

I DIDN'T KNOW THAT!



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I'm sure you have all experienced that brief but excruciating ice cream headache! You think I would learn, but I don't, and I still love ice cream. Apparently, that cold deliciousness triggers a reflex spasm of the blood vessels which results in interrupted blood flow to the tissues which equals pain. When the coldness abates, the vessels relax and life and ice cream are good again.

Which helps clean and kill germs on minor cuts and scratches, hydrogen peroxide or soap and water? Tests have shown that hydrogen peroxide does not have any benefits over soap and water. Sure, the bubbling that it does is impressive, but soap and running water work just as well. So, if you are out hiking or camping (seriously, why would you do that when there are cars and hotels), with no clean water available, then use the peroxide, but I will personally never have to worry about that!

Over 1/3rd of us are wearing the wrong size shoes! What??!! How does that happen? Well, as we get older (don't you hate that phrase?) the soles of the feet lose padding, ligaments and tendons lose elasticity, and weight gain causes your shoe size to change. Experts estimate that people over 40 can actually gain a half a shoe size every 10 years! Yikes! Solution: measure your feet regularly. And do that at the end of the day when they are at their biggest. Also, always try shoes on both of your feet because most of us have one foot that is larger than the other. I try to remember to use my smaller foot when putting it in my mouth.