



# Healthy Home News

*"Secrets For Living A Healthy, Wealthy & Happy Life..."*



## Easter is Sunday April 12<sup>th</sup>

**Easter** is a festival of the Christian church commemorating the resurrection of Jesus Christ. It is not always held on the same date. In AD 325 the church council of Nicaea decided that it should be celebrated on the first Sunday after the first full moon on or after the vernal equinox of March 21. Easter can come as early as March 22 or as late as April 25.

Many Easter customs come from the Old World. The white lily, the symbol of the resurrection, is the special Easter flower. Rabbits and colored eggs have come from pagan antiquity as symbols of new life. Easter egg rolling, a custom of European origin, has become a tradition on the lawn of the White House in Washington, D.C. The name Easter comes from *Eostre*, an ancient Anglo-Saxon goddess, originally of the dawn. In pagan times an annual spring festival was held in her honor. Some Easter customs have come from this and other pre-Christian spring festivals. Others come from the Passover feast of the Jews, observed in memory of their deliverance from Egypt.

## Passover

**Passover** is a Jewish holiday which in 2020 arrives at nightfall on April 8. Passover commemorates the Exodus and freedom of the Israelites from ancient Egypt. As described in the Book of Exodus, Passover marks the birth of the Children of Israel who become the Jewish nation, as the Jews' ancestors were freed from slavery and allowed to become followers of God instead.

In Israel, Passover is a 7-day holiday, with the first and last days celebrated as a full festival. The intervening days are known as *Chol HaMoed* ("festival weekdays").

Many Jews observe the Torah commandment of eating matzo on the first night of Passover at the Passover Seder, as well as the Torah prohibition against eating or owning Chametz, which includes any leavened products — such as bread, cake, cookies, beer, whisky or pasta — for the duration of the holiday. On the first night of Passover, a Jew must recount the story of the Exodus from Egypt. This commandment is performed during the Passover Seder. - *wikipedia*



## **"COVID-19 Questions??"**

Officials encourage residents to contact their health-care providers first. The latest information from the Centers for Disease Control and Prevention can be found at [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus).

**Virginia, Maryland** and the **District** also have set up resources for residents.

In **Virginia**, call 877-ASK-VDH3 (877-275-8343). The **Fairfax County Health Department** also has a public information line, 703-267-3511, for questions from county residents. For information about covid-19, the disease caused by the coronavirus, visit the [Virginia Department of Health website](https://www.vdh.virginia.gov/).

**Arlington County** set up a hotline, 703-228-7999, to minimize the risk posed by covid-19. The call center is open from 7 a.m. to 7 p.m. Monday through Friday.

In **Maryland**, those worried about potential exposure to people with the virus can call the state Emergency Management Agency at 410-517-3720. For information about the state response, go to [health.maryland.gov/coronavirus](https://health.maryland.gov/coronavirus). For general questions, call 211.

**Prince George's County** has set up a hotline for questions, 301-883-6627, and directed residents to [health.mypgc.us/coronavirus](https://health.mypgc.us/coronavirus).

The **District** is directing residents to [coronavirus.dc.gov](https://www.coronavirus.dc.gov).

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## Get Inspired

EVERY DAY MAY NOT  
BE GOOD BUT THERE  
IS SOMETHING GOOD  
IN EVERY DAY

### Outstanding Client Of The Month!

Meet

**S. Stockwell**

Every month I choose a very special **Client of The Month**. It's my way of acknowledging loyal clients and saying a big "Thank you!" to those who support me and my business with referrals and repeat business...You could be my next **Client of The Month!**

See Insert This Issue...



"Start controlling your seasonal allergies & eliminating viruses with this easy step!"

(see colored insert)

## Health Corner

### COVID -19 Warning

1. **Immune Comprised Individuals:** Cancer patients -*EAT HEALTHIER!*  
**Solution:** If you do have a weaker immune system we urge you to have less interaction with people as much as possible go outside and get Vitamin D. Vitamin D is essential in building a healthy immune system. Also, Keep stress levels low – **Turn Off The T.V.I**
2. **High Blood Pressure:** *EAT HEALTHIER!*  
**Solution:** Go outside for at least 30 min. Take a nice walk if you are able. Do some breathing exercises while you are outside in the direct sunlight. Relax and enjoy your day!!
3. **Diabetes:** Obesity *EAT HEALTHIER!*  
**Solution:** Drink more water! Get more direct sunlight! Go for a walk 1-2x a day! RELAX!
4. **Breathing Problems:** Asthma/COPD/H1N1 Survivors  
**Solution:** Less exposure to allergens – You can walk around with a face mask on...

**WARNING!!!!** Increased bowel movements should be expected due to all the healthy eating, exercise and increased exposure to sunlight.....



*So I commend the enjoyment of life, because there is nothing better for people under the sun than to eat and drink and be glad. Then joy will accompany them in their toil all the days of the life God has given them under the sun. [NIV](#)*

~ [Ecclesiastes 8:15](#)

## GO OUTSIDE And Get Some Sun...

There are so many reasons to go outside and get some sun right NOW! Getting Sick or Infected Often, Fatigue and Tiredness, Bone and Back Pain, Depression, Impaired Wound Healing, Bone Loss, Hair Loss, Muscle Pain, and Feeling tired can have many causes, and Vitamin D deficiency contributes to all of these problems.

Vitamin D deficiency is often clinically silent. Nobody wants to be sore, tired,



depressed, and BALD....

