De-fog Your Car Windows

Use Cool Air
Instead of blasting hot air on defrost setting, use cold air for a quicker response!

Crack a Window
When the cold air is pulled through the fog disappears!

Clean your Windows
Keeping your windows clean helps reduce the risk of fog!

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Winter skin care!
1. Wear sunscreen! In the winter you may be especially susceptible to sun damage and burns because ultraviolet light is intensified when it reflects off the snow.
2. Take short lukewarm showers. A long hot shower can strip natural oils from your skin, causing it to dry out. Try moisturizing immediately after taking a shower to help seal dampness into the skin.
3. Moisturize daily. Find a hypoallergenic moisturizer that doesn’t include any potentially abrasive, strong fragrances or irritating ingredients. An oil-based moisturizer will likely help your skin retain moisture than a water-based solution.
4. Cold wind and dry indoor heat can deplete your lips natural protective barrier. You can use petroleum jelly to create a protective coating that will prevent and treat chapped lips.
5. Consider a humidifier at home. Heating systems can dry out the air and humidifiers can add moisture to the air easing dry skin problems.
6. Protect yourself from the cold and bundle up! Wear layers, gloves, hats, scarves and a jacket to keep your skin healthy. If your clothing gets wet when you’re outdoors change as soon as possible because damp clothing can cause your skin to breakdown.

Six Lifestyle Changes to Reduce Blood Pressure

Eat a Healthy Diet – fruits, vegetables, whole grains, fish, poultry, beans, nuts
Reduce Sodium – reduce dietary intake of sodium to fewer than 1,500mg/day
Increase Dietary Potassium – bananas, spinach, dark leafy greens, yogurt
Be Physically Active – 30 minutes/day of moderate aerobic activity or 15 minutes/day of vigorous aerobic activity
Maintain a Healthy Weight – strive to meet your BMI (body mass index)
Moderate Alcohol Intake – American Heart Association recommends no more than 2 drinks per day for men and 1 drink per day for women.
Slow Cooker White Chicken Chili

Ingredients

- 1 ½ lb. Boneless, skinless chicken breasts or thighs
- 1 Tbsp. ghee or avocado oil
- 1 medium onion, diced
- 1 medium bell pepper, any color; diced
- 1 small jalapeno, seeds and membranes removed and finely diced
- 6 cloves garlic. minced
- 2 ½ tsp. ground cumin
- 1 tsp. dried oregano
- 2 tsp. chili powder
- 1 tsp. sea salt
- ¼ tsp. black pepper
- 2 cups organic chicken broth
- 1 14-ounce can full-fat coconut milk
- Juice of ½ lime
- ½ cup fresh cilantro, chopped
- Fresh cilantro and lime wedges for garnish, optional

Slow Cooker Directions

1. Add onion, peppers, garlic, and spices (cumin through black pepper) to the bottom of a slow cooker. Arrange chicken on top of vegetables in a single layer.
2. Add broth and place lid on slow cooker.
3. Set heat to LOW and cook 7-8 hours or until chicken is done and vegetables are tender.
4. Remove chicken from slow cooker and shred with two forks. Return chicken to slow cooker.

Winter Ice Safety

For those of us enjoying recreational winter activities such as skating, ice fishing, and hockey, ice safety is something to keep in mind. Before heading out onto the ice, tell someone of your plans. Come prepared with a cell phone, a rope, and ice picks. Wearing a life jacket will not only help you stay afloat in the event of an emergency, but it will also provide insulation.

If you happen to fall through the ice, don’t panic and call for help if there are people nearby. Don’t remove winter clothing as it provides pockets of air for warmth. Turn to face the direction you came from since the ice you previously walked on may be the safest. Place your hands and arms on an unbroken surface and kick your legs. While kicking, attempt to pull yourself up onto the ice using ice picks if you have them. Once your torso is on the ice lay flat and roll away from the water while keeping your weight distributed. Lastly, find shelter, get into warm clothing, and seek medical attention if necessary.