

FRACKSON HEALTH CARE

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HOLIDAY HOURS:

We will be closed on : Good Friday March 30th, Easter Monday April 2nd, Victoria Day Monday May 21st

Spring cleaning tip to remember.....Your Lungs Don't Like Cleaning Products

Remember when soap and warm water used to do the trick for most cleaning jobs around the house? The not-so-secret secret: It still works! Unfortunately, millions of people have been swayed in their cleaning habits by product manufacturers who've unleashed a seemingly endless array of cleaning liquids, gels, foams and sprays that keep your home sparkling – and are hazardous to your health.

Lung function naturally declines over time beginning at around age 35, but regular use of cleaning products (as little as once a week) accelerated the decline, according to researchers writing in the American Journal of Respiratory and Critical Care Medicine. Lung function was evaluated in terms of forced expiratory volume (the amount of air someone can forcibly exhale in one second); and forced vital capacity (the total amount of air someone can exhale in a second).

The cleaning product industry might not be happy with our recommendation, but here goes: It's time to rethink your cleaning strategy! Lead study author Dr. Oistein Svanes made this point clear in an interview with Reuters Health: "We're cleaning in our houses every day and every week. It's important to have this discussion about cleaning and what we do in our homes. ... This doesn't mean we shouldn't clean – of course we need to clean our houses. But we need to question what chemicals we're using and how they affect us."
<http://www.toyourhealth.com/mpacms/tyh/article.php?id=2490>

Healthy Eating Includes Avoiding Salt

You're eating 10 servings of fruits and vegetables every day. You're prioritizing whole grains over processed foods. You're focusing on lean meats and fish, and avoiding high-fat, sugary foods and drinks. That's all great, but if you're not minimizing your salt intake, you're still putting yourself at risk for high blood pressure.

People who consume a high-sodium diet are more likely to suffer from high blood pressure even if they eat a diet high in nutrients indicative of a healthy diet, according to research published in Hypertension, the journal of the American Heart Association. Potassium, which has previously been associated with reductions in high blood pressure, was the sole nutrient (out of 80 examined in the study) to exert any influence on BP.

High blood pressure is a risk factor for heart disease, heart attack and stroke, so it's no laughing matter if you're suffering from high BP or risking it. Sodium is present in many foods, but fast foods, restaurant foods, other prepared foods, and manufactured (e.g., chips, crackers, most of the other countless processed foods available these days) tend to have high levels of sodium.

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