

ENEWS ~ At A Glance

April 2011

If you ever thought... I wonder what Iowa looks like? Look above at the big, ol' grey box. Right now, when I venture outside, everything just looks kind of grey, with a little muddy brown thrown in for good measure. I can't wait to see the first signs of Spring - green grass, daffodils, leaves, etc... But first we need to get through this period of "blahness." Just remember, Iowa may look grey now, but Spring is going to be decorating the landscape in a matter of days! Iowa is a beautiful place to live. Plus, what other state has ever been compared to Heaven in a movie?

~ amber

Random Thoughts About Your Amazing Body!

Red Blood Cells - Who Knew!

- * Everyday, approximately 100 million are born.
- * Each lives to be the ripe ol' age of 120 days.
- * There are approximately 2.5 trillion red blood cells in your body at any moment.
- * They are fast little critters & are able to travel through your body in under 20 seconds!
- * 40% of blood volume consists of red blood cells.
- * A red blood cell is about 7 micrometers in diameter.

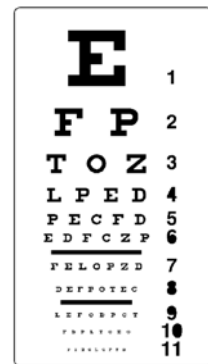
Muscle Power!



- * When we smile, we exercise about 30 muscles.
- * The tiniest muscle is the "stapedius," in your middle ear.
- * Blinking one eye moves over 200 muscles.
- * The humans have more facial muscles than any other animal - 22 on each side of the face.
- * The eye muscles move over 100,000 times a day.
- * There are over 600 muscles in the human body.
- * "Masseters" are the strongest muscles & are located on each side of your mouth.
- * In humans, a muscle called the diaphragm controls the breathing process.
- * Muscles constitute about 40% of our body weight.
- * Most of time, muscles work in pairs.
- * The "sartorius" is the longest muscle in the human body & is present in the hip region.
- * The fastest reacting muscle in the whole body is located in the eye, able to contract in 1/100th of a second.
- * Your biggest muscle is your "gluteus maximus", with each cheek weighing about 2 pounds.
- * The strongest muscle in the human body is the tongue.

Look Into My Eyes!

- * Our eyes can distinguish up to 1 million color surfaces.
- * The eyeballs are 3.5% salt.
- * Our eyes stay the same size from the time we are born, until the time we die.
- * 1.2 million optic fibers are in the human eye.
- * The human eye lens is composed of 65% water & 3% protein.
- * A blink lasts about 1/10th of a second.
- * To perceive light, there are about 110-130 million receptors in the human eye.
- * To perceive color, there are about 5-7 million receptors in the human eye.
- * What color your eyes are, depends on your Iris.
- * Eyesight will be sharper in the middle of the day.
- * The human eye has the best camera in the world beat, with the ability to adjust its multi-focus lens in 2 milliseconds.
- * The fluid in the eye is changed 15 times a day.



Mars Versus Venus!

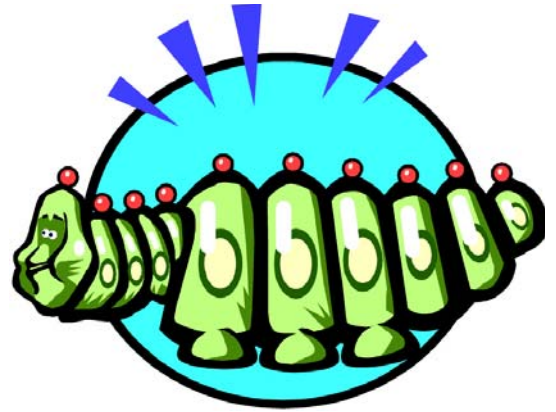
- * Women blink nearly twice as much as men.
- * A woman will have released about 450 baby making eggs by the time she is in her 60s.
- * In general, the threshold of pain is 9 times stronger in women than men.
- * An average male brains weighs about 1375 grams.
- * An average female brains weighs about 1275 grams. (*Size Doesn't Matter*)
- * Sperm lives an average of 36 hours.
- * Ovule live an average of 12-24 hours.
- * Men have denser & faster growing hair. (*Grrr!*)
- * Women burn fat more slowly than men. (*Double Grrr!*)
- * A woman's heart rate is faster than a man's heart rate.
- * Women have a better sense of smell than men.
- * A woman's body is capable of potential giving birth 35 times during her lifetime. (*Ouch!*)
- * Men listen with the left side of the brain & women use both sides of the brain to listen. (*This explains so much!*)
- * Sperm containing XY (male) chromosomes swim faster but sperm containing XX (female) chromosomes can swim longer!

