

# Cleansing Water Inc. Newsletter

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*Happy New Year to all*



## Recipe For Happiness

Take 2 heaping cups of patience  
One heart full of love  
Two handfuls of generosity  
A dash of laughter  
A head full of understanding  
Sprinkle generously with kindness  
And plenty of faith  
Mix well and spread over a period of a lifetime  
And serve everyone you meet.

From Gale Slack

## The skin you're in

**Skin** serves as a permanent waterproof and insulated garment that shields the fragile innards of the human body. And while you may be inclined to celebrate that your **skin** is the body's largest organ, there's no need to strip down to your birthday suit—just read on...

**5Million...** Hair follicles are scattered across the surface of your **skin**. That's a lot of goose bumps.

**16 percent** of your **skin** contributes to your total body weight.

22 square feet of skin covers the human body (approximately.)

**1 BILLION TONS** of dead **skin** accounts for dust in the atmosphere. (ewwwwww)

3 layers make up your **skin**. There is the outer layer known as the epidermis, the dermis in the middle and the inner hypodermis.

It takes **30 DAYS** for your body to regenerate a new outer layer of **skin**.

Here's to the bright New Year,

and a fond farewell to the old;

Here's to the things that are yet to come,

And to the memories that we hold.

Be always at war with your vices, at peace with your neighbors, and let each new year find you a better person.  
Ben Franklin

There has been an 88% jump in the heart-attack risk among women with high-stress jobs compared with those in lower-stress work.

### Talking, walking puts Parkinson's patients at risk

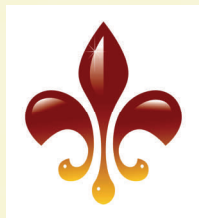
It turns out that walking and talking can be a risky combination for people who are at an increased risk for falls with injury as a result of Parkinson's disease.

A Florida State University study found that older adults with Parkinson's disease altered their gate—stride length, step velocity, and the time they spent stabilizing on two feet—when asked to perform increasingly difficult verbal tasks while walking. But the real surprise was that even older adults without a neurological impairment demonstrated similar difficulties walking and talking.

A disruption in gait could place Parkinson's patients and the elderly at an increased risk of falls, according to the Florida State researchers.



Among older adults, falls are the leading cause of injury deaths, according to the Center for Disease Control and Prevention. They are also the most common cause of non-fatal injuries and hospital admissions for trauma.



### Vitamin D and the Risk of Stroke

*Sometimes medicine seems so simple. Low levels of vitamin D have been linked to an increased risk of stroke. Blacks tend to have less D and more strokes than whites, so the two must be connected, right? Wrong.*

*Researchers at Johns Hopkins University recently studied a sample group and found that only 6.6% of whites had severely low levels of vitamin D, compared with 32.3% of blacks. Blacks in the study also had a 65% greater risk of stroke. But when the scientists studied all the variables that could be causing the higher stroke rate in blacks—including hypertension and diabetes—they became convinced that low vitamin D doesn't play much of a role, even though it doubles the stroke risk of whites.*

*The reason, they explain, is that since sunlight helps produce vitamin D, and dark skin is less permeable to the sun's rays than light skin, blacks may have simply adapted to having lower D levels and need less of it than whites. Vitamin D is also important for maintaining bones, yet despite their low D levels, blacks in the study actually had higher bone density and fewer fractures than whites.*

You work out 104% harder if you work out with a friend.....so buddy up!