found to be the friendliest home to bacterial contaminants.

“The prongs of the forks actually shield food from the action of scrubbing,” says Melvin Pascall, assistant professor of food science and technology.

“Taking extra time to wash forks is a good idea, especially those covered with sticky food like cheese.”

Milk dried onto glasses was also found to be bacteria friendly.

“Leaving food on eating utensils and dishes could easily cause bacteria to grow on them, especially if it’s moist,” Pascall says. “The best thing you can do is wash your dishes off right away, before the food dries. It saves washing time and gets rid of places where bacteria can survive drying and washing.”

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.



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