

Your Self-Care Guide



Recovery from Pneumonia

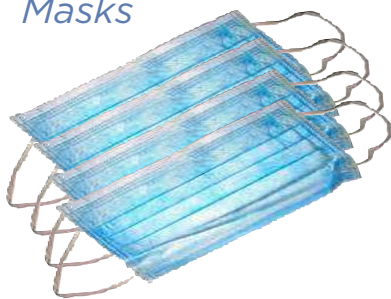


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Tools You May Need

Masks



Pulse Oximeter



Hand Sanitizer



OPTIONAL



Pill Organizer



Thermometer



The Short Story on Pneumonia

*WARNING: Pneumonia is disgusting. So be ready--this paper is about to **explain pneumonia**, so this paper is about to get disgusting.*

You know that mosquitos find wet places and lay eggs to hatch more mosquitos--if you don't spray them with bug killer first.

You've seen tiny bugs, smaller than mosquitos, appear around fruit. Fruit flies find wet spots in the fruit, lay eggs and make more flies--until you spray them with bug killer.

There are also **even smaller** bugs all around you, so small you can't see or feel them. They float into your mouth and nose. These are good, wet spots to grow more bugs. Bad news: Regular bug killer doesn't kill them.

Instead, your body makes its own bug killer deep inside the bones. The bones send this bug killer through the blood to your nose and throat to kill them. But sometimes there isn't enough natural bug killer in your body at the moment they float in. Bugs take over your nose and throat.

Even without enough bug killer, your body still tries to get rid of the bugs: It makes extra mucous to trap the bugs like flies on flypaper. Then it sends the buggy mucous to drip out of your nose. It makes you cough the buggy mucous out of your throat.

We call that a "cold" or "the flu."

If it's a cold or flu, in a few days, your bones will make enough new bug killer. You get better. Sometimes, though, the bones are just too tired.

We joke about being "bone tired," but it's true: Bones can get tired--especially if you've been in the hospital. Tired bones can't make enough bug killer, so bugs keep growing. The bugs go deeper, down the throat and into your chest. And keep growing.

That's **pneumonia**.



“Pneumon” means *lung*. Lungs are for air. When you take a breath, you feel and see lungs fill with air. Air is life.

But **your** lungs are filling with bugs and mucous. If this goes on too long, there won’t be enough room in your lungs for air. What’s more, oxygen in the air needs to pass through the exit doors of the lungs and spread all through the body. But bugs and mucous are like trash, blocking the doors. With no air, no oxygen--soon, there’s no life.

What can you do? Your Big Goal is “Back to Normal.” **Normal** means oxygen moves from the lungs into the blood. You can measure when that happens: You get at least 95 on a little gizmo clipped to your finger, a Pulse Oximeter. To win the Big Goal:

1. Get the bugs out, dead or alive.

2. Kill more bugs.

3. Keep everything inside moving.

The rest of the kit shows how to do each step. Track progress in the Log Book. You’ll see the numbers go towards normal. If you follow these steps, it’s guaranteed you’ll spend the shortest possible time sick.

Too many people with pneumonia don’t know these steps, so they get bored and frustrated. Soon they claim to “feel better,” but they don’t know their numbers aren’t there yet. So they go back to work too soon, fall sick again and have to start over.

When you know the steps, there’s a lot to do. Better to be busy at home for a shorter time, than get up and out too soon.

How long it takes to get back to normal **depends on two things:**

- How tired your bones are when you start.
If you’ve been in the hospital, expect 6 weeks before the bones are back to normal.
- How well you follow the three steps.
You can be sure the steps shorten the time.



Step One **Get the Bugs Out** Dead or Alive

Get rid of bugs two ways:

1. **UP & OUT** by Deep Coughing
2. **OFF & AWAY** by Hand Washing

1 UP & OUT No cough syrup during the day! You *want* to cough. That's the body's natural way to get bugs out: Each cough brings up mucous. To get well faster, bring up more buggy mucous with each cough.

First, **Thin** mucous is easier to cough up than **thick** mucous. Make it thinner by drinking. Ask your doctor what and how much is OK to drink.

Keep a glass or cup close by all the time.

Second, you know how to get more out of a ketchup jar. Turn it over and tap. Tapping loosens ketchup. More comes out. It's the same with lungs. So get tapping, by yourself or with a friend.

