



Health Tips

Sept '08 ***Foods to always buy organic***

Organic is always the best choice. Here is a list of fruits and vegetables considered to carry the highest levels of pesticides that you should **Always Buy Organic**: peaches, apples, sweet bell peppers, celery, nectarines, strawberries, cherries, pears, grapes (imported), spinach, and potatoes.

Jul '08 ***Is organic beyond your budget?***

Without a doubt, purchasing organic produce is the best way to benefit from the nutrition found in fresh fruits and vegetables; yet at times this can tax our weekly food budget! To help out, here is a list of foods you can buy that tend to be least contaminated with pesticides. **Foods That Do Not Have To Be Organic**: *asparagus, avocado, bananas, broccoli, cabbage, frozen sweet corn, kiwi, mango, onion, papaya, frozen sweet peas, pineapples.*

Jun '08 ***Try nasal irrigation for relieving allergy symptoms***

Allergies are caused by inhaled allergens/particles (*pollen, dander, dust, etc.*) that stimulate cells of the nasal passages to release histamine. Histamine in turn causes allergy symptoms (*stuffy runny nose, itchy eyes, sneezing, post nasal drip, scratchy/sore throat, headache, sinus/face pain, cough, etc.*). Eliminating allergens by staying indoors and using an air purifier helps. Even easier, use nasal irrigation (personal hygiene practice of flooding the nasal passages with a warm saline/salt solution) to flush allergens from the nasal passages, prevent histamine release and stop allergy symptoms. Nasal irrigation will also clear out excess mucus, remove infection-producing particulates (bacteria and viruses), and moisturize the nasal cavity. As a result it will help clear nasal stuffiness; prevent allergy symptoms, colds and flu; and alleviate nasal dryness. Visit your local health food store or pharmacy and ask for a saline nasal rinse or neti pot.

May '08 ***Include probiotics for optimal digestion and improved immunity***

Probiotics refer to foods or supplements containing the beneficial bacteria that normally live in our digestive tract. These beneficial bacteria aid in digestion, support our immune system and protect us from infection by disease causing bacteria. Antibiotics (used to treat acne and infection) destroy the protective beneficial bacteria leaving us even more susceptible to future infection. After antibiotic use, taking a probiotic supplement can help replace beneficial bacteria in our gut. Probiotics come in liquid or pill form and should contain CFU's (colony forming units) in the billions. For general health, make certain that your diet contains at least some of these natural probiotic foods.

Sky Hill Institute is a 501(c)(3) nonprofit organization.

127 4th Street, Petaluma CA 94952

707.778.9445 | 877.675.9445

info@skyhillinstitute.org | www.skyhillinstitute.org



Sky Hill Institute
Empower the Healer Within!

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Apr '08 ***Support healthy aging with anti-inflammatory foods***

Some foods are anti-inflammatory and work to protect us; others actually create inflammation. Inflammation in the body over our lifetime is believed to accelerate aging and is associated with many common age-related degenerative diseases like cancer, heart disease, diabetes, arthritis, allergies, Alzheimer's, etc. Yet, we can age gracefully and healthfully. Start today by choosing foods that protect us and by eliminating foods that are pro-inflammatory. Empower the healer within and let your body do what it does best...heal!

Mar '08 ***Support heart health with omega-3 oils***

- omega-3 oils protect the body against inflammation
- preventing inflammation has been shown to support heart and blood vessel health
- in your kitchen, use cold pressed olive oil and flaxseed oil
- eat raw walnuts, wild Alaskan salmon, or freshly ground flaxseed (*great on salads*)
- take a flaxseed oil or krill oil supplement

Feb '08 ***Winter sinus headaches can be caused by dry winter air. Hydrate!***

- Drink plenty of water
- Lower thermostat to 64 degrees at night
- Cut back on alcohol and coffee consumption
- Use a humidifier

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