

BE FIRE SAFE

by John Albers

As a fourth generation firefighter, I am often involved with teaching fire prevention or extinguishing the blazes. The old adage is true; an ounce of prevention is worth a pound of cure (thank you Ben Franklin). Being a husband and father first, it is my duty to provide basic prevention in my home. Prevention is quick, inexpensive fun for the family but is easy to take for granted.

Fire prevention is like an insurance policy that you pray you never need. Let me review some quick wins for your family:

- Install smoke detectors in every bedroom and on every floor of your home.
- Install a carbon monoxide detector in the common bedroom area.
- Test, clean and replace detector batteries every six months and during daylight savings time changes.
- Never leave food on the stove unattended.
- Keep towels, pot holders, and clothes away from flames and burners.
- Create a family fire escape plan — everyone should know two exits out of the house.
- Decide on a family meeting place during a fire (we use the mailbox).
- If you must use tobacco products, keep them outdoors and put them out with water.
- Keep matches and lighters away from children.

The first week of October is National Fire Prevention week. See pages 20 and 21 to learn more or go to www.nfpa.org.

With the holiday season fast approaching, be aware of unique threats from candles and live Christmas trees. Water the trees often and keep them away from any open flames. Have a very happy and safe holiday!

Children learn the basics of fire prevention at school, church, scouts, etc. Often parents smile and dismiss the wisdom the kids have learned. Sadly, it is the adults that usually cause the problems.

Let me provide an example — You talk to your children about strangers regularly, but fires occur more often. Take a few minutes to work on the basics. Set your Outlook calendar and your BlackBerry to remind you during daylight savings time to change and inspect your detectors. Drop by your local fire station and learn more, or call me and I will setup a time and tour. Create and practice a home fire prevention plan.

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HOW TO STRENGTHEN YOUR IMMUNE SYSTEM

by Elizabeth Miller, DC

It's all over the news: swine flu. There are experts recommending the swine flu vaccine, and yet other experts are pointing out the dangers of the vaccine. Colds, regular flu, and strep are reportedly in the schools. How can you keep yourself and your family from getting sick?



The best thing to do is strengthen your immune system. We all encounter germs on a daily basis and it is up to our bodies to have the defense to fight them off. The only way we catch a cold or flu virus is to allow it to penetrate our defenses.

Eating a varied diet of whole foods and avoiding processed foods is the first place to start when strengthening the immune system. Whole foods include vegetables, fruits and protein sources. Processed foods typically come in a box or can.

Your white blood cells need calcium to work efficiently. Calcium is found in sesame seeds, collard greens, broccoli, Brazil nuts, almonds and dairy products. Vitamins A and C are other essential nutrients for supporting the immune system. Foods high in vitamin A include beef, pork, chicken, eggs, butter, whole milk, sweet potatoes, beets, carrots and spinach. Consuming coffee and alcohol can lead to a loss of vitamin A. Vitamin C is found in tomatoes, mangos, bell peppers, basil, avocado and kiwi.

Our immune system is designed to keep us healthy. It serves as the body's defense mechanism against foreign substances. Just like any system of the body, the immune system can be overworked and undernourished.

Avoiding sugar is key. Studies have shown a decreased immune response, by 50%, for up to six hours after eating sugar. Eating a big bowl of ice cream, or even one cookie, makes the immune system depressed for six hours! This gives the bugs, germs and other immune invaders time to get into our systems while resistance is low.

In addition to improving nutrition, getting enough sleep, exercising, managing stress levels and regular chiropractic adjustments are important to keep the immune system in top shape.

Elizabeth Trindade-Miller practices at Historic Roswell Chiropractic. She is an advanced clinical training graduate in nutrition-response testing and specializes in posture correction and clinical nutrition. Her practice focuses on finding the cause of health challenges, pain relief and preventative care. Visit www.hrchiro.com or call (770) 993-5009.