

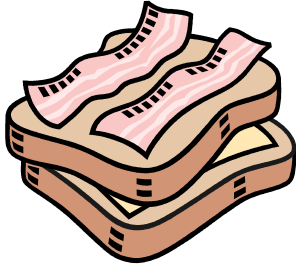


# Chicago Green Cleaners News

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## Unlikely Hangover Cure - A Bacon Sandwich



Most of us have had the misfortune to have imbibed just a little too much once or twice in our lives. Recent science studies have tested some of the most well-known hangover cures to see which ones work. About the only one that really works at all is drinking a lot of water, and eating a bacon sandwich.

Yup, you heard right, a bacon sandwich. The research behind this purports that it speeds up your metabolism which helps to eliminate the alcohol from your body.

Contrary to popular belief, food does not “soak up” the alcohol. Rather, it increases your metabolism which helps you to deal with the after-effects of the common hangover. Bread is loaded with carbohydrates (sugars) and bacon is full of protein. Proteins break down into amino acids, a component that your body needs to feel good. Due to the high level of amino acids in the bacon, your body’s neurotransmitters are protected against the alcohol, which typically depletes them.

The smell of cooking bacon is almost irresistible. I’ve even been sick to my stomach from a virus, and had an instantaneous recovery when I smelled the sizzle of bacon. The amino acids in the meat combined with the fat to give it the wonderful flavor found in bacon makes it almost impossible to resist.

So, the next time you accidentally overindulge and have one too many beers, sop it up with a bacon sandwich and a few glasses of water. You’ll soon be feeling much better than your fellow sufferers. If you’re nice, you’ll let them in on the secret.

**\$10 Smackers For Referring Your Neighbor!!**

**Recommend your neighbor; she’ll get \$10 in  
FREE dry cleaning and so will you!**

### **Ask First!!!**

Did you hear about the woman in Tel Aviv whose daughter bought her a new mattress and threw the old one out? The woman was initially thrilled to have the new mattress...until she remembered that she had stashed all the money she had in the world in the mattress. The woman claims to have lost over one million dollars!

Note to kids: Always ask before you replace something for your folks. You never know what they're hiding!

### **Clean that Grill!**

Get ready for a summer of great grillin'! Unless you're one of the lucky ones who just received a new gas grill for Dad's Day, you need to get your old one up to speed. Remove the burners and clean them on the inside with a round wire brush. Tape over the openings where the gas comes into the burners, then clean inside the grill with a shop vac. Wash the inside of the grill with soapy water and dry. Use a stiff brush for the baked on parts. Wash the outside. Dry everything. Reassemble. You're ready to grill!

## **Independence Day**

Independence Day, the Fourth of July, the national day of the United States; all of these commemorate the signing of the Declaration of Independence declaring freedom from the domination of King George III of England. The document was approved on July 4, 1776, but did you know, however, that most congressional delegates actually signed the document on August 2, 1776? A stunning coincidence is that both John Adams and Thomas Jefferson, both signers of the Declaration of Independence died 50 years to the day after the birth of our country on July 4, 1826.



### **On Freedom:**

**"My God! How little do my countrymen know what precious blessings they are in possession of, and which no other people on earth enjoy!" ~Thomas Jefferson**

### **It's A Great Time Of Year To Get Those Drapes Of Yours Cleaned!**

Either let us pick-up those dirty and dusty drapes or let us come in and take them down and put them up again for you after we've cleaned them. We'd love to come out and give you a price for taking care of one set of drapes or all of them. Call 312-5059138 to find out more. Thanks for using Chicago Green Cleaners for all your dry cleaning needs. I do appreciate it!!

#### **This month's quotes:**

*What a child doesn't receive he can seldom later give. -P. D. James*

*You don't get to choose how you are going to die or when. You can only decide how you're going to live. -Joan Baez*

*Never forget what a man says to you when he is angry. -Henry Ward Beecher*

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