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## Ge nautilus dishwasher user manual

Getty Images Inhaler. Exhale. You take 15 to 20 breaths per minute - more than 20,000 breaths a day. With each one, oxygen travels through your bloodstream, fueling the body's cells. The problem is, we bombard our lungs with contaminants and irritants such as passive smoking and fumes from cleaning products. Still, lungs are resilient, says Ravi Kalhan, MD, director of the Asthma/COPD Program at Northwestern University Feinberg School of Medicine. Keep them healthy and they will protect you into old age. Read on and start breathing lightly. GETTING in shape While exercise does not increase lung capacity per se, it strengthens the heart muscles so that your heart is better able to pump oxygenated blood through the body, says Doreen Addrizzo-Harris, MD, associate professor of pulmonology at NYU Medical Center. Your lungs don't have to work that hard. You will exercise more effectively and feel less stalked. RELATED: How to Become an Exercise Addict Exercise Can Also Trim Belly Fat, which is linked to a higher risk of asthma. We believe that the excess fat associated with obesity increases inflammation in the body, which affects the lungs, says Neil Schachter, MD, a pulmonologist at the Icahn School of Medicine at Mount Sinai in New York City. To see results, you need consistent exercise, raising your heart rate for 20 to 30 minutes most days of the week, says Jason Turowski, MD, a pulmonologist at the Cleveland Clinic. If you have asthma, it can be difficult to maintain an intense workout, but lower key activities can help reduce respiratory inflammation. In one study, asthmatic adults who walked for 20 to 30 minutes three times a week at a moderate pace reported improvement in their symptoms. Swimming is another option, especially in the cold winter months. The warm, moist air at an indoor pool is asthma friendly. (But don't swim in a pool that's heavily chlorinated; irritation from the fumes can counteract the benefits.) Next page: Eat Smart [ pagebreak ]SPI SMART An anti-inflammatory diet helps reduce respiratory inflammation, which has been linked to respiratory diseases like COPD and asthma, notes Melissa Young, MD, an integrative medicine specialist at the Cleveland Clinic. Fill up with these foods: Fruits and veggies: They are packed with antioxidants that can help repair damage from air pollution. It doesn't matter what kind, as long as you eat lots of them. RELATED: 13 Veggies You only think you don't like Flaxseeds: They contain high levels of omega-3 fatty acids, which are thought to be associated with a lower risk of asthma. White wine: Vino drinkers-especially those who sip white-have healthier lungs. (Researchers toorize it is because of the wine's high antioxidant capacity.) Olive oil: It has monounsaturated fatty acids, which can help reduce inflammation, and alpha-tocopherol, a form of vitamin E with better lung function. One cup Caffeine has a similar effect to the drug therophylline, which opens the airways, Dr. Turowski says. Tomato sauce: Research suggests that the lycopene-antioxidant famously found in tomatoes-may protect you from exercise-induced asthma. Next page: Clear the Air [ pagebreak ]CLEAR THE AIR Air pollution claims more than 3.2 million lives worldwide each year, according to the 2013 Global Burden of Disease Study. Why? The tiny particles penetrate the lungs, causing cancer and other respiratory diseases. We don't expect you to flee from L.A. to Idaho, but there are precautions that everyone should take. Check the forecast: You can find the air quality index (AQI) on [airnow.gov](#). On days that AQI in your area is high (over 150, if you have no lung problems, over 100 if you've got a breathing problem), consider taking your workout indoors. If you are exercising outdoors, avoid routes near traffic. RELATED: Burn calories This summer Don't idle your car: It releases as much pollution as a moving vehicle, and you're in the middle of the fog. Turn off the ignition if you wait more than 10 seconds and warm up the engine by running. (Your car and its engine heat up faster when you drive.) Make a P.M pit stop: As you fill your tank, gas emissions evaporate and form ozone, a component of smog. Hit the pump after dark to keep the sun from turning these gases into pollutants. Next page: Rehab your home [ pagebreak ]Rehab your home Air pollution in your house can be worse than what is inflated outdoors. How to clean the air, stat. Go electric: Your home heating and AC system should ideally operate on electricity, not oil, as the latter releases more particles. Most homes built after 2000 do, but if you live in an older home that uses oil, consider installing a home air-filtration system for a few thousand dollars. RELATED: 9 Ways to Detox Your Home Get Tested: Every two years, your home should be tested for radon—an odorless natural gas that is found in one out of every 15 homes in the U.S. and is the second-largest cause of lung cancer. You can hire a certified company to do so, or buy a test kit for \$15 to \$25 at a hardware store or [sosradon.org/test-kits](#). If radon concentrations exceed 4 picocuries per litre of air (pCi/L), install a radon reduction system (up to \$1,500). Keep humidity low: An overly humid environment is a breeding ground for mold, a common allergen. The EPA recommends keeping humidity below 60% in summer and between 25 and 40% in winter. You can measure humidity with a hygrometer (\$20 to \$40 at a hardware store). If the air is too dry, use a humidifier. It's too wet, try a dehumidifier. RELATED: Your 12 Worst Allergy Defects Trade in Your Fireplace: The Particles in Wood Smoke Can Damage Your Heart And Lungs. Switch to a cleaner gas or wood-burning stove by EPA, or in an electronic fireplace or gas insert (about \$1,000 to \$3,000) for fewer emissions. To learn more, [epa.gov/burnwise](#). Next