

1: The benefits of do-it-yourself blood pressure monitoring - Harvard Health

Do not use your barbecue in a garage or enclosed area. Keep it a minimum of ten feet away from your home. Store your fuel tanks in a well ventilated area and in an upright position.

When riding on the coattails of inspiration we try to make many changes at once. If you go cold turkey, your body will fight desperately against it. Your mind craving change and your body resisting it. The key is to make changes very slowly so the body has time to transition from old patterns and expectations. Why your body is as conservative as a Republican If you throw a frog into boiling water, it will try to jump out. My apologies to all the frog lover out there, I promise no theoretical frogs were harmed in the writing of this blog. The point is that your body likes homeostasis. This means it wants to stay in balance. You might be not consider yourself to be conservative but your body sure is. It has to be because it experiences sudden change as a threat. Eating pastries for every meal might not be good for you but if you replace those pastries with broccoli, your body will throw a tantrum worthy of a two year old. That tantrum might manifest as a headache, upset stomach, depression, fatigue, anxiety, rashes, or intense craving. If you are an extremist, like me, slow change might not come naturally, but I invite you to try it. If you are distressed and discomfort or have a food allergy, going cold turkey might be easier to maintain because the alternative is also painful. The pain of falling off the wagon can keep you on track and ignore the detox or cravings. Changing a habit is one of the most uncomfortable things for humans to do. We like our habits, they make us feel safe and comfortable. Balanced approach to change: Quit refined sugar one of the most addictive substances known to man Balanced approach: Instead of giving up the white stuff, you can find small ways to reduce it daily. Aim to stop putting it in your coffee or eat dessert three times a week instead of every night. Eat less processed foods and more natural whole foods. Instead of removing the bad food, add in the good stuff. Eat your pasta with cream but throw in veggies. You can add veggies of all kinds to stews, chili and even mac and cheese broccoli goes great. Eat a small salad before your regular meal. The idea is not to deprive yourself of your favorite foods but to crowd them out with the healthy stuff. You can eat it all but you will eat less of the processed food in the process. As your body gets exposed to better nutrition it will start to craving less processed food and more nutrient-dense food. You want to cook at home and eat more whole foods but hate spending lots of time in the kitchen. Buy prepared frozen meals or canned sauces that you can mix with pre-diced fresh or frozen veggies. I am a very lazy cook and take a ton of short cuts in the kitchen. No one who eats my food knows this. Well maybe now they do if they are reading this blog! Once you get yourself in the kitchen you will discover more ways to save time or may find that you start enjoying the process if you can do it your way. Cooking at home is a priceless habit for your health and your wallet! And it can eventually be a creative outlet. You want to reduce caffeine, candy bars and TV all at once. You should probably tackle one challenge at a time. Taking on too much is not going to set you up for success. If you are dead set on doing all three at once then make sure you have something to replace all these old habits with. Increase water or start drinking veggie juice. Replace your morning caffeine ritual with something warm and soothing herbal coffee like Techno. Take a daily walk when you usually watch TV. Its easier to wean yourself off bad habits if you have good ones to replace them with. Instead pick very small and manageable goals. Click to tweet The desire to be extreme speaks to our need for mastery and control. The truth is that our habits often control us, especially when they morph into compulsions, cravings or addictions. Click to tweet quote Give up your need for speed. It is hard to get rid of an old habit completely unless you have something to replace it with. Click to tweet Abstinence and deprivation often lead to bingeing and feelings of shame. Your body craves what it already gets. Find sneaky ways of putting more of what you want to crave into your diet. Click to tweet Celebrate and honor your small successes. Click to tweet I would love to hear your experiences with making drastic versus small changes! The more you practice this method of change the easier it gets. Eat a few more veggies, have one less drink and get to the gym when you can, but feel good about it when you do! Check out this video about changing habits: [Click Here](#) Send this article by email What is your name? Please indicate below the emails to which you want to send this article: Changing Habits Enter one email per line. No more than emails. IBS is a body out of

balance. After solving her own IBS mystery more than a decade ago Angela trained as a health coach to help others. She works with lab tests, dietary changes, supplementation and nervous system rebalancing. Get help rebalancing your digestive system and solving your IBS mystery here.

2: www.enganchecubano.com: Customer reviews: Good health -- do it yourself!

