

Chorus Chatter

News and Musings for Young at Heart Chorus Members

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Breathing for Better Health

Experts say most of us don't breathe properly, which can contribute to a host of health problems that can impact sleep, mood, digestion, immunity, circulation, cognition, and dental and spinal issues.

The first lesson is to shut your mouth—and inhale through your nose. The mouth does nothing for breathing, but the nose performs 30 functions, affecting your blood circulation to your memory to achieving a balance of the autonomic nervous system. Mouth-breathing also encourages a stuffy nose, upper respiratory and lung infections, bad breath and dental cavities.

Breathing through the nose warms the air, moisturizing, filtering and pressurizing it as it winds through the sinus cavity before reaching the lungs. The sinuses also release nitric acid, a gas that dilates blood vessels and airways, enhancing circulation and oxygen absorption. Patrick Mc Keown, a breathing instructor and author of *The Oxygen Advantage*, says there are three dimensions to proper breathing: light, slow and deep.

NEWSMAX MAXLIFE



Stay Hydrated with Micromovements

We all know it's important to stay hydrated, and it's easy to put more water into your body. But how does the water get where it is needed? It travels through *fascia*, the miles of thin, gauzelike tissue that lie beneath the skin and between and around organs and bones. The pulsing of fascia transports water droplets throughout the body. Even the smallest movements increase the pulsing action.

In addition to the standard exercise recommendation (150 minutes of moderate-intensity exercise a week), you can take advantage of micromovements—such as foot tapping, head turning and shifting your weight. Twisting motions—such as swiveling your body or moving your head in figure-

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eight motions-are particularly good because they squeeze moisture through the fascia, just like wringing a wet washcloth releases water. The great thing about these micromovements is that you can do them anywhere-in the car, at your desk, while watching TV or reading. Dana G. Cohen, MD in *BottomLineHealth*

**AT MY AGE, ROLLING OUT
OF BED IN THE MORNING
IS THE EASY PART.**

**GETTING OFF THE FLOOR
IS A WHOLE OTHER STORY.**

Have you ever looked in the mirror first thing in the morning and thought to yourself, "that can't be accurate"?

Only in America

Here are a few words you'll find used only in American English.:

Cheesy- Other languages have words that mean false, tacky, or trying too hard, but only the English slang term "cheesy" can fully express something so fake that it stinks like Camembert.

Serendipity- This word comes from Serendip, an ancient name for Sri Lanka, and means the state of finding pleasant or desirable things by accident. In 18th century Britain, the writer Horace Walpole created the word in a folk tale about 'the three princes of Serendip,' who "were

always making discoveries, by accidents and sagacity, of things they were not in quest of."

Silly- There are plenty of synonyms for ridiculous or foolish, but this one also means lighthearted, playful, and kind of fun. According to the Oxford English Dictionary, 500 years ago silly meant "happy, blissful, lucky, or blessed. From there it came to mean innocent, or deserving of compassion," which morphed into the absurdity we enjoy today in silly hats, silly jokes, and, perhaps best of all, Monty Python's "Ministry of Silly Walks".

Gobbledygook- although it sounds like Middle English. this delightful term for unintelligible jargon dates only from World War II, when American Congressman Maury Maverick used it in a memo dated March 30, 1944, banning 'gobbledygook language.' Apparently, Maverick was thinking of a turkey's "gobble."

Spam- Before 'spam' was a word for unwanted emails, it represented the successful repackaging of unwanted meats. Introduced in 1937, SPAM was a clever way to repackage the undesirable cut of pork shoulder. The brand name is a combination of "spiced" and "ham," invented in a naming contest. The newer meaning derives from a skit by the 1970s British comedy troupe Monty Python, in which a band of Vikings drown out all other conversation by shouting the word "spam" over and over again—much as a barrage of unsolicited emails overwhelms everything else in your inbox.

Reader's Digest

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King of the Road



Lend Me Your Ear

Vincent Van Gogh didn't actually cut off his ear, at least not all of it. He only severed the bottom part of his left ear, but no one knows why. He was suffering from depression at the time,

as he often did. Some historians believe he was agitated after a spat with his artist "frenemy," Paul Gauguin. Others claim he was enraged after learning that his brother, a major source of financial and emotional support for him, was engaged. Despite his "Starry Nights" and many other bright paintings, Van Gogh fit the "tortured artist" mold. He lived in poverty and was an unknown and unloved artist in his time. Even though he had more than 2,000 paintings, which now sell for millions of dollars, he sold only one in his lifetime.

Reader's Digest

Last Will and Testament

In the hospital, Mitch's nurse, his wife, his daughter and two sons are with him, He asks for two witnesses to be present and a camcorder to be in place to record his last wishes. When all is ready, he begins to speak:

"My son Bernie, I want you to take the Ocean Reef houses. My daughter Sybil, you take the apartments between Mile Marker 100 and Tavernier. My son Jamie, I want you to take the offices in the Marathon Government Center. Sarah, my dear wife, please take all the residential buildings on the bay side of Blackwater Sound."

The nurse and witness are blown away, as they did not realize his extensive holdings. As Mitch slips away, the nurse says: "Mrs. Pender, your husband must have been such a hard-working man to accumulate all this property. The wife replies, "The jerk had a paper route!"



There could be least six people in the world who look exactly like you. There's a 9% chance you could meet one of them during your lifetime.

Corporate Bytes (online)