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2. Autoimmune disease (arthritis, lupus, psoriasis, celiac disease)
3. Depression, anxiety, ADD or ADHD
4. Seasonal allergies or asthma
5. Chronic fatigue or fibromyalgia
6. Hormonal imbalances (PMS, PCOS)
7. Skin issues
8. Food allergies/intolerances

"Death begins in the colon" ~ Mechnikov

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Recipe of the month

Peach Glazed Ribs

3 to 4 pounds pork baby back ribs, cut into serving-size pieces
1 can (15-1/4 ounces) peach halves, drained
1/3 cup soy sauce
1/4 cup canola oil


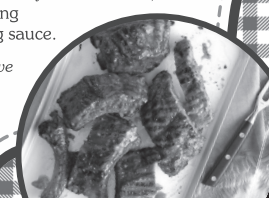
1/4 cup honey
2 tablespoons brown sugar
1 teaspoon sesame seeds, toasted
1 garlic clove, peeled
1/4 teaspoon ground ginger

Prep Time: 15 min Grill: 1.25 hrs Yield: 6 servings

1. Prepare grill for indirect heat, using a drip pan. Place ribs over drip pan. Grill, covered, over indirect medium heat for 60 minutes, turning occasionally.
2. Meanwhile, in a blender, combine the remaining ingredients; cover and process until smooth. Baste ribs.
3. Grill until meat is tender and juices run clear, 15-20 minutes longer, basting occasionally with remaining sauce.

A delicious, fruity alternative to the usual barbecue sauce for ribs

Source: <https://www.tasteofhome.com>

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Everybody's Talking

Digital David: A team from an Italian university has unveiled a remarkable 17-foot replica of Michelangelo's famous sculpture of "David." The replica was created using cutting-edge, 3D-printing technology, and is being hailed as the most accurate rendition yet. Unlike the Renaissance sculptor's three-year labour, this team achieved their feat in a matter of a few months. The process involved thousands of digital scans and innovative construction methods. Weighing in at 1,200 pounds (544 kg), the reproduction boasts a weight 10 times lighter than the marble original. Dubbed a "digital twin," this tech marvel hints at a new era of cultural preservation.

Culinary clues: In Italy, a team of researchers continues to uncover the mysteries of the city Pompeii, providing glimpses into the daily lives of its ancient inhabitants. Among the areas recently revealed is a remarkably well-preserved street eatery, which offers insights into the bustling culinary scene of the city. Pompeii gained fame for being blanketed in debris following an eruption from a neighbouring volcano in 79 C.E. Archaeologists have unearthed various structures, including theatres, hospitals, and approximately 80 "fast-food" joints known as thermopolia. The excavation of this particular thermopolium revealed food offerings and artistic depictions of what would have been served before the city was frozen in time.

Navigating change: In a pioneering voyage, a cargo ship embarked from Singapore to Brazil, and introduced a revolutionary sail design in the process. Dubbed the "WindWing," this innovation aims to diminish fuel dependency and minimize pollution in maritime transportation. Inspired by ancient sailing methods, the WindWing capitalizes on wind power, and promises significant environmental benefits. Initial trials of the 123-foot (37-metre) long sail showcased some promising results: the Pyxis Ocean ship reached speeds of up to 6 miles per hour (9.7 km per hour) using WindWings alone. This new transport tech may well be poised for widespread adoption in the coming years.

Stellar haul: In 2016, NASA launched its OSIRIS-REx spacecraft to embark on a two-year voyage to reach Bennu, an asteroid over 200 million miles (322 million km) away. The spacecraft meticulously orbited Bennu before delicately scooping up dust and pebbles. NASA says the trip by the OSIRIS-REx is the first U.S. mission to collect a sample from an asteroid. Now, a capsule carrying the unprecedented samples from the distant body has come back to Earth. After enduring the scorching temperatures of re-entry, the capsule landed in the desert in the U.S. state of Utah. NASA quickly transported OSIRIS-REx to the Johnson Space Center. Scientists anticipate unlocking valuable insights into the early years of our solar system.

Quoteable Quotes

"If you're offered a seat on a rocket ship, don't ask what seat! Just get on."
—Sheryl Sandberg

"Our own self-realization is the greatest service we can render the world."
—Ramana Maharshi

What's Happening

Aug 17 - Hinton Art Walk Join us for the Hinton Art Walk, where artists gather at the Green Square 309 Gregg Ave at 9:30am to share their creations. You are invited to browse, ask questions, and purchase local art. For more info visit fb.me/e4mNylLKpB

Aug 21 - Whitecourt Park Party Meet up with neighbours at your local park. Pack your lawn chair and enjoy a BBQ! Percy Baxter Playground - 101 Mink Creed Road, 5:30-7:30pm

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Trivia

1. Magnesium sulfate is the chemical name of this salt.
2. What is the medical term for the shoulder blade?
3. This historical event is the setting of The Scarlet Pimpernel.
4. Synovial fluid lubricates gears, joints, or marbles?
5. Margaret Mead worked in what field of science?

