

## Improving the Air You Breathe

Indoor air pollution can be a serious health problem. Some illnesses are caused or exacerbated by mold and indoor air pollution. While no home can ever be 100% allergen-free, there are methods you can use to reduce the concentration of dust mites, pet dander, mold and pollen.

### Dust Mites, Pollen and Pet Dander

- Start with a thorough general cleaning, dusting and sweeping. Clean the often-missed places such as ceiling fans, baseboards, moldings and curtains.
- Clean your heating and air ductwork. Replace duct covers if needed.
- During allergy-prone seasons, keep your doors and windows closed and use your air conditioner to reduce pollen in your home. The use of an air purifier also could help improve air quality.
- Replace HVAC and air purifier filters regularly.
- Clean your carpets. Running the vacuum cleaner and using a carpet shampoo will most likely restore the look

***With a home air test device, you can judge the quality of your air. It looks for chemicals called VOCs (volatile organic compounds), including active growing mold. It determines where those chemicals are coming from and guides you in removing or reducing them. There are several air test devices available online.***



of your carpet, but it can't improve the air quality or remove allergens like a professional cleaning.

- Vacuum carpets and mop floors on a frequent basis. It is helpful if your vacuum features a small-particle or high-efficiency particulate air (HEPA) filter.
- Avoid use of woodburning fireplaces or stoves as smoke and gases can worsen respiratory allergies. Most natural gas fireplaces won't cause this problem.
- No smoking anywhere in the house!

### Mold and Mildew

Mold is an indoor air pollutant that can be hazardous to your health, and quite costly to remove.

- To avoid mold, keep the air in your home as dry as possible. Keep the humidity in your home below 50% to prevent the growth of mold.

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continued from page 1

- A dehumidifier in the basement greatly reduces the chance of mold.
- Clean shower curtains, tiles and grout regularly to prevent mold build-up in the bathroom.
- Use exhaust fans in the kitchen and bathroom.
- If you do use a woodburning fireplace or stove, store your firewood outside, as it is naturally covered in mold.

If mold is found in your home there are several ways to remove it, depending on its severity and location. Professional mold removal companies are costly, but a good option for widespread mold. Smaller areas in the bathroom and kitchen can be removed with household cleaners.

SOURCES:  
[mayoclinic.org/diseases-conditions/allergies/in-depth/allergy/art-20049365](http://mayoclinic.org/diseases-conditions/allergies/in-depth/allergy/art-20049365)  
[webmd.com/lung/features/12-ways-to-improve-indoor-air-quality#1](http://webmd.com/lung/features/12-ways-to-improve-indoor-air-quality#1)



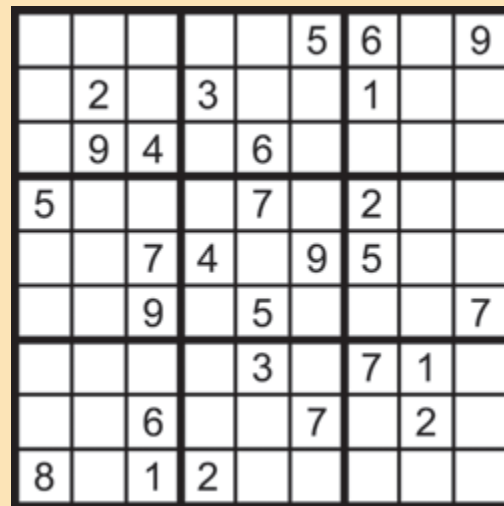
# Leisure Time

## WORD SEARCH: SUMMER TRAVELS



- |                |           |             |
|----------------|-----------|-------------|
| BRIDGE         | INN       | SEMIS       |
| CAMPERS        | KING BED  | SIGNS       |
| CLOVERLEAF     | LODGING   | SLOW DOWN   |
| DIESEL         | MAP       | SPEED LIMIT |
| EZ PASS        | MOTEL     | TOLLS       |
| FOOD           | OVERLOOKS | TRAFFIC     |
| FREE BREAKFAST | QUEEN BED | TROOPERS    |
| GASOLINE       | RADAR     | TRUCKS      |
| GPS            | RADIO     | WEATHER     |
| HOTEL          | REST AREA | WIFI        |

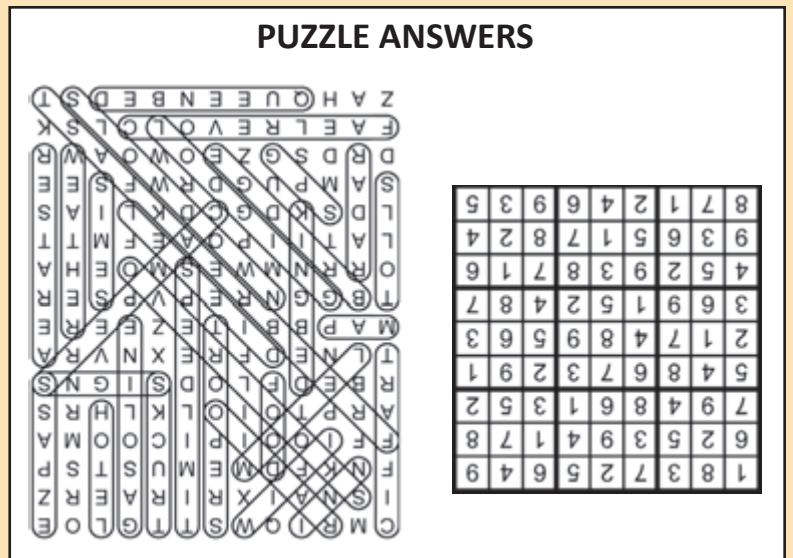
## SUDOKU



To solve a sudoku, you only need logic and patience. Simply make sure that each 3x3 square region has only one instance of the numbers 1-9.