The Icky Stuff!

- * Human dry weight is 10% bacteria.
- * Combine the populations of the United States & Canada & there is still more bacteria than that total residing in your mouth!
- * You shed about 600,000 skin particles every hour which equals about 1.5 pounds a year.
- * In an average lifetime, your body produces enough spit to fill two swimming pools.
- * Your gut contains about 2.2 pounds of bacteria.
- * There is more bacteria growing on the inside of your body than there are human cells. (*You're a petri dish!*)
- * Approximately 250,000 sweat glands are located in the feet.
- * 6 hours after brushing your teeth, plaque begins to form.
- * Sneezing clears dirt from the nose.
- * Ear wax is made up of oil & sweat.
- * Most dust particles in your house are dead skin.

Seriously...

- * The eyebrows main purpose is to keep sweat out of the eyes.
- * Your stomach lining reddens when you blush!
- * A caterpillar has more muscles than the human body.
- * After you turn 30, you begin to gradually shrink in size.
- * Only human's cry tears.
- * If you want to burn 150 calories, bang your head against the wall for an hour.
(Warning: Co-workers may find this alarming behavior.)
- * On average, right-handed people live 9 years longer than left-handed people.
- * Dolphins & humans are the only two animals that "make whoopee" for pleasure!
- * After you turn 60, you lose 50% of your taste buds.
- * The hyoid bone, located in your throat, is the only jointless bone in the human body.
- * One in every 2000 babies is born with a tooth!
- * The lifespan of a hair is 2-7 years.



- * A blind person can understand a spoken word faster than a sighted person.
- * The brain's texture is soft like butter.
- * Your spine receives more pressure from laughing & coughing than it does from sitting or standing.
- * If human hair is healthy, it will emit sound. (Mine is saying "Color Me!")
- * We breathe in about 40 pounds of dust over our lifetime.
- * All your body functions stop, including your heart, when you sneeze. (Bless You!)
- * In the springtime, children tend to grow faster.
- * More people fear spiders than death.
- * You are more likely to be killed by a champagne cork than by a poisonous spider.
- * Every person has a unique tongue print.
- * The only two tissues in your body that do not receive oxygen from your blood are your nails & corneas.



Bill's Back Page

"My Page ~ My Domain"

The end of the school year is just around the corner. But with the end of the semester, brings the dreaded week(s) of final exams! Because of the excitement of having a couple of months off from the routine of the school year so close, concentration, focus, & studying can seem to elude you. To help support your ability to concentrate & focus on the task at hand, why not try a homeopathic product to support you through these final weeks? Summer will come soon enough, but until then, let's get the job done & end your school year on a good note!



NC320

Focus CP ~ 1 Ounce

Non-Alcoholic / Cherry Flavored

*Focus * Clarity * Concentration*

ATP 6X, ACTH 8,12,30X, 12,30C
NADH 6X, GABA, L-DOPA 6,12,30X, 12,30C
Anacard Occ 30C
Arsenicum Alb, Calc Phos, Hyoscyamus, Sulphur 30C
Baryta Carb 30C
Calc Carb 30C
Lycopodium 30C
Pulsatilla 30C
Stramonium 30C

Relieves Low Energy
Relieves Lack Of Focus
Relieves Difficulty With Thinking
Relieves Irritability
Relieves Mental Weakness
Relieves Inability To Apply Himself
Relieves Indecision
Relieves Moodiness
Relieves Ceaseless Talking

NC115

Focus HP ~ 1 Ounce

20% Alcohol

Attention & Focus

GABA 6,12,30X, 12,30C, L-DOPA 6,12,30X, 12,30C,
Norepinephrine 6,12,30X, 12,30C,
Serotonin 6,12,30X, 12,30C, Tryptophan 6,12,30X, 12,30C
ACTH 8,12,30X, 12,30C
Anacard Occ 30C
Baryta Carb 30C
Cal Carb 30C
Calc Phos 30C
Hyoscyamus 30C
Lycopodium 30C
Stramonium 30C

Relieves Anxiousness
Relieves Brain Fatigue
Relieves Slow Mental Grasp
Relieves Apprehension
Relieves Weak Memory
Relieves Fearfulness
Relieves Indecision
Relieves Terror