

Blog post: Using Parsley as a Powerhouse Herb

When you think of parsley, you most likely envision it as a garnish alongside some of your favorite meals. While this plentiful green herb is typically used to doll up dishes, it turns out that it has some major health perks that have gone overlooked. Not only is it loaded with vitamins A, B, C, and K, it's known for its abundance of iron and potassium as well. Here are some bonuses for using parsley as more than just décor...

Reduce Inflammation. Pain and swelling from arthritis or injury can be debilitating when you want to live an active lifestyle and can most certainly leave you spending far too much money on over-the-counter medications that promise to rid your body of pain. If you are looking for a more natural approach to pain relief, parsley may be the answer for you. The well-known green herb contains an oil known as eugenol, which has properties that aid in anti-arthritis and anti-inflammatory benefits that can greatly extinguish swollen joints.

Reduce the Risk of Cancer. Nowadays it seems like we are all at risk for some type of cancer or another, so it's important to try and defend ourselves from this disease any chance we can get. Parsley contains significant levels of apigenin, which is a flavonoid that has anti-cancer properties that reduces digestive tract, skin, prostate, and breast cancers.

Preserves Blood Vessels. In a previous post, we discussed the causes of stroke, damaged blood vessels being one of them. Parsley comes with protection of blood vessels, thanks to its plethora of folic acid, which aids in the reduction of homocysteine, an amino acid that can damage blood vessels and raise your risk of stroke and heart attack, if it is found in high levels in the body.

Boost Immune Function. Whether it's allergies, illnesses, or inflammatory disorders, parsley essential oil has been known to assist the immune system when it comes to warding off these issues.

Disease Protection. Because parsley is a powerful source of vitamin C, it naturally defends against a variety of different diseases including asthma and atherosclerosis. The vitamin C works diligently to help neutralize the disease-forming free radicals.

Fights off Infections. For some of us, bladder infections have a tendency to reappear often and it can be anything but comfortable. The good news is that by adding parsley to your diet, you will reduce the inflammation in the kidney and bladder, which naturally lessens your chance of suffering through kidney stones and urinary tract infections.

Blog post: How to Avoid Fat Shaming Pitfalls

When it comes to our bodies, we can be our own worst enemy. Unfortunately, from the time we are young children, we learn how to talk poorly to ourselves, and over time, these words diminish our self-worth and confidence. Anytime you say that you "hate" a certain area of your body or you refer to food as the enemy, you are essentially fat-shaming yourself and you will end up identifying with what you are saying. Whether you are 20 or 70, it's time to let go of the

negative body talk and adopt more forgiving thoughts. Here are a few ways to get over the body-shaming obstacle and start living happily in the body you were blessed with.

Be honest with yourself. For most of us, “fat-talk” starts first thing in the morning when we step in front of the mirror and only see the features that we don’t like about ourselves. Instead of focusing on your flaws, try streamlining your attention toward your strong points. Maybe your skin is glowing from the resolution to add more water to your diet, or maybe your arms are defined from all those years of carrying your babies around. We all have strong points, and while it’s easy to direct our attention to the things that we have trained ourselves to not like on our bodies, we can easily forget what we love.

Pinpoint and replace gestures. If you’ve been sucking in your gut or covering your legs in warm weather because of cellulite, it’s time to recognize this behavior and replace it with compliments to yourself. At first, it might feel a bit strange considering you’ve most likely been picking fights with your body for years, but hold firm and with time, these compliments to yourself will come naturally. Also, ask yourself if you would ever talk to your daughter or friend the same way. In most cases, the answer is no, because we are better at treating others with more respect than ourselves. Knowing that you would never tell your daughter that she looks fat in a certain pair of jeans, will help you determine that you shouldn’t tell yourself that you look fat in a certain pair of jeans.

Be realistic. Okay, so it’s understandable that you aren’t going to go from hating your body to loving it, but there are other ways to replace the criticism. Instead of telling yourself that you look ugly in a dress, try telling yourself that you aren’t ugly, you simply aren’t feeling your most confident. It’s okay to not feel your best at all times, but it’s not okay to beat yourself up over it.

LEGAL

Workman’s Comp Blog Post

While the majority of employers are required to have valid worker’s compensation insurance, there are some employers who fall under the radar and are not covered to an extent that will protect their employees under all circumstances. Under Massachusetts law, it is mandatory for employers to make their workers’ compensation carrier visible for all employees to see, and is typically posted on a wall at the place of business.

According to the Department of Labor, all Massachusetts employers are required to carry workers’ compensation insurance that covers both employees and themselves if they are a company employee. Regardless of the number of hours worked in any particular week, the requirement is mandatory, however; there is an exception with domestic service employees who must work a minimum of 16 hours per week. Prior to 2002, partners of an LLP, members of a Limited Liability Company, partnerships, and sole proprietors of an unincorporated business were not required to carry workers’ comp for themselves; however, they now have the option to purchase this insurance for themselves. It’s important to note that if a business owner opts for his/her own insurance, that does not automatically cover their employees.

