

TANK TIMES

Brought to you by HealthChoice

Volume 8.1

August 2011

FRAGRANCE SENSITIVITY

If you're an allergy or asthma sufferer, you may have a sensitivity to certain fragrances. Researchers agree that fragrance sensitivity appears to be increasing simply because fragrances themselves have become more prominent in society.

Just take a look at any type of soap, moisturizer, detergent or even cleaning supply you use, and chances are, they're scented. Fragrance agents can be composed of hundreds of different allergenic ingredients. Citrus, animal fats, plant extracts and other substances make these types of solutions a real problem for people with allergies/asthma. Strong smells often act as irritants to the inflamed airways of allergy/asthma sufferers and this makes breathing difficult.

A big problem for those who suffer from fragrance sensitivity is that while one person may be allergic to perfume, the next person may be allergic to something totally different, such as the bath soap. This makes it very difficult to restrict fragrances in your external surroundings.

To help combat the issue, it's essential to learn what irritants trigger your breathing problems and do your best to avoid them. You can control your home environment and other personal spaces, but it becomes an issue when your senses are assaulted in a common area such as the workplace, college classroom, or even shopping mall.

If fragrance sensitivity is an issue in your daily environment, experts recommend that you simply ask those around you to cut down on the use of fragrance and let them know that it affects your health. You can also ask to change your workstation location, telecommute from home, modify your work schedule, or use an air purifier or portable fan.

If fragrance sensitivity becomes a chronic problem, check with your doctor.

Resources: Centers for Disease Control and Prevention, Asthma and Allergy Foundation of America



Quote:

"I hope that while so many people are out smelling the flowers, someone is taking the time to plant some."

Herbert Rappaport

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Volume 8.2

August 2011

5 HABITS THAT MAKE YOU FAT

There are several dietary habits you may want to examine to help you lose weight or just avoid packing on the pounds, such as:

- **Drinking soda, even if it's diet soda.** Take a look at that can of pop that you're drinking. It says, for a 12 ounce can it's only 150 calories. Doesn't sound too bad, right? Wrong! A recent study found that if you drink one to two sodas per day, you increase your chances of becoming overweight or obese by nearly 33 percent! The same study showed that drinking one to two diet sodas a day caused your waistline to grow. This is because artificial sweetener in diet soda triggers your appetite cues, causing you to unconsciously eat more at subsequent meals.
- **Skipping meals.** It's been proven that skipping meals increases your chances of obesity, especially skipping breakfast. Breakfast fuels your body for the day and fills you up so you're not starving by lunchtime. Skipping meals slows your metabolism down and increases your odds of overeating at the next meal.
- **Eating fast.** If you pride yourself on how fast you can eat a meal, don't! You need to give your body time to process the food. It takes about 20 minutes for your brain to process the fact that you just ate something. If you slow down and savor each bite, you will take in approximately 66 less calories per meal and feel fuller. Add those calories up over a year's time, and you could easily lose 20 pounds!
- **Not drinking enough water.** Your body needs water in order to function properly, and the more water you drink, the better your chances of staying thin. By drinking water at each meal you can lose 30 percent more weight than those who don't drink water.
- **Eating at the buffet line.** This is a surefire way to overeat. Instead, opt for a well-balanced meal off the menu and stay away from all those fattening greasy foods and sweet deserts!

Don't forget to exercise, just by getting in 20-30 minutes a day, you'll not just feel better, but look better!

Resource: [Mayo Clinic](#)



Quote:

"A healthy male adult bore consumes each year one and a half times his own weight in other people's patience."

John Updike

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Volume 8.3

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HEALTH BENEFITS OF PETS

How many times have you come home from a hard day at the office stressed and out-of-sorts, and as soon as you're greeted by your furry friend, your spirits seem to lift?

That furry bundle of unconditional love provides more benefits than just companionship. It can also have a big impact on your health.

Studies have shown that having a pet is beneficial to your health. Pets help lower your blood pressure, cholesterol and triglycerides. Emotionally, pets can help you feel less lonely, encourage you to laugh and play more, feel more nurturing, caring and needed. They're also good at inspiring more social interaction with others because they give people something in common and something to talk about.

Additionally, if your pet requires daily walks, they provide opportunities for exercise for both you and your pet, and of course, it's been shown that exercise is a proven stress reliever.

In a medical setting, it's been proven that patients that own a pet tend to recover from their illnesses quicker and are less likely to suffer from depression than non-pet owners.

Pets can add to your stress level at times; however, for the most part, that furry bundle of love is helping to improve your health and your life!

Resource: [Centers for Disease Control and Prevention \(CDC\)](#)



Quote:

"Cats are smarter than dogs. You can't get eight cats to pull a sled through snow."

Jeff Valdez

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