

## Elderly Care Information

### *Facts about Home Care that you may not know... but our professionals do!*

- Elderly people do not get enough Vitamin D due to lack of exposure to the sun.
- Most store-bought milk with synthetic Vitamin D added can rob the body of magnesium.
- The immune system will be depressed from constant consumption of foods with monosodium glutamate or vetsin, artificial colors/flavors, preservatives and other additives.
- Raw peanuts have enzyme inhibitors that make it difficult for the body to digest all kinds of protein.
- Natural fat (saturated fat) is better for the body than hydrogenated fat (found in low-fat butter substitutes like margarine). Hydrogenated oil is a trans fatty acid that has been linked to cancer.
- Carpal tunnel syndrome and hormonal imbalance could indicate Vitamin B deficiency.
- For more brain power, 100mg of the phospholipid supplement phosphatidyl serine (PS) daily is suggested. It can help those with normal age-related memory problems regain at least 12 years of brain power.
- Flavonoids found in red grapes can be 1,000 times more powerful than Vitamin E.
- People who consume nuts five or more times a week have a lower risk of developing heart disease compared to those who eat nuts less than once a week.

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