

Episode 172 Transcript : Your Health and Wellness

00:00:00:12 - 00:00:18:39

Karen Brown

Welcome to this edition of The Oldish and Real Life Renos. I'm happy to see all of you today. And I do hope that you will comment because this is really all about you today. We're making this about you, so I want to make sure that the option is turned on.

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Karen Brown

There we go to let me see comments. So if you have a comment, put it down below. If there's something you want to talk about and I'm going to see it on the site. So that would be a good thing.

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Karen Brown

Today, I wanted to talk with you about a subject that is bubbling up more and more in public conversations and in conferences that are available to people in health care fields. I'm in fact going to a conference, a one day conference this Friday and then.

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Karen Brown

The week after next. There's one that's going on for several days, and they are all about the same kind of subject health and wellness and the way that we are choosing to live our lives in the environments that we live in.

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Karen Brown

So while we talk a lot here about making choices for your life and having plans and being able to move forward, these conferences are really more about the environment we live in. So, for instance, how we build and renovate the materials that we choose.

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Karen Brown

Do we choose? Right angles to build things or do we choose smooth angles, rounded angles, which are much more pleasing? Have you noticed? Yes, they're much more pleasing, our use of color. There are actually specific colors that will interact with our brains subconsciously and serve to calm us.

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Karen Brown

Give us a better feeling of well-being when we're in our homes. That is in the conference. I'm going to this Friday. I'm really looking forward to that. Our use of plants. This is something I heard in a clubhouse conversation leading up to the conference on Friday.

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Karen Brown

They they. There was a study done and the people doing the study did it at a commercial building. So this was an office building where some folks were working away. They divided them into two. One group sat in offices that looked out over green space.

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Karen Brown

They could see plants and greenery and trees and just nature. The other group did not see that of their windows, and they measured responses and movements and well-being. And of course, the people who could see the greenery and the nature

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Karen Brown

did much better. They were calmer. Their blood pressure was better. It was all so much easier for them. So that matters, you know, I've never been really good at keeping plants alive in my house, but I am trying now.

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Karen Brown

I have some succulents. I think I'm not doing too badly with them. We'll see. They are green and they do make me happy to look at them. And of course, green plants are good for cleaning your air, so it's no small wonder that they contribute so much to our well-being.

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Karen Brown

Another thing that has been a hot topic of discussion in the design industry. People who work at designing the buildings that we live and work in is off gassing. So, you know, every time you bring in a new carpet, a new chair, a new couch, a new anything, something made of plastic.

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Karen Brown

It put it off gases into our environment, into the air that we breathe. So this has been a very hot topic because it's not good for us. In fact. A very good friend of mine had a friend who I know she she has passed away subsequently, but she was allergic to plastic, so for instance, she could never

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Karen Brown

have a brand new car or a brand new phone. Whatever it was, had to be purchased and then stored for a period of time, and it wasn't days or weeks or months, it was years. Before she could actually interact with it, whatever it was, a phone, a car, she couldn't get in the car until it was several

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Karen Brown

years old. Pardon me. You know you're getting old when you choke on your own spit. So, you know, there are certainly people who have allergies to these kinds of things. But that, of course, is an extreme reaction. But.

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Karen Brown

There are definite side effects to the off gases that we breathe every time we bring something into our homes. I did not know the extent of it. Even the ovens and the stoves that we used to cook our food, they don't recommend being too close to them, gas stoves, in particular because of the gases that come off

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Karen Brown

and that we then subsequently breathe. So I love cooking on a gas stove or a gas barbecue. Believe me, barbecue outside, of course. But you know, I don't stand over it either. I, I stay back from it. So the off gases are a very interesting thing and something to watch out for if you bring a new carpet

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Karen Brown

or rug or piece of furniture into the house. Even the clothing that we wear. Right. Air and water quality. Now the off gases are, of course, related to the air quality, but air and water quality really matter. I live in a condo apartment at present and in my other apartment, which is where my work is, it is

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Karen Brown

still a two storey deal. Air circulation systems that are shared with other users is really the point of the whole thing. And when you're sharing air systems with people and you're looking at things like off gases or virus loads or just poor air quality being circulated, it's being circulated to all of us who share that same air

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Karen Brown

system. So your wellness is dependent on the air that you breathe and the quality of the water that you drink. So I know a lot of people have the water purification systems in their homes. There are air purification systems as well.

