

Happy June!

I hope you are well and grateful for the sun we are finally receiving. The warm breeze is also nice every now and then. Things are moving in my life and I am really excited about it all. Let me tell you more:

My office is complete and I am meeting with clients here when they do not need equipment. I have appreciated being able to share my space with the few that have been here already. I moved in a week ago today. There is still a lot to do but it is great to have the space and be able to share it with you.

Another wonderful part of my life is that today I begin teaching yoga at the YMCA in Medford. The classes will be from 5:30 to 7:00 pm on Mondays and Wednesdays. The class is a beginners Anusara class. Anusara is the style of yoga I have been studying for the last 6 months. It comes from Hatha Yoga. I will be graduating on June 14th and grateful when the schooling is finished. I love studying, but it is best when I don't have to meet someone else's deadlines. It has been well worth it though. If you are in Medford, feel free to stop by the Y. There is a \$45 monthly fee for non-Medford Y members. Medford members come for free.

I will also be substituting for Catherine on Tuesday at the Ashland Y. This class meets from 9:30 – 11:00 am. Feel free to come and check this one out if you would like!

This is a great time to get outside and walk. Enjoy the flowers and spring/summer smells in the air. Resistance training is great and important, but do make the time to get outside for some nice fresh air. We are so lucky here in the valley. Let us all enjoy it!

I hope your workouts are going well. Let me know if I can help in any way! Give me a call at 482-1887.

I want to share something one of you gave me. Here you go - Enjoy reading it and learning about coco cola. I don't have coke around so don't know if any of this is true. If you try any of these, let us know.

Carol Lee

WATER OR COKE? We all know that water is important but I've never seen it written down like this before. Make sure that you read it all the way to the end.

WATER

1. 75% of Americans are chronically dehydrated. (Likely applies to half of world population.)
2. In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
3. Even MILD dehydration will slow down one's metabolism as much as 3%.

4. One glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.
5. Lack of water, the #1 trigger of daytime fatigue.
6. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
7. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
8. Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer. Are you drinking the amount of water you should every day?

COKE

1. In many states (in the USA) the highway patrol carries two gallons of Coke in the trunk to remove blood from the highway after a car accident.
2. You can put a T-bone steak in a bowl of coke and it will be gone in two days.
3. To clean a toilet: Pour a can of Coca-Cola into the toilet bowl and forget it; let the "real thing" sit for one hour, then flush it clean. The citric acid in Coke removes stains from vitreous china.
4. To remove rust spots from chrome car bumpers: Rub the bumper with a crumpled-up piece of aluminum foil dipped in Coca-Cola.
5. To clean corrosion from car battery terminals: Pour a can of Coca-Cola over the terminals to bubble away the corrosion.
6. To loosen a rusted bolt: Applying a cloth soaked in Coca-Cola to the rusted bolt for several minutes.
7. To bake a moist ham: Empty a can of Coca-Cola into the baking pan, wrap the ham in aluminum foil, and bake. Thirty minutes before the ham is finished, remove the foil, allowing the drippings to mix with the Coke for a sumptuous brown gravy.
8. To remove grease from clothes: Empty a can of coke into a load of greasy clothes, add detergent, and run through a regular cycle. The Coca-Cola will help loosen grease stains. It will also clean road haze from your windshield.

FOR YOUR INFORMATION:

1. The active ingredient in Coke is phosphoric acid. Its pH is 2.8. It will dissolve a nail in about four days. Phosphoric acid also leaches calcium from bones and is a major contributor to the rising increase in osteoporosis.
2. To carry Coca-Cola syrup (the concentrate) the commercial truck must use the Hazardous Material placards reserved for highly corrosive materials.
3. The distributors of coke have been using it to clean the engines of their trucks for about 20 years!

Now the question is, would YOU like a glass of water or coke?

