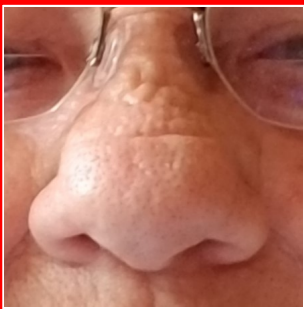


The High Point k

HPC strives to guide, educate, encourage, and support their clients

October 2018

Volume 13



Did You Know?

- There are 14 different types of human noses
- How you sneeze is an inherited trait
- When you sneeze, your nose expels at speeds up to 100mph
- The nose produces one

quart of mucus daily

- Humans are capable of smelling over 10,000 different scents
- Anything that can't be smelt by a human nose is lethal
- Humans can actually smell happiness in a close partner
- Every human being has a different smell print so no two people smell anything exactly the same way
- The human nose is made up of five different muscles
- Babies recognize their mothers by smell
- Some other names for nose include: beak, snout, schnoz, muzzle, proboscis, sniffer, snoot, whiffer
- Flower scents sprayed around the bedroom before sleep result in more positive dreams than unpleasant smells or no odors at all
- According to new research smells can have an impact on almost everything, from dreams and emotions, driving, stress and gambling, to pain, concentration, memory and romance
- While a whiff of lavender releases feel-good hormones and makes us happier, the scent of roses lowers blood pressure and a hint of eucalyptus improves alertness
- In one study based at a Las Vegas casino, there was a near 50 per cent rise in money gambled when a pleasant scent was sprayed around slot machines
- Bad smells can serve as a warning that something is amiss. If it smells bad, it is probably bad for you. More often than not, the nose knows

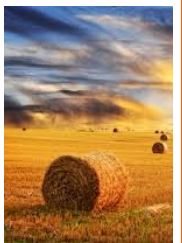


In the other gardens
And all up the vale,
From the autumn bonfires
See the smoke trail.

Pleasant summer over
And all the summer flowers,
The red fire blazes,
The grey smoke towers.

Sing a song of seasons
Something bright in all
Flowers in the summer
Fires in the fall

Robert Louis Stevenson



The Sharing Branches

We are really excited to announce a new addition to the clinic. We have put in what we are calling the Sharing Branches. As you come and go from the lobby down at 203, you will notice the new corkboard on the wall. This is a place where hopefully we can all find a way to self express. Part of healing comes through relationships and relationships grow and thrive through sharing.

Each month we will have a theme for the board and we will all be able to participate in decorating it. All of you, as clients of High Point, and all of the staff will be encouraged to contribute items to hang on the board. Everything has to be appropriate for the theme, non-offensive, and HPC reserves the right to remove any item at any time. But we'll be asked to bring pictures, original artwork, ideas, quotes (who knows what because the options are endless?) and put them up for everyone to see and enjoy.

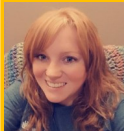
For example, October is all about autumn. The changing of the seasons, the sights, the scents, and the rhythms of winding down, contemplating, and finding a slower flow to life. We see that all around us as the trees change color and the days get shorter. It's a time of reflection and deepening our self-awareness. Sharing that with others will help enrich their lives as well, so in October, the staff of HPC will be sharing with you. Keep your eyes on the Sharing Branches to learn a bit more about each of us. Then in November it will be your turn to share !

HALLOWEEN



Will be celebrated at High Point Clinic on Tues, Oct 30. All the staff will be in costumes and we are asking you, our clients, to come in costumes too. You can go from office to office while you are here and trick or treat. There will be candy, snacks, and fun galore!





IT and What You Should Know About IT

We've all smelled IT. We've all had IT. We've all been victims of IT. IT burns our nostrils. IT makes us cry. IT makes us gag. IT numbs our brains. We open windows, turn on fans, burn incense, and spray to get rid of IT. What is IT? IT is body odor, BO, funk, stink, perspiration with a capital P; whatever you want to call it. Sometimes, in some places, and on some people IT can be overwhelming. Most of us think that bad body odor is a sign of poor hygiene. That is not actually the case. Body odor is caused by bacteria that live on the skin and give off a bad smell. The bacteria do like to feed off sweat, but they can be found on clean skin, dry skin, sweaty skin, and dirty skin. Bacteria are not the only reason that humans can smell less than pleasing. We can take on that ripe, skunky smell if we are stressed, having an anxiety attack, eat lots of strong spices, get dehydrated...the list goes on.

