Focus On Health

QUARTERLY NEWSLETTER

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Recognize an Allergic Reaction when you see it ...

Blood pressure “pril” pills, also called ACE inhibitors, can trigger swelling of the lips, tongue, and throat (angioedema), a potentially deadly reaction that can occur at any time, even after months or years of safe use. After such an episode, the physician should prescribe blood pressure medication from an entirely different category rather than risk a recurrence. (From *The Dallas Morning News*, People’s Pharmacy by Joe and Teresa Graedon, September 22, 2015)

HOW TO PROTECT YOUR CHILDREN FROM PESTICIDES

Eating organic foods and vegetables leads to a steep drop in pesticide levels among children, 50%. Source: www.newyorktimes.com 10-8-15.

10 Minutes 3 Times Per Day!

What is the best exercise to control high blood pressure? Take your pick – walking, cycling, or light weight training spread throughout the day, ten minutes each time, works better than 30 minutes all at once, one time per day. Source: *New York Times*, September 22, 2015.

Mental Health & Refined Foods

Depression Update: Eating highly refined carbohydrates may increase the risk of depression in older women. Blood sugar spikes can cause anxiety, irritability, and hunger. White bread, white rice and sodas are examples of highly refined foods.

Itchy and Flaky?

Dry skin is no fun – it can be itchy and flaky and may even bleed. Try these tips to find relief:

a) Moisturize with Eucerin, Curel, Vanicream or Vaseline Intensive Care Lotion

b) Avoid frequent bathing with hot water. Keep showers brief using warm, not hot, water

c) Use gentle, unscented soaps and skin care products—steer clear of deodorant soaps and products with alcohol or fragrance

d) Add humidity to your home—use room humidifiers, especially in the winter

Source: Special Report: Supplement to Mayo Clinic Health Letter, February 2015.

BCG & The Link To Your Immune System

BCG vaccine can help the immune system recognize cancer cells as ‘foreign.’ The germ, commonly used to inoculate against tuberculosis, can instruct white blood cells to produce chemicals called cytokines. These make tumor cells more likely to be detected by the body’s immune system. Cancerous cells are known to camouflage themselves as healthy cells. This means that our blood cells responsible for immunity aren’t able to recognize the cancerous cells as being a problem, and so the disease is able to continue to spread. Cytokines produced as a result of the BCG vaccination can help the immune system recognize cancer cells as ‘foreign.’ The immune system can then attack these cells in the way it would any other infection. With three cancer types, lungs, breast and colon, this was effective treatment. Source: NEWS, Medical Life Sciences and Medicine: October 12, 2015.

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