Welcome I'm Angela, a digestive health coach who works with people one on one. When I had IBS I couldn't get good help from doctors. They said I'd live with it forever but I proved them wrong.

With the continuous rise in health care and with 43 million Americans -- mostly children -- without any coverage at all, considering a good health care plan for retirement is essential. It is a fact of life that we wear out as we age, no matter how well we take care of ourselves. Protecting yourself when you reach the "Golden Years" is essential. This article discusses health care plans for seniors preparing to retire. **Begin Before Retirement** It is always in your best interest to plan ahead when considering insurance. If you work for a company with 20 or more employees, you may qualify for retiree health insurance from your employer. The Big Three usually have these plans. They are your best bet, but with the automakers downsizing and making concessions, it is risky business. The other alternative from your employer is the COBRA plan, which is required to be offered to you at end of employment. It is very expensive. **What Are Other Alternatives?** But if you are healthy enough to be working, your best bet after retirement is a personal health insurance plan. Depending on the state in which you live, these can be quite affordable. **The Health Savings Account** You might want to look into a health savings account. The health savings account allows you to set up an account using pre-tax dollars up to the deductible of your current policy. This money is tax free for medical expenses, and can be rolled over tax deferred. One good strategy is to have a high deductible health plan and then supplement it with a health savings account. Remember, this strategy only works if you are not on Medicare. **Long Term Care Insurance** A big worry for many retired people is long term care if they become ill. LTCI is really not something you can plan around; the earlier you begin considering this, the better off you are. Such things as an auto accident that leaves you in a position of needing long term care can happen at any time. Long term care goes beyond normal medical needs and nursing care. These parameters are defined by the medical community. If you are unable to perform 2 of the 6 requirements of daily living, you qualify.

3: DIY Lube - Teen Health Source

The Do iT Yourself Health Revolution puts you, the individual, firmly at the top, in control of your own health care, and will equip you with a mobile toolbox that allows you to: Inform yourself - access a well of wellness of all evidence-based health knowledge, experience, and advice.

This will be replaced with the Google Map. The current healthcare system is intrinsically flawed because it has been designed to chase and treat diseases, rather than keep people healthy in the first place. Do iT Yourself Health Revolution addresses systemic failures in current healthcare systems: Failure to integrate â€” Highly compartmentalized knowledge exists at opposite poles: Currently, the high cost, high tech health approaches dismiss or ignore low cost or no tech solutions. Failure to Inform â€” Widespread ignorance paradoxically exists within a glut of information. Individuals are not privy to knowledge that is controlled by professionals, corporations and governments. Forms of medical bias exist that reject alternative health approaches supported by thousands of years of effective practice. Failure of Responsibility â€” Individuals abdicate power and responsibility for their own health to professionals, supporting an industrialized treat-to-cure system, instead of a more logical approach to wellness. The healthcare industry is driven by the currency of sickness that is required to benefit its shareholders. Failure to Ensure Access â€” There is today no true equality or unqualified right to access in healthcare. The rich have more access than the poor, the doctor has more access than the patient, and the insured has much more access than the uninsured. Commercially-driven health services inherently favour the wealthy, and countries with national health service budgets adhere to the sickness and treatment model of healthcare, rather than wellness and prevention. The Angiogenesis Foundation, in collaboration with musician-activist Peter Gabriel, is spearheading the Do iT Yourself Health RevolutionSM DiY Health â€”an outside-of-the-box solution to health and wellness that puts practical actions, informed by scientific evidence, into the hands of the people. The Angiogenesis Foundation works to help people lead healthier, longer lives by maintaining or restoring the balance to blood vessel growth. Can the control of healthcare be shifted from sickness to wellness? From expensive and inaccessible to affordable and easily accessible? From national governments to individuals? What will be the catalysts that kickstart the expected revolution in healthcare? The convergence of knowledge, mobile technology, and individual users now makes the extraordinary possible. And the unsustainability of conventional healthcare, the growing burden of non-communicable diseases NCDs and the omnipresent threat of global pandemics bring the world to a tipping point. Do iT Yourself Health Revolution will allow a holistic integration of high and low tech, futuristic and traditional, and the personal and the social. It allows users of mobile technology to access and contribute knowledge for decision making that impacts health, wellness, and prevention. Users are empowered to create personal health ecosystems that connect with big data resources. When guided by an intelligent, open-minded approach that embraces all evidence-based health information regardless of geographic, cultural, or historical origins, individual users will not only maintain their own health, but their data can create the structure for a one world health system. The Do iT Yourself Health Revolution puts you, the individual, firmly at the top, in control of your own health care, and will equip you with a mobile toolbox that allows you to: Inform yourself â€” access a well of wellness of all evidence-based health knowledge, experience, and advice. Monitor yourself - measure and assess health-related performance parameters daily including diet, exercise, rest, mood, and physiological metrics using quantified self tools. Grow it yourself â€” cultivate fruits, vegetables, herbs, and other plants for affordable cures and dietary prevention. Care for yourself â€” develop, using all existing data, an individualized lifestyle and wellness program that enables you to deal with all your health issues. The Do iT Yourself Health Revolution promotes pragmatic actions supported by modern research to foster individual health, easily extended to your family and community: Ongoing scientific, clinical, and public health research also brings modern credence to some traditional remedies, such as chicken soup, tea, honey, citrus, turmeric, apples, among others. Exercise Regular physical activity in many forms activates biochemical pathways in the body that protect against cancer, diabetes, cardiovascular, neurodegenerative, and other non-communicable diseases. These help explain the benefits of cultural

