

Cleansing Water Newsletter

Prevention Strategies for Child Car Safety

If a child is missing, check the car (and trunk) first

Never leave a child alone in a car

Call 911 if you see a child alone in a car

Make sure everyone leaves the car when it is being unloaded

Always lock your car and don't allow children access to remote door openers

Teach children not to play inside of cars

Every death is preventable.....

Some pills can be cut, some can't

Splitting pills is a common but controversial practice. It can shave a healthy sum from your pharmaceutical costs, because a larger dose is often not much more expensive than a smaller dose: It can be like buying two for the price of one. But consider the cautions.

The FDA recently called splitting pills a "risky practice", and the agency does not encourage splitting unless it has approved doing so for a particular drug.

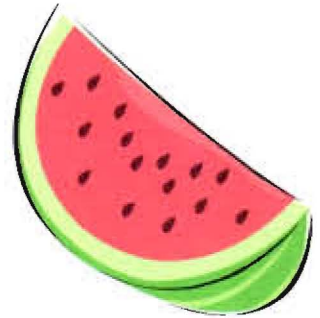
- * Talk with your doctor or pharmacist first. Not all drugs are safe for splitting.
- * Consider the advantages and the alternatives. The biggest savings come from splitting brand-name drugs you take daily for a chronic condition. You might be

able to save money and time by switching to a generic version.

- * Use a pill splitter. Don't use a knife or scissors. Studies have found that pill splitters come closest to dividing medication into equal halves.
- * Don't split pills in advance. Do it on the day you take the first half. Take the second half as your next dose. This will help keep the drugs from deteriorating due to exposure to heat, moisture or air. It will also help ensure that any deviation in the size of one dose is compensated for in the next.

Some pills should never be split. Drugs that are time-released or long-lasting and tablets that

contain a combination of drugs probably shouldn't be split. Pills with a coating to protect your stomach, such as ibuprofen, should not be cut either. Other pills might crumble or irritate your mouth when split. Drugs that require critical daily blood levels, such as anti-seizure medication, birth control pills and blood thinners, along with capsules containing powders or gels, should not be split.



Child Safety in Hot Cars

Below is a summary of the information KidsAndCars.org has been gathering for over a decade.

- Child vehicular heat stroke deaths for 2010 YTD: 49

- Child vehicular heat stroke deaths for 2009: 33
- Child vehicular heat stroke deaths from 1998-2010, at least: 495
- Average number of

child vehicular heat stroke deaths per year since 1998: 37 (one every 10 days)

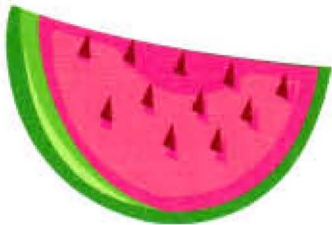
- The highest number of fatalities for a one-year time period took place in 2010: 49



New Crib Regulations

New safety regulations mean church nurseries must replace cribs in order to comply with new safety regulations which took effect in June. Effective June 2011, cribs manufactured, sold, or leased in the United States must comply with the new federal standards. Effective 24 months after the rule is published, child care facilities, such as family child care homes and infant head start centers, and places of public accommodation, such as hotels and motels, must have compliant cribs in their facilities.

Women who only got 4 hours of sleep per night, ate 329 more calories and 31 more grams of fat than when they slept well.



Vitamin D: The New News

The Institute of Medicine found that the news media and medical profession overreacted to the cascade of studies in the last decade associated with low levels of Vitamin D with numerous ailments.

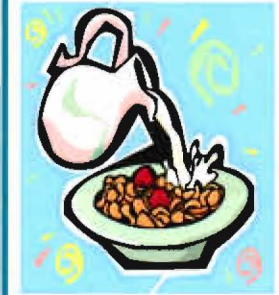
Most people aren't deficient. Since Vitamin D can be created by exposure to sunlight and is usually higher in people who are thinner, it could be that people who have high levels of the nutrient tend to exercise more and have more healthful weights.

White some people truly are deficient in Vitamin D, the report concluded that the average American is

not. Even assuming minimal sun exposure, the panel found that people are probably consuming adequate amounts of both Vitamin D and calcium because they take multivitamins and eat food that has been fortified with those nutrients.

Consumer Reports Health's medical consultants say that the evidence suggests that screening as part of a routine regular exam is not yet justified. Instead, it should generally be limited to people who have some objective evidence or reason that they might be deficient in Vitamin D, such as having markedly weak

bones, celiac disease or other ailments that impair



Gray Water

Gray water is all the water from your dishwasher, shower, washing machine, and faucet — that despite being relatively clean—spirals down the drain. This accounts for up to 50% of all water waste in American homes. Unlike black water, which is sewage, much gray water can be recycled or diverted before it's wasted.

For creative ways to reuse your own gray water, visit greywateraction.org.

Human beings love to laugh, and the average adult laughs 17 times a day. For us it seems so natural, but the funny thing is that humans are one of the only species that laughs. Laughter is actually a complex response that involves many of the same skills used in problem solving.

Tips to fight fungus

Here are some tips for preventing toenail fungus, from the Mayo Clinic's Web site:

- ⇒ Keep your nails short, dry and clean.
- ⇒ Wear socks made with synthetic materials that wick away moisture. Change socks often if your feet sweat excessively.
- ⇒ Use an antifungal spray or powder.
- ⇒ Don't trim or pick at the skin around your nails.
- ⇒ Don't go barefoot in public places.
- ⇒ Choose a reputable manicure and pedicure salon.
- ⇒ Give up nail polish and artificial nails.
- ⇒ Wash your hands after touching an infected nail.

"What dreadful hot weather we have! It keeps me in a continual state of inelegance."
- Jane Austen