Similarly, each number can only appear once in a column or row in the larger grid.

## PUZZLE ANSWERS





## HEALTH FLASH

### The Health Benefits of Green Tea

Green tea is rich in catechins – antioxidants that fight and may even prevent cell damage.

Green tea has been shown to improve blood flow and lower cholesterol. A review of many studies found green tea could help prevent a range of heart-related issues, from high blood pressure to congestive heart failure.

Green tea has also been shown to lessen the formation of plaques that are linked to Alzheimer’s disease. Green tea seems to keep blood sugar stable in people with diabetes. Because catechins lower cholesterol and blood pressure, they could help protect against the damage a high-fat diet can cause. Additionally, green tea contains a natural chemical called theanine which can provide a calming effect.

While green tea is known to aid healthy cells in all stages of growth, studies on it’s impact on cancer have been mixed.



SOURCE: [www.organicfacts.net/health-benefits/green-tea.html](http://www.organicfacts.net/health-benefits/green-tea.html)

# 5 Summertime Stress Busters

*Running on empty? Here are some tips to fill up your tank!*

- 1 Visit the Great Outdoors.** Take advantage of the nicer weather and head outside. Even five minutes can bring rejuvenation and help release stress.
- 2 Sit Up Straight.** Do a quick posture check. Bad posture can lead to muscle tension, pain and stress.
- 3 Spend Some “Me Time”** While it can be a challenge, try to find at least 15 minutes in your day to focus on yourself.
- 4 Just Do It.** Choose one thing you have been putting off and just take care of it. Taking care of your “to do” list can alleviate some of your daily stress.
- 5 Breathe In, Breathe Out.** Take deep breaths and slowly release them. Yoga and meditation offer instruction on techniques and other stress relief methods.

### Avoid Enteric Aspirin for Heart Benefits

If you take aspirin for heart health, avoid taking enteric aspirin. A new study by Duke University found that aspirin coated with a material designed to avoid irritation in the stomach lining (enteric aspirin) had no effect on clotting. Modified-release type aspirin did the best job of protecting patients from clotting. Normal aspirin also did well. But the effects of enteric aspirin were undetectable.



### Healthy Recipe:

## Avocado Corn Salad

*This quick and easy recipe is both tasty and low calorie! Plus, it’s full of heart-healthy avocado and fiber-rich black beans.*

- 2 (12 oz.) packages frozen corn
- 2 avocados, diced
- 1 can black beans, rinsed and drained
- 1/2 red onion, chopped
- 1 carton cherry or grape tomatoes, quartered
- 1/4 c. cilantro, chopped
- 2 tbsp. olive oil
- 1 tbsp. fresh lime juice
- 1/2 tsp. grated lime zest
- 1/4 tsp. salt
- 1/4 tsp. pepper

Cook corn in the microwave until it is thawed - not hot, but not frozen. In a bowl, combine corn, avocados, black beans, onion, tomatoes and cilantro. In a small bowl, mix olive oil, lime juice, lime zest, salt and pepper; pour over corn and avocado mixture. Toss gently and serve.







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**RESERVE NATIONAL**

# Health Notes

*for a healthier life*

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## In This Issue:

- Improving the Air You Breathe
- Leisure Time
- Health Flash  
– The Health Benefits of Green Tea
- Avoid Enteric Aspirin for Heart Benefits
- 5 Summertime Stress Busters
- Healthy Recipe: Avocado Corn Salad
- Customer Service Center

# Customer Service Center

*We're Here to Help!*

Reserve National Insurance Company's Customer Service Department, based in Oklahoma City, solves problems every day for Reserve National customers across the United States. If you have a question about a claim, premium payment or your policy, please give one of our Customer Service Representatives a call. They'll give you the personal attention you deserve.

### Change of Address? New Phone Number? Please let us know!

To better serve you as a policyholder, we must keep your current address *and* phone number in our records. **If you have moved or changed phone numbers recently, please call our Customer Service toll-free line at 800.654.9106.** You may also email us at [customerservice@reservenational.com](mailto:customerservice@reservenational.com). To ensure that we update your records correctly, please include your policy number(s).

If you change addresses in the future, you will also need to fill out a Change of Address card at your local United States postal facility. Before submitting your Change of Address card, please discuss your planned change with a U.S. Postal Clerk and have them examine your change on your card to make sure it is correct. This will ensure your mail is forwarded to your new address.

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# Health Notes

*for a healthier life*

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