

December 2023

AI's Corner

Everything you've always wanted to know



**The Truth
Is Out
There....**

**Greetings and
Salutations Fellow
Snowmobiling
Enthusiasts**

**PREPARE TO HAVE YOUR
MIND EXPANDED...**



THE FIRST WEALTH IS HEALTH: INSOMNIA Part One.

No sleep is brutal. I didn't sleep well for 25 years, but I found relief. People just think: "well, it's just part of getting older"; well no, no it's not, there's a reason, it's just tricky finding the reason. Here's some reasons from cheapest to most expensive, in that order.

CAFFEINE: You certainly get a bump from caffeine, but then the bump wears off and you're tired again. The problem with caffeine is that yes, there is a bump, but the drug lingers in your tissues much longer than the bump lasts. You can be dead tired, and the residual caffeine will keep you awake through the night. This comes in many drinks, including most coffee and sodas, as well as chocolate. It's a tough drug to quit and quite addicting, but make it happen. That's the first step.

ALCOHOL: Although alcohol is classified as a depressant, and it is, it also has the ability to keep you awake at night. Try cutting alcohol out for awhile. If you're hooked on it as a substance to actually help you fall asleep (which it actually can in large doses), it's going to be particularly rough going for awhile, but you have to eliminate the causes of insomnia one by one. That's the second step.

DRYER SHEETS: These are chocked full of chemicals that are virtually impervious to water and can absorb right through your skin with a jolt of energy that makes caffeine look like a sleeping pill. If you use dryer sheets, **STOP**. Do yourself a favor and just buy new bed sheets and night clothes, and throw the old ones away. Why? You're probably not going to get rid of the chemicals in the bedsheets and clothing. However, this goes against my better judgment, but there might be hope. IF you can turn your water heater up easily, AND you have a top loading washer (and not a front loading washer,) you might want to try to remove the chemicals. First, turn your water heater up as far as it will go, and wait a few hours to let it get really hot. (make yourself a note to turn the water heater back down to where you had it). Next, run the hot water in your utility sink to minimize the cold water in your pipes going over to the washing machine. (I'm telling you, you gotta have this water HOT) Next, wash your sheets and bed clothes using a half cup of baking soda in the wash instead of laundry soap. If the water looks pretty dark, wash them again a second time. Instead of dryer sheets, use a half cup of white vinegar in the final rinse. Now the fun part: get yourself a can of brake cleaner. You must completely clean out the inside of your dryer to remove the residual chemicals that are stuck there. Clean the entire drum, clean both the front inner panel (not just the door) and also the back inner panel. Have a fan blow fresh air at you, and also **DON'T** do this alone, have a spotter, those brake cleaner fumes are pretty rough. Use several paper towels or rags till it's clean!