TAP BY YOURSELF

When you wake up, before a meal, anytime:

1. Lie back and breathe in through your nose, pushing your stomach way up. Watch it rise.
2. Cough two quick, short, "huff" coughs while you jerk your stomach back in.

*This taps the **bottom** of your lungs.*

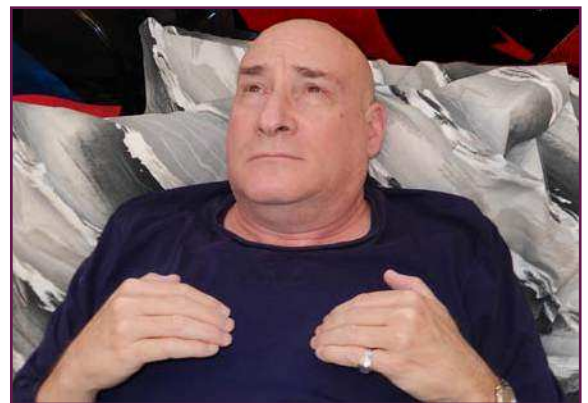
3. Take a deep breath in.
4. Cough hard to get out all the mucous.
5. Make a cup with your hand: Hold your fingers together and bend at the knuckles. Clap the "cup" up each side of your chest. Repeat for five minutes.

*This taps the **sides** of your lungs.*

6. Take a deep breath in.

SPECIAL NOTE Coughing up mucous is disgusting and exhausting. So give yourself a break:

1. Don't make *even more* mucous by smoking. Smokers cough because **smoking makes mucous**. See **How to Stop Smoking**, on page 16.
2. Take cough syrup at night to sleep.



TAP WITH A FRIEND

1. Give your helper a mask so your bugs don't float into the helper's mouth and nose!
2. Show how to make a "cup."
3. Put a tissue box on the floor by the bed.
4. Lie on your stomach. Put a pillow under your hips and your head off the side, near the tissue box.

Now you are the ketchup jar, bottom side up.

5. Tell the helper to clap side to side, up the back, from waist to neck. Clap the lungs (not the backbone) for five minutes.
6. Take a deep breath in.
7. Cough hard to get out all the mucous.



- 2 OFF & AWAY** Every time you cough, sneeze, blow your nose, or even breathe, bugs come out. That means they are on your hands.

If bugs on your hands touch your nose or mouth, they'll jump right back in your body!

So when you stand up, go wash your hands. Scrub the bugs off with soap. In bed, use sanitizer after every cough, sneeze or blow.



MEASURE *Are we there yet?*

To know you're getting better and when you're back to normal, measure your progress. Two things tell you if you're **getting the bugs out**:

- 1. MUCOUS COLOR** - Here's where it really gets disgusting. Morning and night, you have to LOOK at the mucous.

If it's **GREEN**, it still has lots of bugs.

YELLOW means not so many bugs.

CLEAR, you're getting better!

In the **Log Book**, mark the color of the mucous.



- 2. TEMPERATURE** - The more bugs you have, the higher your temperature. Normal temperature is no more than 99.1--most people are 98.6. *Is your temperature coming down?* Use the thermometer in the kit. Write your temperature in the Log.

Week 1		DAY 1		DAY 2		DAY 3		DAY 4	
		am	pm	am	pm	am	pm	am	pm
Mucous	GREEN								
	YELLOW								
	CLEAR								
Temperature									

Step Two **Kill More Bugs**

Kill more bugs two ways:

1. Natural Bug Killer
2. "Extra Boost" Bug Killers

1 NATURAL BUG KILLER

"Back to normal" means your bones are making enough natural bug killer to keep those tiny bugs from settling in your throat **again**. Right now, your bones are tired. So rest and eat.

1. REST.

- Don't work the bones: No errands or chores. Too many people try to "just work through it" but collapse--dead or close to it. *Rest those bones.*
- Don't stress the bones: Under stress, bones stop working. Use the Stress Card in the kit. *Rest those bones.*

SPECIAL NOTE - Smoking is stress. If you think it makes you calm, you're already addicted. Find **How To Stop Smoking** on page 16 to quit.

2. EAT. Bones need inputs to make bug killer. They make it out of protein and vitamins. Zinc and Omega3 oil make natural bug killer stronger. The next page is a Shopping List. Let *someone else* go shopping for you.

2 "EXTRA BOOST" BUG KILLERS

While you wait for the bones to start making bug killer again, you have 2 ways to kill bugs NOW.