practices, such as tai chi, dance, running, and other activities. Rest Restorative sleep maintains wellness with benefits including reduced risk for cancer, cardiovascular, diabetes, obesity, and other disease conditions. Good sleep, which can be cultivated, measured, and monitored, is increasingly vital in an accelerating and turbulent world. Emotional and behavioural solutions Laughter and humour resist and prevent stress and depression, factors that lower immunity, vascular health, and disease resistance. Research now clearly connects emotional, mental, and physical wellness, supporting the benefits of other calming practices, such as meditation, tickling and yoga. We believe people are more likely to take responsibility for their wellness if they have precise and immediate feedback and a frame of reference, which we propose would use the metaphor of wealth. Users might even be incentivized to invest in wellness through an innovative virtual wellness currency. Connected individuals can participate in the collective health "hive" eco-system by contributing their own knowledge to an open-source system of pooled data, experience, observations, anecdotes, and expertise. Connected properly together, individual users will have the power to create a truly transformative personal healthcare program and a truly democratic one world health system.

4: DIY Health Tips | Do it Yourself Health Revolution

The Do-It-Yourself Health series is now in its third year on the Highmark Health blog. Each month in , our DIY Health experts will be offering five do-it-yourself tips on a relevant health and wellness issue.

Harvard Heart Letter The benefits of do-it-yourself blood pressure monitoring Sharing readings from a home monitor with your physician may help you reach your blood pressure goal more quickly. High blood pressure is a good example. New research suggests that people could speed things up a bit by taking a more active role in the process see "Tracking your blood pressure at home: Tracking your blood pressure at home: British researchers wanted to know whether adding home blood pressure monitoring could improve on standard care for people with high blood pressure. Just over 1, adults average age 67 with poorly controlled blood pressure. Researchers randomly assigned each participant to one of three groups: Those in other two groups also measured their blood pressure at home twice in the morning and twice at night for one week every month over the course of one year. The self-monitors mailed their readings to their doctors. By the end of the year, people in the control group had lowered their average systolic top number blood pressure to mm Hg. But those in the self-monitoring group and the telemonitoring group had lowered theirs to and , respectively. Target practice Thanks to the availability of automated, relatively inexpensive blood pressure monitors, people can easily measure their blood pressure at home. More sophisticated devices can send readings wirelessly to a smartphone or another device, so you can then share the results with your physician. The information may help your doctors tweak your drugs and doses more readily than if you wait until your next office visit to see if your current medication regimen is working. Possible drawbacks Checking your blood pressure at home might help you feel more engaged and therefore motivated to improve your health. However, that anxiety often dissipates over time as you get more comfortable with the process, says Dr. Other potential downsides to home monitoring are "treatment fatigue" and data overload. Treatment fatigue refers to the constant reminder triggered by daily monitoring that you have a chronic illness, which can wear on people. And if you send your doctor too much data, he or she may not have time to sift through it all. But the new findings addressed these concerns, at least in part: What about making do-it-yourself drug adjustments, which people with diabetes have done for decades based on home blood sugar testing? For example, if you notice your home blood pressure readings are on the low side and you occasionally feel lightheaded a symptom of low blood pressure , you might ask about lowering your diuretic dose. But be sure to call me in a month to see how things are working," says Dr.

