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Fact or Fiction: Can Eating Food Before Bed Cause Nightmares?

As a kid, your parents probably said that eating before bed was bad for you, but is that really true? Recent data shows that it just might be.

The Studies

The University of Montreal discovered a correlation between late-night eating and nightmares in 2015, with 9.5% of their participants saying that they had bad dreams when they ate before going to bed. Another study by the Journal of the Mind and Body found that sugary sweets such as ice cream and candy bars can increase brain activity. During this increase after eating sugary foods, 70% of their participants experienced nightmares.

However, Stanford University for Sleep Sciences and Medicine explains that this isn't always siloed

to sweets; other kinds of late-night snacks may cause nightmares as well.

The Findings

If you're eating food containing spices, sugar, or dairy, this can trigger more brain waves in your sleep, making it more difficult to rest.

For example, the International Journal of Psychophysiology conducted a study where participants added Tabasco sauce or mustard to a meal they ate before bed. Their study found that this addition affected the *quality* of sleep that night since spicy food can cause your body temperature to rise, release heat, and induce restlessness.



To top it off, Harvard Medical School found that conditions that wake you up during your sleep can influence your ability to recall dreams, making it easier to remember any potential nightmares.

If you want a snack before bed, fruit is the best option. Grapes contain sleep hormones such as melatonin, which helps you fall asleep faster. Bananas are another option because potassium can calm and de-stress your muscles before bed.

While more research is needed to connect your choice of midnight snacks or late-night dinners to nightmares, it's easy to see that sweets and spicy dishes won't help you get better sleep each night.



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APRIL 2022

NEVER TAKE A DAY FOR GRANTED

Because Tomorrow Is Never Guaranteed

Throughout our lives, one unlucky choice or glaring mistake could result in tragedy and disaster. We rarely have control over these close calls — especially while driving — and quick decisions in these intense moments can yield different results, becoming a swift reminder that tomorrow is never guaranteed. Sometimes we don't even know we are making these decisions until well after the matter. This is exactly what happened to me and my family back in 2013.

In the years leading up to 2013, my husband Dan's interest in running grew exponentially. He was constantly running in marathons and ultra-marathons, but there was one race that intrigued him more than the rest. Dan had always wanted to run in the Boston Marathon and for good reason. We both lived in Boston during our college years and have plenty of nostalgia around the race. It's a huge event with thousands of spectators and media coverage as far as the eye can see. When 2013 came around, we knew this was Dan's opportunity to cross "running in the Boston Marathon" off his bucket list.

We traveled to Boston in mid-April and stayed with family. The morning of the race, Dan had to wake up incredibly early so he could be at the starting point. My family members and I drove into Boston a little later in the morning and found the perfect location to sit. We were right across from the Prudential Center and were within 200 meters of the finish line.

Dan finished the race in under three hours — meeting his goal and making us incredibly proud. We tracked him down after the race and decided to get something to eat. But since it had become busy downtown, we decided to go elsewhere for lunch and walked to our car in a parking garage. We weren't in the garage long before we started to hear sirens throughout the city.

We carried on and eventually made our way home where we turned on the news and saw that the Boston Marathon had been bombed. When more and more details came out, authorities pinpointed the location of the devices. The second bomb was located in the exact spot where we



watched the race. Our only saving grace had been the fact that Dan was a fast runner, and he finished in good time.

Every April, I find myself reflecting on these events and how quickly things can change in the blink of an eye. People were injured and even passed away from those bombings. I often wonder about the women sitting in front of us at the race that we had chatted with throughout the morning. Were they injured or were they away from the area before the bombs went off?

Events like this are a solemn reminder that tomorrow is never guaranteed. We shouldn't take things for granted and should make an effort to never put off the important things. We never expect to fall ill or get severely injured in a car accident, but it does happen. So take that vacation, go see that concert, or participate in your favorite activity. You don't want to wait until it's too late to do the things you want to do.

—Jackie Bedard

Egg-splore Different Ways to Celebrate Easter

FUN HOLIDAY ACTIVITIES THE WHOLE FAMILY WILL ENJOY



Easter is approaching, and there are tons of activities you and your family can do to celebrate the holiday. These activities will let your children or grandchildren unlock their imaginations, all from the comfort of your own home.

KiwiCo Eggsperiments

Cost: \$26.95
KiwiCo.com

These experiments bundle creativity, science, and education in one fun, family-friendly package! Instead of having your kids decorate eggs with paint, you can use this kit to conduct scientific experiments. Your child will be able to color eggs and create crystalized shells by using chemistry, physics, and biology.

Egged On

Cost: \$24.50
Amazon.com

You've heard of casino roulette, but have you heard of egg roulette? Well, now you have with Egged On, a Hasbro board game that will have you and your children laughing in no time. You first spin the wheel to see how many eggs you will crack over your head or someone else's. Some of these eggs are filled with water, which are the eggs you don't want. Try your luck with this fun-filled game.