1. OUTSIDE the body- *Pure*® spray kills tiny bugs--better than bleach, better than anything, because it keeps on killing for 24 hours and kills ALL kinds of bugs. Other cleaners only kill for a few minutes and only kill **some** kinds of bugs. Other cleaners and bug sprays are poison--but *Pure* is safe for you and your pets!

Get *Pure*® spray. Spray all around once a day. Protect everyone in your home: Use it in the bathroom and anywhere you go.



2. INSIDE the body- Pills are bug killers. *That's what they do!* Take every last one of them. You have the right number of pills to kill bugs until your own natural bug killer gets back to work. Too many people stop before the bottle is empty. Bugs are still inside. They'll grow again.



MEASURE *Am I normal yet?*

1. PULSE - If you are resting well, it will show in your pulse. Normal pulse is less than 90. Follow the directions in the Log Book for finding your pulse.

2. APPETITE - Are you hungry by mealtime, or does nothing look good? Does food taste good, or would you rather not eat? Mark how your appetite is.

	GOOD			
Appetite	SO-SO			
	POOR			

Shopping List to Build Natural Bug Killer

PROTEIN

MEAT: Any kind
EGGS, BROWN BEANS, LENTILS
TUNA, SALMON, MACKEREL

Bones make natural bug killer out of protein.

These fish have Omega3 to make natural bug killer stronger.

DARK TURKEY MEAT
LEAN BEEF

These two proteins also have zinc.

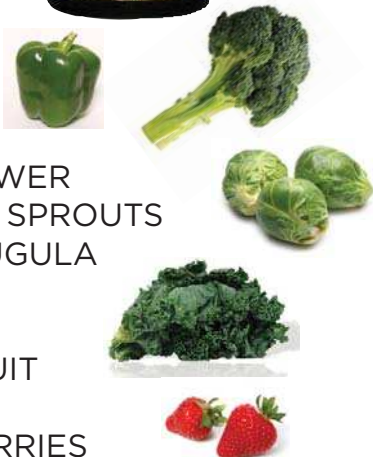
ZINC TABLETS



Zinc works so well and so fast it surprises most people. Get a big bottle of it! But always take it after eating-- zinc upsets an empty stomach.

VITAMIN C

SPINACH
PEPPERS
PARSLEY
BROCCOLI
CAULIFLOWER
BRUSSELS SPROUTS
KALE, ARUGULA
GUAVA
ORANGES
GRAPEFRUIT
PAPAYA
STRAWBERRIES



BETA CAROTENE

CARROTS
PUMPKIN
SWEET POTATOES
CANTALOUPE
MANGOES
APRICOTS



DRINKS

LEMONADE and GREEN TEA
Buy enough for 2 ½ quarts a day unless the doctor says less. This works well to thin mucous.



VITAMIN E

ALMONDS
SUNFLOWER SEEDS
PEANUT BUTTER



SUPPLIES

TISSUE
MASKS
HAND SANITIZER



Step Three **Keep the Insides Moving**

To kill more bugs, your insides have to move: Natural bug killer **flows up** from the bones to the lungs. The leg bones are the most active in making bug killer.

Lying still slows down your insides.
Exercise gets the body parts moving.
But you're not ready for walking or sports!



Two kinds of exercise work for you now:

Lifting and **Stretching**
in a chair or in a bed.

Do each kind of exercise twice a day.

1 **LIFT ARMS**

- Let your arms hang at your sides.
- Shake them to relax.
- Lift them both up and out, palms down.
- Draw five circles in the air to the front, then five circles to the back.
- Turn palms up and repeat.



2 **LIFT SHOULDERS**

- Raise and drop your shoulders five times.
 - Roll your shoulders back, chest out.
 - Roll them to the front.
 - Let your chest sink in.
- Repeat five times.



3 **LIFT LEGS**

- Raise one leg out in front.
 - Make five circles with your foot, to the right.
 - Then make five circles to the left.
 - As slowly as you can, lower your leg back down.
- Repeat with the other leg.



4 **LIFT TOES**

- Put your feet flat on the floor.
 - Lift your toes high, back toward your legs-- but keep the foot flat on the floor.
- Repeat five times.

5 STRETCH ARMS

- Lace your fingers, palm down
 - Reach to the ceiling.
 - Turn palms up, reach higher
 - Lean to the left and count to 5
- Repeat to the right



6 STRETCH LEGS

- Lay on your back, knees up
 - Put left ankle under your right ankle
 - Gently pull the left knee toward you and count to 5
- Repeat with the other leg.



