



Ladies Have You Heard?

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Less Salt, Less Weight Can Control Hypertension

About one-fourth of all Americans have high blood pressure and about half of these cases are serious, according to the National Heart, Lung and Blood Institute.

High blood pressure has no clear signs so a victim can have the condition for years without realizing it. That's why it's so important to have your blood pressure checked and follow treatment if your doctor prescribes it.

Weight loss for the overweight, exercise and salt restriction, along with drugs if prescribed, are among the most important ways to treat high blood pressure.

There is no specific diet for people with high blood pressure, but your doctor can tailor a plan to fit your medical condition, food preferences and lifestyle.

Most of the time, these diets will be low calorie and low sodium. A reasonable amount of sodium is two grams daily, the equivalent of one teaspoon of salt. Most Americans eat two to four times more salt than necessary by salting their food and eating foods high in sodium.

Some ways to start cutting down on sodium include adding no salt when cooking, removing the salt shaker from the table, choosing alternatives to heavily salted foods like chips and pretzels, trying more spices and herbs instead of salt, garlic or catsup, and choosing alternatives to processed foods that are high in sodium.

Before using any salt substitute, consult your doctor because these can be harmful in some cases.

Losing weight, if you are overweight, can also help keep your blood pressure down.

Losing weight should be a gradual process. Avoid fad diets. Eat fewer calories and exercise more.

Sometimes if your blood pressure isn't too much above normal, these dietary changes will be enough to control your high blood pressure.

If you are on medication, do not stop without talking to your doctor. Keep on taking your prescription for high blood pressure even if you have lost weight and are eating less salt.

Homemade Cleaning Products

Spring has arrived and so has spring cleaning time. All those expensive bottles and boxes of cleaning products can be left at the

grocery store. You probably have on your shelf right now - vinegar, baking soda, ammonia, chlorine bleach and washing soda. CAUTION: Never mix bleach and ammonia. This combination produces dangerous toxic fumes.

For sinks, tubs and ranges use baking soda or washing soda right from the box instead of scouring power. It is an abrasive that will clean without damaging the surfaces of your appliances. To remove rust or mineral spots from old sinks, try soaking with vinegar or lemon juice.

If you do not have a self-cleaning oven, place a bowl of ammonia in your oven overnight to loosen baked-on soil.

The grout between ceramic tiles can be cleaned with an old toothbrush using a solution of 3/4 cup chlorine bleach to a gallon of water and then rinsed.

To remove soap film from bathtub tiles, rub with a cloth moistened with vinegar or mix 1 cup detergent, 1 gallon water and 1 cup bleach. Scrub tiles with soft brush; let stand for 2 hours; then rinse with clear water. If the soap film has built up for some time it may be necessary to repeat once or twice.

A solution of 1/2 cup vinegar to two quarts of water can be used for washing windows. Dry them with crumpled newspaper.

Tarnish from copper bottom pans can be removed with a mixture of 1 cup vinegar and 1/4 salt. Rub pans with a cloth dipped into the solution. Store unused solution in a covered container.

To clean stained plastic, mix 3/4 cup bleach, 3/4 cup baking soda and 1 cup vinegar. This mixture will bubble when mixed. Pour it into stained containers and let stand 5 minutes. Wash and rinse.

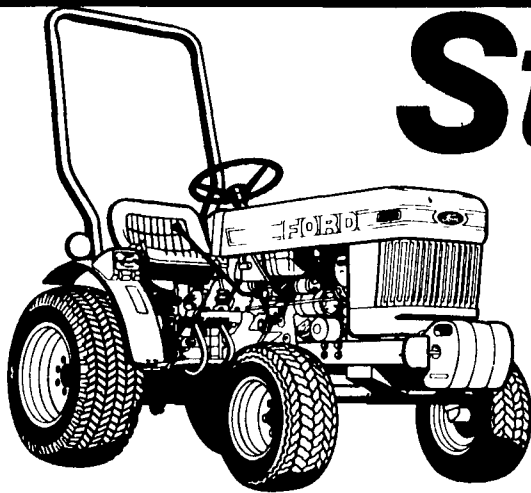
When it's time to remove wax from floor tiles or linoleum use a solution of 1 cup ammonia to a gallon of warm water. Wipe on and allow to stand for five minutes, scrub and rinse.

Lift cobwebs off with a clean old sock on a yardstick.

Even the washing machine needs cleaning. Fill your washing machine with hot water. Pour in one gallon of white distilled vinegar. Allow the washing machine to run a full cycle, but without wash in it.

This will clean the built up residue left by washing powders and minerals in hard-water areas.

Clean your washing machine about every six months or at least once a year.



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