(Flip bottom of page for answers)



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Your Weekly Horoscope

ARIES (March 20 - April 19)

Your energy level may be a real boost at midweek. This dynamic can be highly productive, but be careful of taking impulsive actions without thinking things through first. Lucky numbers: 8, 12, 19, 20, 22, 31.

TAURUS (April 20 - May 20)

Rebelliousness is not a trait normally associated with Taurus. However, this week you may have an opportunity to be a rebel with a cause. So, what's your cause? Lucky numbers: 7, 10, 12, 35, 41, 42.

GEMINI (May 21 - June 20)

Both your internal and external environments may be volatile this week. Instead of engaging in an argument, look to what you value to identify a solution to any conflicts. Lucky numbers: 6, 12, 16, 18, 24, 47.

CANCER (June 21 - July 22)

A theme for Cancer-born is nurturing others, particularly family and friends. This week, you may be asked to make an adjustment to expand this into the wider world. Lucky numbers: 10, 12, 17, 23, 27, 30.

LEO (July 23 - Aug. 22)

This is the end of both Leo season and your birthday month. What activities did you initiate over the last month and which might be ready to be harvested now? Lucky numbers: 2, 10, 16, 30, 36, 45.

VIRGO (Aug. 23 - Sept. 22)

Birthday months are good times to set intentions. A focus for your new solar year might be communicating your values to others for mutually beneficial opportunities. Lucky numbers: 13, 16, 23, 24, 33, 37.

LIBRA (Sept. 23 - Oct. 22)

At the middle of the week, you may be focused on yourself, rather than the needs of others. Doing so in a positive way could avoid a stalemate with those close to you. Lucky numbers: 5, 7, 19, 23, 29, 33.

SCORPIO (Oct. 23 - Nov. 21)

Your intuitive antenna may go offline at week's end. This can be a moment of respite from the thoughts of others, to connect with yourself on a deeper level. Lucky numbers: 4, 5, 17, 19, 34, 37.

SAGITTARIUS (Nov. 22 - Dec. 21)

You may feel restless or dissatisfied with your life. Would learning something new help break through this emotional obstacle? Perhaps explore options for growth. Lucky numbers: 17, 24, 37, 41, 42, 45.

CAPRICORN (Dec. 22 - Jan. 19)

Capricorn strengths include using ambition and discipline to build a solid foundation of success. The start of the week may bring an opportunity to help others in this regard. Lucky numbers: 1, 6, 8, 10, 17, 37.

AQUARIUS (Jan. 20 - Feb 18)

A full moon is in your sign at the beginning of the week. This phase may be important for completing activities, like trimming any items that aren't working for you. Lucky numbers: 3, 4, 8, 11, 26, 44.

PISCES (Feb. 19 - March 20)

This week you may be caught between simultaneous desires to expand and contract your current projects. Let your values help you decide the right activities for success. Lucky numbers: 15, 17, 23, 35, 36, 47.

Lucky numbers this week: This week's odds favour Virgo winners with the luckiest number being 33.

Did You Know...

Smart suitcase: The Ovis is a smart suitcase that follows its owner, without running into things in its path. Equipped with movement-tracking algorithms and facial recognition technology, it also has a built-in GPS in case it gets lost.

Spoon technique: A wooden spoon across the top of a boiling pot of pasta prevents the water from boiling over. The spoon destabilizes the bubbles when they come into contact with its water-repelling surface.

Opinion anxiety: Being afraid of what other people think when their opinions differ from your own is a social phobia called allodoxophobia. The irrational, overwhelming feeling can affect people of all ages, but is relatively uncommon.

Spicy name: The Spice Girls weren't always known that way. The five-member, all-girl British band was originally called Touch. However, after writing the song "Sugar and Spice," they decided to spice up their name.

National animal: Scotland's national animal, the unicorn, isn't actually an animal. Linked to Celtic mythology, unicorns symbolize purity, innocence, and power, and were first used in the 12th century on the Scottish royal coat of arms.

On the Lighter Side

What wears a coat all winter and pants all summer? A dog.
How is the king doing in school? He likes his subjects.
Customer: "When's the best time to trim a beard?"
Barber: "Daylight shaving time."

Trees hate taking tests. The questions always stump them.
Knock! Knock! Who's there? Water. Water who? Water the chances of winning the lottery?

Answers

Trivia answers: 1. Epsom 2. Scapula 3. French Revolution 4. Joins 5. Anthropology

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