People actually do become nose blind to their own scent so if you give yourself a pit check and think you're okay, but notice that your neighbors are still boarding up all the windows on the side of the house facing you; or you get on an elevator and everyone else flees with tears in their eyes; or you find yourself sitting alone in a cinema at the sold-out, midnight showing of the newest Avengers movie; realize you might not even know how you smell. Ask a close friend or someone you trust to be brutally honest and let you know if you aren't exactly pleasant to have around. If the answer is bad news, rest easy, there are lots of things that you can do to eliminate or lessen a bad case of skunk pit. The first and most important thing is to practice good hygiene. Here are some great tips:

- Keep yourself clean, shower daily, especially areas where you sweat more. Warm water will help kill the bacteria that is on your skin. Using an antibacterial soap will also help. Consider taking more frequent showers during hot summer months or if you are more active than usual, but don't shower so much you start to dry your skin out—those stinky bacteria like to feed on dead skin cells too.
- Brush your teeth and remember to use mouthwash and floss. This will help keep your breath fresh and, who knew, flossing reduces the chance of having a heart attack by 25%.
- Wash your hair to keep it clean and oil free. This will help to keep your hair healthy and your scalp happy.
- Use antiperspirants/deodorant daily. Deodorants make the skin more acidic making it difficult for bacterial to grow. If you still notice an odor, use a stronger deodorant or visit your primary care physician.
- Change your clothes daily and wash clothes with laundry detergent. Be sure to change your socks and keep your shoes clean.
- Females, practice good feminine hygiene. If wearing pads, tampons, or cups change them frequently. Pay attention to "your smell" if you notice anything different than normal you should see your gynecologist or primary care provider.

If you are doing all the right things, but you still have an aroma, your BO may need a doctor's visit. Our smell can tell us a lot about our health and any time something's off or you notice a strange scent, it's a good idea to visit your doctor.

So, here's to reducing nose stress! Follow these tips and you'll have a long, healthy, and smell-free life!

-Jessica Carey

8 Habits to Keep You Fresh



Shower & wash all over with soap every day



Brush & floss your teeth twice every day



Wash & dry your hands after going to the toilet and before eating

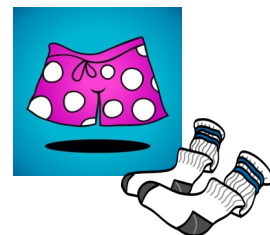


No Spitting

Ever! It's gross & spreads germs



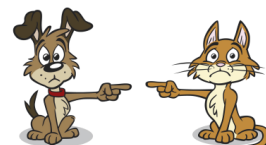
Keep your coughs & sneezes covered



Wear clean underwear & socks every day



Do your laundry (including sheets & towels) at least once a week. Be sure everything is completely dry before putting away



Keep all your pets clean & free from bugs

Smelling is a Job

Believe it or not, some people get paid to smell. Chemical testing labs hire them when they are trying out new products. These professional noses sometimes get to smell good stuff, like the sweet fragrance of a new shampoo. Other times their job is to see if products like underarm deodorant are really working. Imagine sniffing someone's underarm to check! People with jobs like this are called Odor Testers.

Other jobs that use the nose? Retail Perfume Manager, Aromatherapist, Aromachologist, Health & Safety Food Inspector, Food Chemist, Perfumer, Sommelier.

FOODS
to **AVOID**
that Make You Stink



ONION



GARLIC



RED MEAT



ASPARAGUS



ALCOHOL



CRUCIFEROUS
VEGETABLES



CUMIN



COFFEE



FISH OIL



FENUGREEK



To explore more, visit www.Top10HomeRemedies.com

DIY CITRUS AIR FRESHENER



One orange cut in quarters
One apple cut in quarters
3 cinnamon sticks
1 & 1/2 Tbs whole cloves
1 cup of fresh cranberries
Optional 1 cup of fresh blueberries

Take all the ingredients and put them in a sauce pan. Put enough water in the pan to just cover the fruit. Turn a back burner on to low and let simmer for hours. You can even put it on low in a crock pot, just leave the lid off. When you are done, turn the burner off and let the mixture cool. You can reuse it for days to keep your house smelling fresh!

