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100% Effective Natural Hormone Treatment
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PROTECT YOUR FAMILY FROM FOOD POISONING

By Patty Avey

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Headline news of Canada News Wire, December 17, 2003: Home is the source of half of infectious intestinal illnesses, study shows. "The home is the source of about half of all intestinal illnesses in Ontario, according to a study published in the International Journal of Food Protection. The study, co-authored by Professor Marilyn Lee of Ryerson University and published in the June issue of the Journal, looked at more than 44,000 reported cases of intestinal illness in Ontario between 1997 and 2001 and found that half had their origin in the home."

Which room in your home would you believe to be the most prone to disease causing bacteria? It is not the bathroom as many would suspect but rather it is your kitchen which is a hot spot for microbes. Your common household disinfectant has been found to be effective against bacteria that cause food borne illnesses, and research has been proven that with regular use the incidence of food borne illnesses declines greatly. Dr. Charles Gerba, a microbiologist at the University of Arizona, Tucson, and his colleagues conducted a study by sampling sites within 15 different homes. They found the highest levels of contamination to be in areas that remain damp, such as kitchen sponges and rags, kitchen sinks and the kitchen faucet handle. Kitchen counters, cutting boards and refrigerator handles should also be disinfected regularly. They found that regular cleaning had little effect on the bacteria but by regularly using disinfectants the bacteria level was reduced by 95%. They found the main cause of disease causing bacteria in the kitchen to be raw meat.

WHAT TO LOOK FOR IN KEEPING A HEALTHY AND BACTERIA FREE KITCHEN

Replace kitchen sponges and rags often, at least once a week. Sponges can be disinfected by putting them in the dishwasher. Wash dish rags in the washing machine then dry on high heat.

– Cutting boards are breeding grounds for bacteria. Wash with regular dish detergent then sanitize with a disinfectant. Keep two cutting boards, one for meat and one for fruits and vegetables. You may also put your cutting board in the dishwasher for sanitizing purposes.

– Kitchen counter tops should be disinfected regularly.

PROTECT YOUR FAMILY FROM FOOD POISONING

- Disinfect refrigerator handles, sinks and drains and sink faucets regularly.

PROPER HANDLING AND PREPARATION OF FOOD

The improper handling and preparing of food is also a major cause of food borne illnesses in the home. A very simple but often overlooked basic exercise in food safety is the thorough washing of hands before handling food. This will greatly reduce the risk of food contamination. When washing your hands, make sure to use a rubbing motion for 20 seconds because this rubbing does make a difference in removing pathogens.

HELPFUL AND HEALTHY TIPS TO AVOID FOOD CONTAMINATION:

- When grocery shopping, purchase your frozen and refrigerated items last and put them into the refrigerator or freezer promptly.
- Use different dishes for raw and cooked food.
- Defrost food in the refrigerator or microwave, not on the counter.
- Cook foods thoroughly and do not eat raw or partially cooked eggs.
- Cool and promptly store leftovers by either putting in refrigerator or freezer. Remember bacteria grow at room temperature.
- Don't leave perishable foods out more than two hours.

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Patty AveyCheif Editor for SmartLivingNews

## **Protect Yourself and Your Loved Ones From Carbon Monoxide Poisoning**

**By edbishop**

Carbon monoxide poisoning is responsible for at least 400 accidental deaths and over 5,000 people are treated in hospital emergency rooms per year.

Unfortunately, carbon monoxide poisoning is often misdiagnosed as flu, food poisoning, allergy/asthma or chronic fatigue syndrome.

Children, the elderly, individuals with respiratory problems and pets are at risk, even at low levels.

## PROTECT YOUR FAMILY FROM FOOD POISONING

Symptoms of carbon monoxide poisoning are; headaches, nausea, drowsiness, vomiting, tiredness, pain, cramps and sleep disturbance.

Some people experience headaches and dizziness for almost 2 years prior to carbon monoxide poisoning diagnosis.

Carbon monoxide is a colorless, odorless gas that is highly toxic, making it impossible to detect with our senses.

Carbon monoxide is produced by incomplete combustion in household appliances like furnaces, boilers, water heaters, stoves, ovens, fireplaces as well as well as automobiles.

Tips to protect yourself and your loved ones:

1) Install carbon monoxide detectors in your home

2) Have your appliances (boilers, furnaces, stoves, water heater, fireplaces) checked and serviced by a reputable heating company.

Be sure they are equipped with a professional carbon monoxide analyzer.

If they tell you they don't have one, find another company!

3 Do not use unvented appliances (kerosene heaters, barbecue grilles) in the house.

4) If you have a garage that is attached to your home click [here](#).

5) Any time you strengthen the insulation properties or add a ventilation fan you should have your appliances checked to ensure the upgrades have not compromised the ability of the appliances to safely draft the combustion products from the house.

By following the above guidelines, the risk of carbon monoxide poisoning can be significantly reduced.

Go to

Ed Bishop is founder and president of Enhanced Living Inc., a Troy, NY–based design–consulting and contracting company specializing in high performance heating, ventilation and air conditioning systems . A pioneer in residential contracting, Ed is a thirty–year industry veteran trained in the "House Is A System" approach to HVAC design. He was formerly a building analyst instructor, providing certification training for New York's Home Performance with ENERGY STAR® program.

Protect Yourself and Your Loved Ones From Carbon Monoxide Poisoning  
Food Safety Begins In The Home  
Food Poisoning Can Spoil Your Day

PROTECT YOUR FAMILY FROM FOOD POISONING

The Importance Of Keeping Your Kitchen Clean  
How To Protect Yourself Against Foodborne Illness

Disaster Preparedness and Crime Protection Manual  
Smoothies for Athletes  
Recipes from the Heartland  
Complete Library Of Cooking  
470 Crock Pot Recipes



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