This report from Medscape was derived from the medical professionals of the American Association of Clinical Endocrinologists. To read more please visit: <https://emedicine.medscape.com/article/128762-overview>

### Prevention

Unprotected sun exposure is the major source of vitamin D for both children and adults. Provision of vitamin D from sunlight is as follows:

- Sensible sun exposure, especially between the hours of 10 am and 3 pm, produces vitamin D in the skin that may last twice as long in the blood compared with ingested vitamin D
- Full-body sun exposure producing slight pinkness in light-skinned persons results in vitamin D production equivalent to ingesting 10,000-25,000 IU
- Increased skin pigmentation, aging, and sunscreen use reduce the skin's vitamin D<sub>3</sub> production

Most dietary sources of vitamin D do not contain sufficient amounts of the vitamin to satisfy daily requirements. The following foods contain the indicated amounts of vitamin D, as reported by the US Department of Agriculture's (USDA's) Nutrient Data Laboratory:

- Fortified milk (8 oz) - 100 IU
- Fortified orange juice (8 oz)[6] - 100 IU
- Fortified cereal (1 serving) - 40-80 IU
- Pickled herring (100 g) - 680 IU
- Canned salmon with bones (100 g) - 624 IU
- Mackerel (100 g) - 360 IU
- Canned sardines (100 g) - 272 IU
- Codfish (100 g) - 44 IU
- Swiss cheese (100 g) - 44 IU
- Raw shiitake mushrooms (100 g) - 76 IU
- Most multivitamins (1 tab) - 400 IU

Vitamin D deficiency during pregnancy affects offspring. Findings suggest that vitamin D plays an active role in fetal development, particularly the development of the brain, lungs, and bones.

Of note, prolonged exposure to the sun does not cause vitamin D toxicity. Observational studies have pointed to a relationship between poor vitamin D status and almost all diseases connected to these extraskeletal influences.

### Occurrence in the United States

Vitamin D insufficiency is highest among people who are elderly, institutionalized, or hospitalized. In the United States, 60% of nursing home residents and 57% of hospitalized patients were found to be vitamin D deficient. Vitamin D production in the skin declines with advancing age, making elderly populations more dependent on dietary vitamin D.

However, vitamin D insufficiency is not restricted to the elderly and hospitalized population; several studies have found a high prevalence of vitamin D deficiency among healthy, young adults.

Vitamin D insufficiency may increase the risk for type I and type II diabetes mellitus. Data suggest that vitamin D deficiency places adults at risk for developing cancer these apparently include breast, colon, and prostate cancer. Vitamin D deficiency (serum 25-hydroxyvitamin D < 12 ng/mL) is related to an increased stroke risk in adults, with an association also found between higher vitamin D levels and a reduced stroke risk.

Vitamin D deficiency can result from the following:

- Inadequate exposure to sunlight - This causes a deficiency in cutaneously synthesized vitamin D; adults in nursing homes or health care institutions are at a particularly high risk.
- Vitamin D malabsorption problems - People who have undergone resection of the small intestine are at risk for this condition; diseases associated with vitamin D malabsorption include celiac sprue, short bowel syndrome, and cystic fibrosis.
- Minimal amounts of vitamin D in human breast milk - The American Academy of Pediatrics recommends vitamin D supplementation starting at age 2 months for infants fed exclusively with breast milk.
- Medications - Some medications are associated with vitamin D deficiency; drugs such as Dilantin, phenobarbital, and rifampin can induce hepatic p450 enzymes to accelerate the catabolism of vitamin D.

## Thank You!

Thanks to YOU the word is spreading! Thanks to all of my wonderful clients who graciously refer me to their friends, family, and neighbors! My business runs on the positive comments and referrals from people just like you. I couldn't do this without you! A special thanks to all these fine folks who referred or experienced our service last month...

**[A. Rahman| J. Yoe| M. Wright| R. Fleming| K. Thys| A. Ervin| K. Dunning| A. Robson| L. McKinnie| B. Cain| F. Dickerson| S. Moon| C. Williams| A. Stockwell]**

## Thanks for

### All the Kind Words!

The carpet looks GREAT!

~A. Ervin

# Healthy Home News

"Secrets For Living A Healthy, Wealthy & Happy Life..."

*We all die. The goal isn't to live forever; the goal is to create something that will....*

*~Unknown*



## Contact Us...

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## Inside This Issue You Will Discover...

- ✓ *Easter and Passover...*
- ✓ *"Simple steps to avoid decorating chaos"...*
- ✓ *Easy steps to better health*
- ✓ *30 Hilarious Pranks for April Fools' Day*
- ✓ *Stories, and quotes to get you inspired...*
- ✓ *PLUS ... cool websites, Fun Facts, and more.*
- ✓ *Thank You's, Famous Quotes...AND...*

Discounts, Specials and MORE!

*Keep Reading Inside...*

## Who Wants To Win Movie Tickets?

Take my Trivia Challenge  
And you could win, too!

This is one of my favorite parts of the newsletter! Each month, I'll give you a new trivia question. The first person who emails my office with the correct answer will win **two FREE movie tickets**. Enjoy a night out on me with someone special in your life! Take your best guess, and then email me at [info@everettecarpet.com](mailto:info@everettecarpet.com) ! Remember, your chances of winning are better than you think!

This month's Mega Trivia Question:

**Many Jews observe the Torah commandment of eating what food on the first night of Passover?**

- A) Matzo
- B) Bitter herbs
- C) Leavened bread
- D) Fruit

*Hint: You'll find the answer in the newsletter.*