



Back Door Reading From your Health Ministries



DID YOU KNOW?

Cinnamon

This yummy spice has both water & fat soluble elements. The water soluble ones are very heart healthy, but the others can be toxic if over-ingested. Floating a cinnamon stick in your hot tea or cider will cause the water soluble compounds to help your heart while the oil based ones stay in the stick!



The population of the United States (270 million) is roughly equal to the number of bacteria living on the skin of an average human being! Wash your hands!

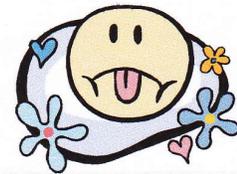


It is impossible to lick your own elbow!



There are over 15,000 varieties of rice!

The world's most expensive coffee—move over Starbucks—is Kopi Luwak, which sells for \$300 a pound. It is made in Indonesia from coffee beans that have passed intact through the digestive systems of a palm civet called (are you really ready for this?) paradoxurus. (I am not making this stuff up!)



The tongue is the only muscle in your body that is attached at only one end!
A crocodile cannot stick its tongue out!
Each tongue has a unique tongueprint!



Grape-Nuts cereal was advertised in its early years as an aid to achieving and maintaining sobriety.



Gummi Bears are the only candy to have been made into a TV show. Gummi worms are the most popular gummi candy!



Vikings used the skulls of their enemies as drinking vessels



The giant squid has the largest eyes in the world!



Wearing headphones for just an hour could increase the bacteria in your ears by 700 times!



At times, during the colonial period, tavern owners enjoyed higher social status than clergy.

You tried to lick your elbow, didn't you!!!!