You have now seen the Three Steps:

Get the Bugs Out

Kill More Bugs

Keep the Insides Moving

These steps take you back to normal. **Normal** means oxygen flows from the lungs into the blood. Now test how much oxygen is there!

MEASURE *How close am I to normal?*

1. BREATHE - Find a clock with a second hand. Set it where you can see it when you lie on the bed. Have the Log Book and a pencil or pen close by. *NOTE: This exercise can hurt. It's hard. Your ribs hurt. But this is how you know when you're back to normal.*

LIE BACK AND RELAX - Watch the second hand on the clock: Breathe in for at least 2 seconds and breathe out for at least one. *That's three seconds a breath.* Longer is better.

COUNT - How many of these breaths you take in one minute. Write that number in Log Book. *If you stop to cough or gasp, mark an X.*

Aim for each breath to take a full 5 seconds. That's 12 in one minute with no cough or gasp. That's ***normal***.

2. OXYGEN - Now your body is ready for the Pulse Oximeter, the **Big Test**. This is it! *This is the test that counts most:* How much oxygen has made it through your lungs into your blood?

Clip the Pulse Oximeter on your finger. 95 or more is **normal**. Write the number in the Log Book page 2:

Breaths/minute					
OXYGEN LEVEL					





Log Book

Look Who's Getting Back to Normal

Log Book *The numbers tell when you're back to your old self*

Every day, morning and night, six tests tell if you're getting better. *If a test result doesn't show progress, look again at the Step where that test appears. Work harder on that step!*

Every morning and every night:

1. LOOK at the mucous. *What color is it?*
2. TAKE your temperature. *Is it coming down?*
3. CHECK your appetite. *Am I hungry at mealtime?*
4. COUNT breaths in one minute without coughing or gasping. *Can I slow down?*
5. CLIP on the Pulse Oximeter
 - See the oxygen level. *Is it coming up?*
 - Note the pulse. *Is it going down?*

Here's what NORMAL looks like:

Mucous	Clear
Temperature	Less than 99.2 F 37 C
Appetite	Good
Breaths per minute	Less than 18 without coughing
Oxygen Level	more than 94
Pulse	less than 90

Look at the **Sample Log** on the next page.

SAMPLE LOG

		DAY 1		DAY 2		DAY 3		DAY 4		DAY 5		DAY 6		DAY 7	
		am	pm	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm
Mucous	GREEN	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓				
	YELLOW											✓	✓		
	CLEAR														
Temperature		100.1	99.9	99.8	99.9	99.8	99.9	99.7	99.8	99.6	99.6	99.4	99.6		
Appetite	GOOD										✓		✓		
	SO-SO	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓			
	POOR														
Breaths/minute		X	X	X	X	22	X	X	20	21	X	22	21		
OXYGEN LEVEL		83	83	83	84	83	84	83	85	84	87	88	89		
Pulse		98	99	98	100	98	99	98	99	97	99	98	99		

Week 1

		DAY 1		DAY 2		DAY 3		DAY 4		DAY 5		DAY 6		DAY 7	
		am	pm	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm
Mucous	GREEN														
	YELLOW														
	CLEAR														
Temperature															
Appetite	GOOD														
	SO-SO														
	POOR														
Breaths/minute															
OXYGEN LEVEL															
Pulse															

Week 2

		DAY 1		DAY 2		DAY 3		DAY 4		DAY 5		DAY 6		DAY 7	
		am	pm	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm
Mucous	GREEN														
	YELLOW														
	CLEAR														
Temperature															
Appetite	GOOD														
	SO-SO														
	POOR														
Breaths/minute															
OXYGEN LEVEL															
Pulse															

Week 3

		DAY 1		DAY 2		DAY 3		DAY 4		DAY 5		DAY 6		DAY 7	
		am	pm	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm
Mucous	GREEN														
	YELLOW														
	CLEAR														
Temperature															
Appetite	GOOD														
	SO-SO														
	POOR														
Breaths/minute															
OXYGEN LEVEL															
Pulse															



Five Steps From Stress to **Calm**

3 Sleep

Don't lie awake. Try:

- A warm shower
 - Warm socks
 - Making the room dark
 - Imagining...
- What makes you laugh
A dream come true



4 Act

Whatever your stress...