page: Stay safe from third-hand smoke [ pagebreak ]stay safe from third hand smoke You know not to smoke and stay away from passive smoking. But there's something called third-hand smoke - residual tobacco smoke that sticks to walls and furniture and then off-gas slowly into the indoor environment. This thing isn't just smelly: It reacts with indoor pollutants, such as ozone and nitrous oxide acid, creating compounds that latch onto your cells' DNA and cause potentially carcinogenic damage, according to research presented at the American Chemical Society's 2014 meeting. While the risk is higher for babies and toddlers (as they crawl around the house, they can stir up and inhale these compounds), pretty much everyone is susceptible. RELATED: 30-day countdown to smoking cessation When traveling, insisting on smoke-free hotel rooms, and avoiding the homes of friends who smoke (even if they don't light up in front of you, their furniture can stink). If you inherit the home of a smoker, remove affected items like sofas and blankets, paint and bring in a professional to thoroughly clean the air-ventilation system. DID YOUR DUVET GIVE YOU ASTHMA? You've never had asthma before, but lately you've had shortness of breath. What gives? It's not uncommon for a 40-something woman to suddenly complain of asthma-like symptoms, Dr. Addrizzo-Harris says. A typical trigger: being exposed to an allergen you haven't faced in years, such as feather bedding or mold. I can't tell you how often I've seen a patient who reports symptoms start as soon as she moves into a new house, Dr. Turowski says. Usually a musty basement is the culprit. Next page: A woman's problem? [pagebreak ] A WOMAN'S PROBLEM? How the femininity of the three P can mess with your breathing. You are about to get your period: Up to 40% of women with asthma report that their symptoms worsen immediately before their period. During this time, estrogen levels decrease, and we believe that these fluctuations somehow activate an inflammatory response in a woman's airways, Dr. Kalhan says. As a result, you are more likely to cough, feel shortness of breath and wheezing. Talk to your doc about increasing asthma meds on these days; research also suggests that taking birth control pills (to ward off hormone increases and dips) may help. You're pregnant: In the first few weeks of pregnancy, an increase in the hormone progesterone causes you to breathe more often, which can make you feel like you're short of breath when you really aren't. (The hormone expands your lung capacity so your blood can transport large amounts of oxygen to your child.) This sensation disappears, then reappears around your third trimester when your uterus starts pressing on your diaphragm, making it harder for lungs to the full But there's relief soon: During the last month of pregnancy, your baby will drop into your pelvis, taking the pressure off your lungs. RELATED: 10 Tips for Getting Pregnant You Go Through Perimenopause: As you approach menopause, estrogen levels ride a veritable roller coaster, and the dramatic peaks and drops can trigger inflammation that sets off for an asthma attack. Research has shown that women in menopause are twice as likely to severe asthma as similarly aged men. If you notice your wheezing getting worse, talk to your gyno about going on the pill or using hormone therapy to help ease you through the transition. The good news is that once your ovaries have closed up shop, your asthma should improve. Because an estimated two-thirds of American households have a dishwasher, it's likely that you're already well acquainted with the joys of their convenience. If so, you know that a dishwasher cuts valuable time from your chores, minimizes kitchen clutter, and uses less water to do a better job than doing hand washing. And it accomplishes all this, often on a daily basis, year after year with few breakdowns. Dishwashers Buy GuideThe vanguard of today's dishwashers has really come of age. They do their work quietly and efficiently, using far less energy and water than models made just a few years ago. And they have intelligent controls that maximize usability. In fact, it's teeming. When shopping for a new dishwasher, the trick is to know which features are worth paying for and which can be a bit over the top for your needs. For a full report on dishwasher energy efficiency, capacity, control, styling, and the quiet quotient, see [dishwashers buying guide](#).How a dishwasher WorksThough the convenience that a dishwasher provides is immeasurable, it really is quite a simple machine. It is essentially just a waterproof box with mechanisms that spray the contents with hot water and soap, drains leftover food particles and dirty water and then wipes the contents. See [How a dishwasher works](#) for a detailed illustration and discussion of a dishwasher's inner workings. Dishwasher Troubleshooting & RepairsMany dishwasher complaints come down to the dishwasher simply don't do a good job of cleaning. Before blaming the dishwasher, make sure that the water temperature is warm enough and that you use the right amount of detergent. For more specific problems, such as dishwasher not filling or not stopping filling, leaking water or not draining, see [Dishwasher Troubleshooting & Repairs](#).How to install a dishwasherInstalling a new dishwasher requires a GFCI-protected electrical container, a connection to the hot water supply of the kitchen sink, and a connection to Trap. Of course, if you replace your old dishwasher, installation is a snap. See [Installing or replacing a dishwasher](#) for illustrated step by step for the installation of a dishwasher. Selected Resource: [Find a local Appliance Installation Pro](#)Call free estimate from local appliance pros now:1-866-342-3263Dishwashers were last modified: May 12, 2020 by Don Vandervort, HomeTips © 1997 to 2020 2020

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