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Karen Brown

Now. You know, the really good ones, I think there are maybe, I want to say \$1,000. Twelve hundred dollars. And they will do a certain number of square feet. If you have a large home, you need something much bigger, which would be much more expensive.

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Karen Brown

I have actually considered getting an air purifier just because of the shared air that I'm breathing. And, you know, every time I go to a conference and I hear about the quality of air that we breathe and how many different things can affect it, it always sort of makes my antennae sit up and that's when I really

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Karen Brown

want to do it, and I just haven't pulled the trigger yet. Of course, the food that we eat is a really big deal. I don't think that is being discussed in either of the conferences that I am at.

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Karen Brown

But I do see certainly news articles about that sort of thing makeup, the makeup that we wear. Men and women, because I know men are wearing makeup. They are. They are more involved in skin care now. So the things that we put on our faces and the chemicals that are in the things that we put on our

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Karen Brown

faces are a really big deal. I do know of several stores, small independent stores that have popped up with organic ingredients. There is nothing in these in these products that is unpronounceable or that is anything other than organic.

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Karen Brown

Now the downside is that they have a much shorter shelf life. The upside is, you know, what you're putting on your face and it has been tested by someone, so you know, all of these things are contributing to our health and wellness and I feel like as.

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Karen Brown

As a society, as a as a world, those of us who have the ability to pay attention to such things are in fact paying attention, and we are more conscious of the things that we eat and the things that we wear, the things that we put on our bodies.

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Karen Brown

And I think the next big discussion is really going to be the environment that we live in if I am judging these conferences that I'm going to at all. I know that this conference I'm going to at the end of October, I was at their last conference in the spring.

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Karen Brown

And there was a lot of discussion about wellness. They only called it wellness then. This time around, they are calling it health and wellness, and my understanding of that is that it is because the word wellness has become so diluted, it has been diluted by everybody who seems to want a piece of it, but they really want

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Karen Brown

to relate it to our health. It's actually our health, so that's a good thing. Now, speaking of health, I mean, pop in the comments. Any of you tell me what you are doing about the environment that you live in to benefit or boost your own health.

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Karen Brown

I'd be interested in knowing if don't be shy. It's just us. One of the things that I did recently that I will share with you because it has just arrived, but it's charging, so I can't demonstrate it for you.

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Karen Brown

I bought a blood pressure monitor. You know how during the height of the pandemic, you couldn't go into the drugstore and use one of those blood pressure cuffs? Well, I've had elevated blood pressure. And my my doctor. Was not overly concerned.

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Karen Brown

You know, it's like on the radar, but he's not overly concerned. He was like, just keep an eye on it, keep an eye on it, but it can't keep an eye on it because the things in the drug stores are not available.

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Karen Brown

So even though they are available now, I still decided I wanted to be able to do it at home, like most of you would probably do. I looked on Amazon and I looked at the blood pressure monitors that had a good rating, and there were a few of them that had a really good rating.

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Karen Brown

I ordered the top rated one. And it arrived, and that's fine, I did my blood pressure. I'm not going to show it to you because here's what I don't know about it, and here's why I bought another one is because.

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Karen Brown

The fact that customers liked it doesn't mean the readings were accurate and they may have been so, you know, that's why I'm not going to show it to you because I don't want to disparage the company that made it.

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Karen Brown

Their readings may very well be accurate. But there was no indication of who or what organization might have tested it and whether the whether the readings that it was giving me were accurate. So I did some research and I found an organization called Hypertension Canada.