Task too big?

Break it down. Get help.

Nervous?

Cut out coffee and sugar.

Made a mistake?

Admit it and move on.

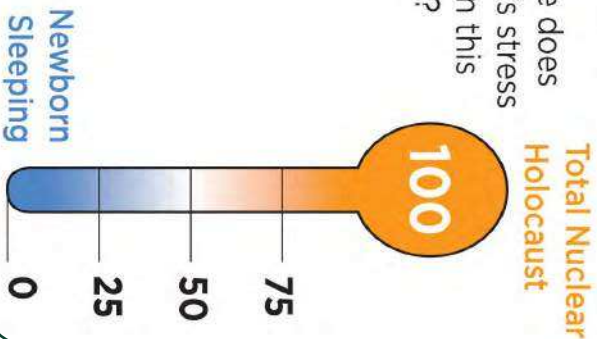
Overwhelmed?

Make a To-Do list.

No time? Say NO—
suggest someone else.

5 Rate

Where does
today's stress
rate on this
meter?



2 Stretch

- Lace your fingers, palm in
- Reach to the ceiling, palms down
- Turn your palms up, reach higher
- Lean to the left
- Lean to the right
- Lift legs
- Turn feet in circles
- Roll head to the left
- Roll head to the right



FOLD HERE

When stress hits, you have

3 things for your body

Breathe

Stretch

Sleep

2 things for your *mind*

Act

Rate

Five Steps from
Stress to Calm: **BSSAR**.
To do anything else
would be *bizarre*.



CUT ON DOTTED LINE

What You Need in an Emergency



CUT ON DOTTED LINE

CUT ON DOTTED LINE



CUT ON DOTTED LINE

CUT ON DOTTED LINE



Emergency Contacts

Meds List

Dose

When

Name

Number

Doctor

Specialty

Number

Doctor

Specialty

Number

Doctor

Specialty

Number

FOLD HERE

Emergency Card

If I can't tell you what's wrong,

Please call **911** or

my emergency number.



Allergies: _____

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CUT ON DOTTED LINE

How to Stop Smoking

The Four-Day Flush Using Simple Foods

Smoking puts **Nicotine** in your body. Nicotine is a drug. You are addicted to a drug.

To get the nicotine out, follow the **4-Day Flush** plan. You'll be 90% nicotine-free at the end.

Don't wait till the pack is done or "life settles down." There's never a perfect time to stop smoking.



The Four-Day Flush Plan

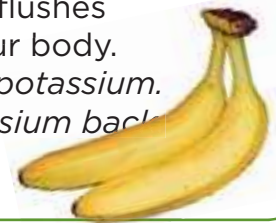
Drink Cranberry Juice

At least 1 cup a day
Make sure it's sugar-free.
Cranberry juice grabs the nicotine and flushes it out of your body.



Eat A Banana

Cranberry juice also flushes potassium out of your body. *But the heart needs potassium.*
A banana puts potassium back.



Don't Eat Starch

Starch turns into **sugar**.
Instead, eat 100% whole grain bread, cereal and pasta.



Don't Eat Sugar

Sugar turns into **fat**.
Instead, eat treats like sugar-free gelatin and frozen yogurt.



Don't Eat Fat

Fat hangs on to the nicotine.
Instead, eat lean meat and fish, with veggies.



