

## OLD-TIME DOCTOR REMEDIES THAT WORK?



- **HEADACHES / PEPPERMINT OIL**

Peppermint essential oil cools skin, numbing the pain of a tension headache as well as acetaminophen does.

- **JOINT PAIN / GREEN TEA**

A potent antioxidant found in green tea called epigallocatechin-3-gallate may put the brakes on the joint pain and inflammation of rheumatoid arthritis.

- **INDIGESTION / FENNEL**

Those tiny seeds that you often see in bowls at Indian restaurants are fennel. They contain carminative agents, which help expel gas from the intestinal tract.

- **FOOT ODOR / LAVENDER OIL**

Lavender essential oil not only smells good but also has antibacterial properties that help kill germs.

- **COUGH / THYME TEA**

Thyme is a natural expectorant that relaxes the respiratory tract and loosens mucus.

- **EYESTRAIN / CUCUMBER**

Cucumbers contain antioxidants that studies have shown help decrease swelling and relieve pain.

- **LIP CRACKING / OLIVE OIL**

Olive oil is a natural lubricant that will help soften and moisturize lips nicely. In fact, any vegetable oil will do.

## Michael Jordan



I've missed more than 9,000 shots in my career. I've lost almost 300 games. Twenty-six times, I've been trusted to take the game-winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."

## JUST FOR LAUGHS

Tourists at natural history museum are marveling at some dinosaur bones. One of them asks the guard, "Can you tell me how old the dinosaur bones are?"

The guard replies, They are 65,000,011 years old"

"That's an awfully exact number", says the tourist. "How do you know their age so precisely?"

The guard answers, "Well, the dinosaur bones were 65,000,000 years old when I started working here 11 years ago"

Source haha Cafe

## CONTEST



Answer the following question and enter to win a \$50 gift card from one of your favorite local restaurants!!

(Send your answer to [cherrera@xynergycapital.com](mailto:cherrera@xynergycapital.com))

Q: What is the most read book in the world?