

Beat the Heat, Breathe Easy

(Philadelphia PA, July 6, 2010) With heat encroaching on the entire region, it's not just the heat but the low air quality that is oppressive. Pollen and pollutants like car exhaust fumes are actually more active in heat; because molecules move faster and bump into each other causing friction, in heat, thus, the air-borne pollen and pollutants are more readily irritating eyes, lungs and sinus cavities; this strain can put a strain on the immune system as outlined with allergies and asthma and other systems such as seen with heat exhaustion and heat stroke.

Michele Paiva, wellness expert, says that there are ways to help beat the heat and breathe easier for all ages.

1. Obviously the first protocol is to seek air-conditioning or at the least, a constant fan-source to keep air moving. Fan's provide a more direct blow of air with less friction on molecules bumping into each other but the fan is still blowing pollutants and irritants on you. It's better than stagnant air though, because it is also bringing fresh air and blowing some pollutants and irritants away from you.
2. Don't overdo it. The garden can wait and workouts can be whittled down. During extreme heat you have very limited resources as your body is working on overdrive to cool you off; so the slightest exertion could result in overload for you. Pace yourself, and stop before you feel increased fatigue.
3. Drink plenty of water and don't forget to eat and drink so you replenish salt and minerals. Drinks that are meant to replace electrolytes are good but so is natural orange juice. Anything with sodium, salt and potassium is going to help you bounce back and keep you from taking a dive from the heat. Tomato paste is also a good source of potassium, so salt that pasta and eat up, even though it is a warm meal, it's packed with the carbohydrates that help you hold water and stay hydrated, and has salt and potassium you need in heat also.
4. Clean your nasal passages. A neti pot or other nasal cleanse system, like Nasal Care, is an excellent way to keep from feeling the wrath of irritants in the air. Your nasal passage is the first protection in your respiration system, so keeping your nasal passage and sinus cavities pollen and irritant free, you'll be preventing allergy symptoms like headaches and sneezing and possibly future infections from forming. When you have clean nasal passages and sinus cavities you often feel more energetic and less mucus filled.
5. Keep creative. This sounds silly but more creative outlets help you to enjoy the heat. Watch movies, do artwork, cook light meals earlier if possible to just heat them up later in the day. Your attitude goes a long way in how you respond to even physical stressors so try to keep possible.

6. Don't forget the kids. Youth in college summer programs or camps are in new areas often, with new allergens that they may be reacting to, and often in environments with little or no air-conditioning. They also are around a lot more pollen, mold and dust than many adults are this time of year... so these tips apply to them as well.

Paiva has her 10th book coming out soon, "Fattitude: Lose your F in Attitude" and has appearances throughout the Philadelphia region in July and August for her kick-off book launch celebration.

Paiva is available for interview, or to explain/demonstrate breathing styles and postures to help cleanse nasal passages and sinus cavities and to even cool off. For additional wellness tips, recipes and more, www.loseyourfinattitude.com