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Karen Brown

So those of you outside of Canada? I am in Canada. Hypertension Canada has either themselves or they probably hired an outside organization that specializes in this. They have tested blood pressure monitors, the ones the doctors use, the ones the hospitals use, the ones that the doctors and the hospitals will give to their patients to wear for 24

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Karen Brown

hours and then bring back to them. They've also tested the ones that you and I buy for home use, and they've rated them on a standard system gold or silver. So that to me indicated that somebody understood that the ratings or the readings that the machine was giving me were going to be something I could count on

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Karen Brown

. So I bought one. It just arrived today. It literally arrived an hour ago and it is hooked up. But this is it. Now I am not promoting this machine. But Hypertension Canada does rate it with a gold standard.

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Karen Brown

So that is what I bought. It hooks up to an app on my phone. It is currently charging, but it's it's a blood pressure cuff. So I'm going to put my arm in there and see the red light is on.

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Karen Brown

When the red light is off, it's fully charged, but it connects via Bluetooth to my phone and it gives me readings and I have an iPhone, so it will collect all of this data in my health app and let me see what's happening day over day, week over week, month over month.

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Karen Brown

And it's something I can show my doctor, which I think is. Too cool for school. I think that's really good stuff because, you know, I don't want to take medication if I don't have to take medication. On the other hand, if I need medication, that's what I should be taking.

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Karen Brown

High blood pressure is a leading cause of stroke and I don't want to have a stroke, so I want to take care of that. You know, I am exercising more and I'm watching what I eat, and it just makes sense that I need to watch my blood pressure as well.

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Karen Brown

So I'll show this to you again, and I'm not paid by the company. I'm not sponsored by them or promoted by them. But Hypertension Canada has rated this with a gold standard, and they have if you go to their website.

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Karen Brown

For those of you who are in Canada, Hypertension Canada. Is what it's called, and you look at their blood pressure products and they've rated them all, and it starts with the ones that the doctors in the hospitals use, so you have to scroll down to find the home ones.

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Karen Brown

But this is the one that I got. And it is rated with a gold standard. So it is iOS and Android compatible, as you can see. And it is clinically validated for accuracy, it has a five year warranty.

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Karen Brown

I thought that that was that was good and it didn't really cost that much more than the one that I had originally purchased from Amazon. So you know, what that says to me is I should have done what I'm going to tell you to do right now when you are buying equipment for your home, for health and

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Karen Brown

wellness. Read the reviews. Not only the reviews on Amazon, but understand who is doing the reviews, what standards they're being measured to. This is medical equipment and it should have been something that is measured by a company that knows how to deliver on standards of accuracy.

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Karen Brown

So that's a really good thing to know. I still have the one that Amazon I bought from Amazon, so I'm going to do some readings with this and I'm going to measure one against the other and we'll see.

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Karen Brown

And if the one that I bought from Amazon mirrors these ones, then yeah, that'll be great and I will donate it to somebody who needs it. But I think that's a really good thing. Anyway, the whole discussion of health and wellness is a very interesting one.

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Karen Brown

And I will definitely be reporting back to you on the findings from the conferences I go to this Friday and also the one that is several days long at the end of October. There is going to be so much material that comes out of there that is going to be useful to me and to you and

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Karen Brown

I'll make sure that I pass it along because a real life reno is more than just a building. It is also a renovation of our thinking and how we how we make decisions about things, and that is extremely valuable.

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Karen Brown

So nobody has left a comment, but that's OK. You can make comments afterwards. You can think about something. If you watch this in replay, you can write down your comments and let me know how you are looking after your health and wellness.

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Karen Brown

Have you purposefully chosen a place to live or a piece of equipment so that your health and wellness is taken care of in a better fashion? I'd like to know that until next Wednesday at twelve noon, take care of yourselves and take care of one another.