Easter Cookie Kit

Cost: \$29.99
ThePopcornFactory.com

Did somebody say cookies? Yes, we did! With this cookie kit, you and your kids will be creating edible bunnies, flowers, and eggs! The kit provides all the ingredients you need to bake delicious cookies, which is a perfect time to teach your child about the fundamentals of baking while having fun at the same time. This activity satisfies your creative needs and your cravings for a sweet treat.

The traditional activities around Easter are fun, and now you have even more options to choose from — but these items will go fast so pick one up ASAP. These activities are enjoyable for the entire family, and you can create memories that will last a lifetime. Happy Easter!

Hair Training 101

Wash Your Hair Less Often!



Oily hair is something a lot of people deal with. Some oil in your hair is good because it provides protection your hair needs, but how do you retain your hair's natural oils without it looking greasy? This is where hair training comes into play.

What Is Hair Training?

It's a way of cutting back on shampooing to help reduce buildup and grease. Once trained, you'll only need to wash your hair once a week. In fact, by limiting the number of washes, your hair will look healthier and stronger, but it's important to note that this process will take some time. Your hair needs to get used to the new routine before you'll see results.

How to Train Your Hair

- When you're on day two or three, use **dry shampoo**, which is in powder form. Put it on your scalp and where your hair is parted and also around your ears. Then, lightly massage the product into your hair until the residue is invisible. This will help your hair look less greasy. Then wait a few more days to wash if you can.
- On wash days, use a shampoo designed to **exfoliate your scalp** to remove excess product and oil. This will help your hair look less oily throughout the week. By massaging your scalp, you activate the blood vessels — and that promotes hair growth. It will also make your hair look thicker because you're stimulating the hair follicles.
- After shampooing your scalp and the top of your head, **only condition the ends of your hair**. Conditioner moisturizes your hair, so if you put it on your scalp, you're adding oil where it's not needed, and your hair will look greasy much faster.
- Once you're out of the shower, **let your hair air dry**. Using a hairdryer can stimulate your scalp to produce excess oils to compensate for the drying air. If you want to cut down the drying time, add a leave-in conditioner to your hair when it's damp. Avoid the scalp.

Hair care isn't the same for everyone, so do what makes you comfortable. How often you wash your hair depends on the thickness and type of hair that you have. Hair training is all about trial and error. With time, you will find a routine that works best for you and your hair.

If You Like This TV Show Then Try Watching This

The only bad thing about watching your favorite TV show is that you know it will eventually end, and it can be difficult to find more shows you can binge. Finding a new show involves trial and error — you never know what you'll like until you give it a try! So, here is a list of three TV shows you can try to fill the void of your beloved TV show.

If you like 'The Big Bang Theory,' then try 'New Girl.'

"New Girl" is similar to "The Big Bang Theory" in that it follows a group of friends as they navigate their everyday lives and relationships. The main character is Jess, who moves in with three single men after a bad breakup. Although the men find her behavior weird, they support her — most of the time. This show will have you laughing each episode, and you will fall in love with each character's unique personality.

If you like 'Criminal Minds,' then try 'Mindhunter.'

If your favorite part of "Criminal Minds" was the criminal profiling, then you will love Netflix's original series "Mindhunter." Based on a book written by retired FBI profiler John E. Douglas, "Mindhunter" takes place in the 1970s as agents investigate the minds of convicted serial killers. The FBI agents then use this knowledge to help catch current criminals. Full of suspense and psychological thrill, "Mindhunter" will leave you wanting more after each episode.



If you like 'Friday Night Lights,' then try 'One Tree Hill.'

Do you like sports and drama? Then "One Tree Hill" is for you. This coming-of-age show follows multiple high schoolers as they try to handle family life, school, relationships, and sports. This show's plot is full of twists and turns that will have you binge-watching all nine seasons. Because the show gained a huge following during its runtime — and the characters are still relatable even today — the creators and cast are considering a reboot!

Finding a new series to watch can be challenging. But with some patience, you will be able to find your new favorite show in no time. Happy hunting!

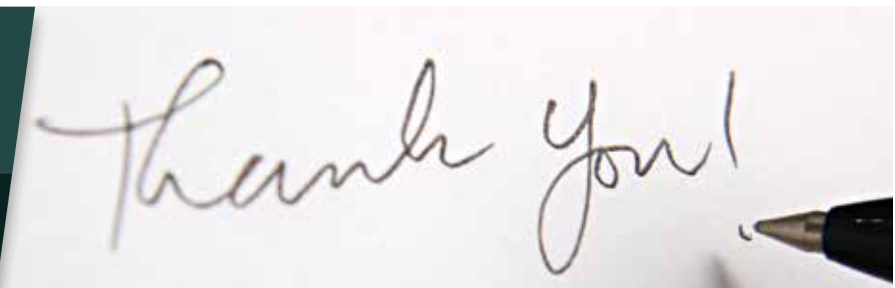
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