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Inside *this* Issue

-  Special Offers
-  Green Living Tip
-  Our Favorite Recipe
-  Amazing Fact
-  "You Gotta Laugh"

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Thank you!



Dispelling 4 Prevailing Myths About Arthritis.

With May being National Arthritis Awareness Month, we thought we'd take this opportunity to dispel four long-held – and incorrect – beliefs about this all-too-common disease. How common? Today, it's estimated that 40 million Americans are affected by arthritis and by 2030 that number will increase to 67 million.

1. Arthritis only affects the aging. Not true. Anyone at any age can be affected. The most common type is osteoarthritis, the kind caused by wear and tear on the joints, but there are several other types, as well, including rheumatoid and juvenile arthritis.

2. Joint health is not a serious issue. Not true. In fact, joint health has become the number one cause of disability in the United States.

3. Those with arthritis should avoid exercise. Not true. The Arthritis Foundation recommends walking or doing water workouts as a starting point. Hall of fame quarterback Joe Montana has osteoarthritis and says "When muscles are strong, it takes pressure off them [joints]."

4. There is no treatment for arthritis. One last time, not true. There are numerous medications and treatments to help ease the pain, as well as yoga moves, natural remedies, and yes, even certain types of home plumbing.

If you suffer from arthritis and are looking for relief in all the right places, consider these potential updates to your bathroom and kitchen:



Green & Healthy Living Tips

Fuel up on fish to help ease the pain of rheumatoid arthritis. Because certain types of fish are packed with inflammation-fighting omega-3 fatty acids, experts recommend at least 3 to 4 ounces of fish, twice a week. Omega-3-rich fish include salmon, tuna, mackerel and herring.

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- **Choose the right faucet design.** The handles of your kitchen faucet should be long enough so you can move them with your wrists or forearms, not just your hands. The same goes for bathroom faucets.
- **Put grab bars near the tub and toilet.** Safety bars are critical to help prevent falls.
- **Beware of the tub.** Consider replacing your tub with a walk-in model, one with only a slight step to navigate. Plus, walk-in tubs come with built-in benches so you can immerse yourself in a warm, soothing bath with Epsom salts.
- **Replace your toilet with a comfort height model.** Comfort height toilets are approximately 2" taller than standard toilets, but even that little bit of added height makes it much easier and less painful to lower and lift yourself back up.



Here at Your 1 Plumber, we offer other arthritis-relieving bathroom products, including handheld shower heads so you can avoid turning around on that slippery tub or shower floor. Today, **we're pleased to offer you a \$35 savings on an installed comfort height toilet or walk-in tub from Your 1 Plumber.** Just be sure to print and save the coupon on page 3 of this newsletter.

Until next time,

William Kirkorian
President

Amazing Fact

A standard 3x3
Rubik's Cube has
43,252,003,274,489,856,000
different possible
configurations.

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Our Favorite Recipes

Baked Coconut Shrimp



"This crunchy coconut shrimp is baked instead of fried, and so easy! Great for dinner or as an appetizer. I serve with orange marmalade for dipping."

[Click here to view and print this recipe.](#)

You Gotta Laugh

"First the doctor told me the good news: I was going to have a disease named after me." *Steve Martin*



Toilet or Tub

Save \$35

...on a comfort height toilet or walk-in tub purchased from and installed by Your 1 Plumber. This offer is valid through May 31, 2016. Only one (1) coupon per service address will be accepted. Coupon must be presented at the time of service. Not valid with any other offer or minimum service fee.

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Special Bonus Offer

Save \$25

...on any other service our company offers. Only one (1) coupon per service address will be accepted. Coupon must be presented at the time of service. This offer is valid through May 31, 2016 and may not be combined with any other offer or minimum service fee.

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