

# PS PREVENT AND STROKE

## duces vitamin D to fight illness

research can help improve the length and quality of people's lives."

Basking in sunlight is the easiest and most reliable way for you to boost your vitamin D levels, say experts. You'd have to down 10 glasses of D-fortified milk a day to get the minimum daily requirement. Or you'd need to take at least 200 IUs in supplements daily.

Your skin produces vitamin D whenever it's exposed to the ultraviolet rays from the sun. But there's no risk of overdosing because your body self-regulates D levels.

But beware, these beneficial UV rays can't penetrate glass. So, no matter how sunny the day, your skin's not generating D while you're in your car, home or office.



Simply sunning yourself regularly can prevent cardiovascular disease the natural way

## f common allergy triggers

### Stuffed animals, candles and paint could be culprits

**H**AY fever sufferers usually blame their sneezing and itching on pollens and plants, but a slew of bizarre things — like candles, teddy bears and even blue jeans — can trigger violent allergy attacks.

"Many homes are filled with irritants and if there's a high enough count of an irritant, you'll react," says Dr. Christopher Randolph, a Yale University allergy expert.

The odors released by scented candles can trigger allergic reactions like a runny nose or watery eyes.

Stuffed animals, mattresses and pillows often provide a home for mites and other microscopic bugs.

Putting impenetrable covers on bedding can help. Mites infesting teddy

bears and other stuffed toys can be killed by washing the object in 140-degree water.

Solvents in wall paints can trigger itchy eyes and even headaches. Oil-based paints are the worst while latex paints contain less harmful substances.

Opening the windows to air out the room for four weeks after painting can lessen the problem, suggest experts.

A favorite pair of blue jeans can also create allergy problems. Pants with metal buttons made out of nickel can cause itchy rashes and even blistering.

Coating nickel buttons with clear nail polish can sometimes prevent rashes. Or a tailor can replace the metal buttons with non-irritating ones made of plastic.

## NATIONAL **Examiner**

**GIVEAWAY**



**She's a big fat loser!**

**— AND YOU CAN LOSE WEIGHT, TOO**

**N**OT being NBC TV's Biggest Loser was a blessing for season four contestant Julie Hadden. She lost the championship by 8 pounds, but gained self-esteem while peeling off 100 pounds. Read her remarkable and inspiring story **Fat Chance**. We have five FREE copies of this \$22 book from Guidepost Books to give away FREE. For a chance to win, see page 54.