5: Changing Habits – Do It Yourself Health

However, aging also brings with it major physical health problems like heart diseases, arthritis, blood pressure, diabetes etc. Though a mark of ageing, a few problems are common even in youngsters these days due to stressed, hectic and unhealthy lifestyle.

Too Good to Be True? UR Medicine dental expert Dr. Hans Malmstrom explains why some of the tips may have negative consequences. To whiten teeth, use a mouth guard with 2 parts baking soda to 1 part hydrogen peroxide, 10 minutes daily for 2 weeks. If your gums are recessed and the hydrogen peroxide touches an exposed tooth root surface, this can also cause a problem. Another potential issue can be the amount of hydrogen peroxide used. Spit and rinse thoroughly then follow with a second brushing using your regular toothpaste. There are many studies showing how turmeric is good for you internally, but there are no studies showing turmeric to be an effective tooth whitener. Make coconut oil toothpaste by mixing 1 part coconut oil with 1 part baking soda. Add 3 to 5 drops of food-grade essential oils to flavor to your taste. Allow your paste to cool and set. The baking soda in this tip may have some impact on whitening your teeth but there are no studies showing if coconut oil works as a tooth whitener. Mix 3 teaspoons of baking soda with 2 teaspoons of lemon juice. Use a Q-tip or cotton ball and gently swab teeth. After 30 seconds, rinse and brush teeth. This is similar to the effect cola or sports drinks have on teeth because they are also highly acidic. Other Tooth Whitening Advice Before you do any bleaching, even with over-the-counter products, you should have your teeth checked by your dentist for any tooth problems, such as cavities or cracks, which could cause the pulp to become irritated during whitening. Whitening toothpaste is not very effective for whitening. You have to use it for a long time to see even the slightest effect. The best way to bleach your teeth is at home with a lower-concentration hydrogen peroxide gel, as recommended by your dentist and used in mouth guards custom made by your dentist. The level of whitening achieved in an hour and a half of bleaching done by a dentist at the office can take up to two weeks with home bleaching, but there are fewer side effects and you have the opportunity to continue whitening until you are satisfied with the shade.

6: Do It Yourself Health – Take Your Health In Your Hands

One good strategy is to have a high deductible health plan and then supplement it with a health savings account. When you enroll in a HDHP, the plan will determine if you are eligible for a HSA. Remember, this strategy only works if you are not on Medicare.