DAY 1

- Go Shopping
- Follow the Flush Plan
- Exercise

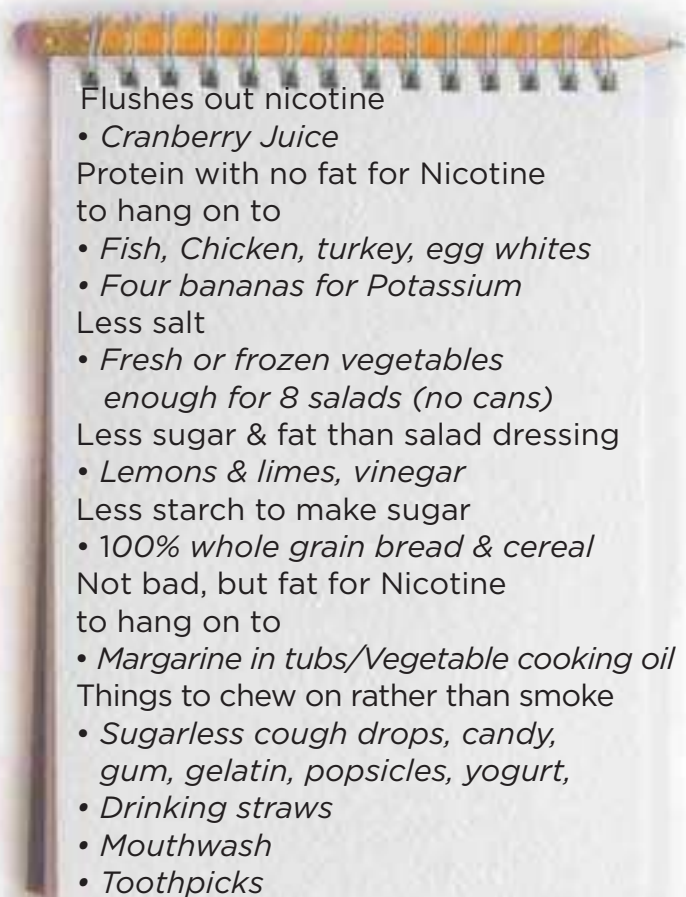
In 20 Minutes:

Your blood pressure goes down.

In 12 Hours:

Carbon monoxide levels in your body drop; you have more oxygen in your lungs.

Shopping List



DAY 2

- Follow the Flush Plan
- Exercise
- Work through Withdrawal

In 48 Hours:

Your chance of having a heart attack drops.

Work Through Withdrawal

What You Feel	Why You Feel It	What You Can Do
Angry, Anxious	You're giving something up!	Relax. Do things that make you happy!
Coughing, Dry Mouth	Dirt in your lungs is coming up.	Use mouthwash. Suck cough drops. Sip some water. Chew gum.
Hungry, Weight Gain	Food tastes better and burns off slower.	Eat slowly. Take small bites and chew more.
Sluggish	Nicotine gave you energy.	Eat lean meat and exercise for more energy.
Confused	You need more oxygen.	Take deep breaths often.

DAY 3

- Follow the Flush Plan
- Exercise
- Work through Withdrawal
- Outwit the Cravings

In 72 Hours:

Your airways and arteries relax and open up. It's easier for the heart to pump. It's easier to breathe. You have more energy.

Outwit the Cravings

A sudden urge to smoke only lasts *three minutes* or less. Figure out what triggers your craving. Then either:

- Dodge the trigger or
- Distract yourself until the urge goes away.

Print 2 of the ***Dodge or Distract Plan*** to get you started.

DAY 4

- Follow the Flush Plan
- Exercise
- Work through Withdrawal
- Outwit the Cravings

In 4 Days:

90% of the nicotine is gone.
Anxiety peaks, then fades. You're clean.

Get It All Together

Today's the day for all 4 tasks all day long.

- Work through the feelings with the **Withdrawal Chart**.
- Figure out your triggers and how to dodge them on **Dodge or Distract Plan**.

If your first idea doesn't work, no problem. First ideas often don't. Try something else!

Remember **if you break down and smoke**, you have to start the 4-Day Flush over again.

Exercise

Why?

Exercise increases circulation so the nicotine gets flushed quicker. It relaxes and distracts from smoking.

To Start:

- Breathe deep and stretch.
- Walk for a few minutes, as long as you can.



Each day go a little farther.

The Four-Day Flush is over. *What Now?*

Start to Eat Fruit

Do it only if you're feeling strong enough to not smoke. If you're unsure stick with the Meal Plan a few more days.



Make a *Ciggy Bank*

Save the money you would have spent on smokes. Use it for a special new purchase.



Instead, think:

The urge only lasts three minutes or less. I can resist that long!

Keep up the Dodge & Distract Plan

Add familiar places or events that make you want to smoke and what to do instead.

Stay Alert

You are a smoke-a-holic. No matter how long you've been smoke-free, don't think you can safely take a puff.

One puff and you want another.
One cigarette becomes two, two becomes a pack and then you're hooked again.

The Long-Term High keeps getting better:

In 2-3 Weeks

- Your breath smells normal again.
- Blood is flowing easier.
- Lungs hold more air.
- Sex is better.

Within 9 Months

- All coughing and wheezing are gone.
- Your nose isn't stuffed up.

Long-Term

In 1 Year:

Your risk of a heart attack is cut in half.

In 5 Years:

Your risk of a stroke goes down so far it's as if you never smoked.

Dodge or Distract Plan

[illegible]