



ARE YOU READY FOR EARTH DAY?

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EARTH DAY TRIVIA

If everyone in the world recycled their newspaper every day, how many trees could be saved? See pg 2 to find out!

EARTH-FRIENDLY SPRING CLEANING

With Earth Day quickly approaching (April 22nd), now is the perfect time to create a healthful environment *inside* your home. It can be as simple as making a few small changes during your spring cleaning.

Research by the Environmental Protection Agency has shown that the air inside the average home contains 2-5 times more pollutants than the air outside! You may want to start by opening your windows to flush out pollutant-filled, stale air. Adding plants to your home is also an easy way to keep your indoor air clean (houseplants act as natural air filters).

When shopping for your cleaning products, *always* read labels. If the manufacturer doesn't disclose all of the ingredients, you can't be sure that you are getting a safe, environmentally-friendly product. In particular, avoid synthetic polishes, toilet cleaners, and spray products.



Cleaning your home in a more earth-friendly way can be as simple as using some everyday materials you already have on hand. Baking soda is great for removing stains and absorbing odors, while vinegar kills germs and deodorizes. Borax softens laundry and removes stains. One tsp. of lemon juice mixed with 2 cups of vegetable oil makes a great furniture polish. Simply rub a small amount into the grain with a dry cloth for a natural shine.

Once you've finished cleaning, place floor mats near doors to remove particles that are carried in on shoes. This is one of the key ways toxins enter our homes. Don't forget to clean these mats regularly.

And lastly, always smile! Every small effort you make to help the environment is a big accomplishment. In the above photo, PTC patient Samantha Naughton (right) and friend Jessica Kackley show their love for our planet by dressing up as grass. This photo proves that green is gorgeous!

ASPARAGUS IS A SPRINGTIME MUST!

Stash these healthy stalks!

Although fresh asparagus is available year-round, spring is the tastiest (and least expensive) season to incorporate these scrumptious stalks into your favorite dishes.

And why not? The asparagus plant, a member of the lily family, is full of nutrients. It's an excellent source of folic acid (a B vitamin that protects against heart disease, birth defects, and cancer), vitamin C (an antioxidant that may protect tissues against damage), and vitamin A (also an important antioxidant). What's more, a 3.5-ounce serving of this vibrant veggie contains 3 grams of fiber. And best of all, it's guilt-free! You can nibble on five asparagus spears for only 25 calories.

When shopping for your asparagus, be sure to

look for stalks that feel firm and have tightly-formed tips. Avoid those that have dried or woody ends.

When it comes to asparagus size, age is key. The older the plant, the thicker the stalk will be. Whether you choose pencil-thin or finger-thick, let personal preference be your guide.

Asparagus can be prepared in a variety of tasty—and healthy—ways. It can be steamed, boiled, roasted, grilled, or tossed into your favorite stir-fry recipe. You can even fold cheese and asparagus pieces into the dough of breakfast scones. Whether enjoyed at breakfast, lunch, or dinner, asparagus is a wonderful springtime indulgence!



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PATIENTS KNOW THEY
HAVE BEEN HELPED AT
PTC!

Answer: A whopping 41,000 trees could be saved! What's more, milling new paper from recycled paper requires 20% less energy than it does to make paper from fresh trees.

WENDY'S PICTURE *PURRFECT* RESCUE

PTC'S Wendy Richardson never could have predicted the excitement that awaited her in the parking lot of Target on 21st and Yale. As she was leaving after a typical Saturday afternoon of shopping, she spotted a stray kitten resting under the shopping carts.

Being an animal lover, Wendy immediately decided to rescue the homeless feline. She picked him up and carried him to her car, where he sat calmly on her lap the entire way home. "He was just the sweetest, dirty little guy," Wendy says. "I just had to find him a loving home."

After talking with her vet, Wendy made numerous phone calls to all of the animal rescues she could think of. Her long search eventually led her to the *Owasso Feline Rescue*, where she got in touch with Mary Johnson. Fortunately, Mary knew a young woman named Savanna Cooper who was looking for a cat that matched the kitten's description perfectly!

Mary next put Wendy in touch with Savanna, who agreed to drive from Owasso to

Wendy's Tulsa home to see the kitten. It proved to be a drive well worth it; Savanna arrived and loved the kitten immediately.



Although Wendy and her husband were sad to say goodbye to the little feline, Wendy was ecstatic that it found the perfect home. "I think God was working through me for this kitten," she says. "Savanna was so sweet, and he was just the kitten she was looking for."

Wendy's heartwarming story proves that making a difference can truly be as simple as helping a precious animal find a safe, loving home. If you're interested in adopting a kitten or making a donation to the *Owasso Feline Rescue*, simply call PTC or e-mail wendy@ptconsultants.net.

In the above photo, Savanna poses proudly with her newly-adopted pet, "Mr. Big."

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