Clean cloths, cooking oil, paper towels, and a wire brush are essential to ensuring that your BBQ fires up properly and safely whenever you need it. Before you begin any maintenance work on your barbecue, be sure to read the guide provided by the manufacturer of your grill. The instruction manual will provide you with all of the information you will need to use, clean, and maintain your barbecue. Remove them from your barbecue and use your wire brush to remove any residue or debris. They do not require any oil whatsoever. Step 2 - Unclog the Cast Burners When your flame tamers are out of the barbecue, check the cast burners. Excess residue will clog the burners, which can cause damage to the burner as well as uneven cooking. Use your wire brush to scrub the burners and remove any grease or leftover food. A wire brush will damage the fragile ceramic. Instead, turn on the burners for about ten minutes to burn off the residue. Then allow the ceramic to cool and gently wipe off any other residue with a soft clean cloth. Step 3 - Brush the Grates Regularly Regularly brush the cooking grates of your barbecue with your wire brush. This will reduce the chances of any bacteria or food residue building up on the grates. The burners should be turned off before you begin cleaning. Once all of the residue has been removed, lightly spray them with your cooking oil. You might also choose to pour cooking oil onto a piece of paper towel and rub it over the grates. This will enable you to get the oil more deeply into the surface of the grates. Be sure to wait until the grates are cool before you begin. Not only will the cooking oil make the grilling process easier, but it will prevent rust from developing on the metal grates. An older brush may start to lose its bristles. The last thing you want is old wire bristles in your next grilled hamburger. Step 4 - Check the Fuel Line with Soap Before you attempt to ignite your gas grill, take a look at the fuel line leading from the tank to the barbecue. You can check for leaks by applying soapy water to the line. Fill a bowl with water and add a drop of liquid detergent, mixing the solution until it is soapy. Use a cloth to apply the water. Step 5 - Clear the Venture Tubes Make sure the venture tubes leading from the burners to the control buttons are clear. Spiders and other insects can get inside these tubes, causing blockages and fire hazards. Disconnect the tubes and clean them. Dip your wire brush into soapy water to remove any residue. If necessary, uncurl a paper clip and use it to get into smaller parts of the tubes. Allow the tubes to dry before you reconnect them. Be sure the venture tubes are securely connected to prevent any possibility of a dangerous fire hazard. Step 6 - Check Propane Levels Ensure that your propane tank is full. Check the reading on the gauge at the top of the tank. If your tank does not have a gauge, you can use warm water to check the amount of propane left. Pour some warm water from the top of the tank down one side. Rub your hand down the side of the tank. The area where you feel the tank become cool is the level of propane left in the tank. Step 7 - Look for an Ignition Spark Make sure the ignition is sparking properly. Try igniting the barbecue and look for the spark. If there is no spark you have a problem with your pressure regulator. Check that they are secured tightly. If you are still experiencing difficulties, you may need to check whether the ignition switch batteries need to be replaced. Exterior Maintenance Barbecue exterior surfaces are made from a variety of materials that require different methods of keeping them clean. Use a mild liquid detergent to wash the surface and a soft clean cloth to dry it. Window cleaner is also an effective product for polishing these surfaces. Barbecues with stainless steel lids are cleaned best with hot soapy water. First use a sponge to remove any residue. Be sure to work with the grain of the steel to rub off any baked-on food. Then, rinse the lid with warm water to get all of the soap residue off. Use a stainless steel solvent and a soft dry cloth to polish the steel to shine. Safety Tips Check and clean your barbecue thoroughly twice a year. Regularly maintaining your grill will keep it running well and reduce the chances of problems and fire hazards. Do not use your barbecue in a garage or enclosed area. Keep it a minimum of ten feet away from your home. Store your fuel tanks in a well ventilated area and in an upright position. Keep children and pets away from your barbecue whenever it is hot.

7: How to Keep Your BBQ in Good Health this Summer | www.enganchecubano.com

You're probably already doing a lot to ensure that you stay in good health and are able to enjoy your later years: eating right, exercising, getting checkups and screenings as recommended by your doctor.

8: The Best Health Care Plan For Retirement | www.enganchecubano.com

Do your hips ever feel tight. or weak? Do you ever find. yourself thinking "I must be. getting old"? Healthy Hips 1. w as made to push the "reset" button on your hips and. make them feel like new. again. This easy to follow. routine will guide you. through powerful. fundamental exercises. we use with our clients.

9: Handwashing - Clean Hands Save Lives | CDC

Take supplements: Probiotics are a must for healthy gut flora, in addition to a quality Fish Oil such as Cod Liver Oil, Vitamin D3, and a whole food supplement. 5. Drink apple cider vinegar: 1 tablespoon in water before a meal (start with one meal, possibly work up to two).

Coming to terms with a religious upbringing I want Jesus to walk with me Textiles and fashion materials design and technology Ultimate mushroom book Japanese submarine force and World War II Anz personal loan application form Structural analysis by pandit and gupta Day you were born College applications step by step Mathematical and numerical treatment of diffusion Difficulties under which the Regular Forces labour as regards Intelligence. Proceedings of the Third International Workshop on Software and Performance CNET do-it-yourself. FrontPage 2000 fast easy US foreign policy in the Middle East One on One with God I can be anything I want to be! Social engineering the art of human hacking ebook Measuring tools by machinerys reference series CH 9: LAW OF HARMONY 73 The Royal Game and Other Stories Keys to the keyboard Dungeons and dragons monster manual 2 4th edition Libretto of Djakh and Djill Place, Language, and Identity in Afro-Costa Rican Literature Holiday wishes jill shalvis Urbanization in the developing world Britain 1750-1900: Special Needs: Support Materials Kindergarten ladybug math worksheets Younger patients Zafra Cooper and Anne Stewart Revising U.S. military strategy Toyota 2012 annual report A concise introduction to logic hurley The Theory of the Theatre and other Principles of Dramatic Criticism German a1 course material The notion of authority The thinking hand juhani pallasmaa New beginnings in Palestine, 1935-1939: Lotti and Kurt Oliver twist study guide Relaxed Body Book PA