Believe it or not, it's more likely that an employer will tell an employee that they do not have workers' compensation when they actually do, simply because the employer will try to avoid having to make a claim at all costs. It's incredibly important to know that it is a criminal violation for an employer to not have workers' comp when they should, and it's in your best interest to get proof of an employer's insurance status before making the decision to work for them. You can verify your employer's compensation coverage by viewing: www.mass.gov/dia

If an employer has a proper compensation package, and if you are injured while on the job, the employer notifies the insurance company and you will likely be distributed benefits if all goes smoothly. However; without a proper insurance plan in place, your compensation will end up looking very differently in the event that you are injured while on the job. Before you find yourself feeling overwhelmed at the lack of possible compensation while you are out of work and struggling to make ends meet, it's important to know, that you can still obtain compensation for an illness or injury, and it will either come from the state workers' comp agency or directly from the employer who failed to establish an appropriate comp package to begin with.

In Massachusetts, the employee will actually be paid from a trust fund set up by the Department of Industrial Accidents, in the event that an employer doesn't have proper insurance. The Workers' Compensation Trust Fund has their own lawyers who will pay employees benefits when employers do not have workers' compensation insurance.

What should I do if I'm injured and out of work, and my employer does not have workers' compensation?

Besides the fact that your employer is committing a criminal violation, your first step after you find out about their lack of insurance is to anonymously report them to the Department of Industrial Accidents. And keep in mind, that you can report them if you simply suspect them for not having proper insurance and an accident has yet to occur. If you are employed by a Massachusetts' business owner, you will likely receive your compensation from The Workers' Compensation Trust Fund, which is a trust set up by the Department of Industrial Accidents. From this point on, the Trust Fund goes after the employer for the funds that are given to the employee, and the entire process of collection serves as somewhat of a penalty for the employer, as it will most likely end up costing them far more than if they had just had worker's compensation insurance in the first place.

What are the chances I can sue the employer and collect from the Trust Fund?

The chances of suing the employer along with collecting Trust Fund money is fairly high. As a Massachusetts' worker, you can both collect from the fund and present a civil case to the employer, quite possibly resulting in a double recovery for the employee. Serving as a punishment to the employer for failing to provide appropriate insurance, a civil case will put the employer in debt and could be the start of a reputation that spirals downward. As you can see, it's in the employer's best interest to carry proper workers' compensation insurance.

What is the first step after I discover I'm injured as a result of work?

First things first. As soon as you find out that you are injured as a result of your work environment, you will want to notify your supervisor. From here, your supervisor should give you the proper information about how to file a workers' comp claim. If you haven't done your research already, this is the point that you will find out if your employer does not have insurance and is committing a criminal violation. In most cases, your employer will contact the insurance company right away and notify them of your injury, prior to providing you with the appropriate paperwork to fill out. If you find that your employer isn't being up front about the steps to be taken in the process, you should be able to find out more information in an online toolkit for your state workers' comp agency.

Like most things in life, it's essential that you are proactive, and it will protect you and possibly others if you do your homework and find out the details of your employer's compensation package. From a legal standpoint, you can never be too prepared.

ANIMAL CARE

The Mystery Behind that Infamous Wet Dog Smell

Petting your furry best friend can be one of the most calming experiences. There is something incredibly stress relieving about running your hands along your dog's coat. Just the simple motion of massaging his chest will do wonders for both you and your pup. It is for this reason that animals are often used in the therapy industry, as scientists believe that feel-good hormones are released when we bond with our pets, lowering our stress levels and promoting a feeling of relaxation.

Snuggling up to your best friend can be something that you look forward to at the end of a long, grueling work day, however; that stress-relief goes right out the window when you realize that your pup smells downright dirty.

Whether he dove headfirst into a swamp or he is simply rancid from a lack of grooming, the wet dog smell can wreak havoc on your relationship with Fido. While you may not have the heart to let your fur baby know that he smells like a combo of skunk and humidity, it's in your best interest to put a bathing routine into place if you want to keep that bond going strong.

More Than a Shampoo

Sounds easy enough, right? Unfortunately, navigating your way through the countless shampoos available online and in your local pet store can be downright daunting. There are a lot of factors that go into choosing the right pet shampoo, and it has far more to do with science than you may think.

While it's still a mystery where that infamous wet dog smell is derived from, scientists have discovered that probiotics have a lot to do with your dog's health and overall fragrance. The consumption of probiotics leads to a balance in the digestive system, that results in fewer harmful germs. And in turn, a less stinky coat.

The Connection Between Probiotics and a Healthy Coat

According to Alpha Tech Pet Founder, Dr. Shawn Seitz, it is critical to provide your dog access to beneficial bacteria. Just like humans, dogs do better when they have a sense of balance in their system. On a mission to discover the connection between probiotics and the popular “wet dog odor,” Seitz discovered the crucial relationship of probiotics and a healthy, fresh-smelling coat. The result is PetSuds, a shampoo that provides probiotics while promoting healthy skin and exceptional digestive health.

“The microbial consortium used in PetSuds also work directly on the outside of the dog,” said Seitz. “As dogs occasionally groom themselves and lick their paws, the act of self-grooming allows intake of these beneficial microbes, thus contributing to a healthier gut, and modulation of the host's immune system.”

When PetSuds is used regularly, the healthy intestinal flora is maintained, resulting in a reduction of the harmful germs that contribute to poor health and unattractive smells. Designed with six million colony forming units per milliliter of shampoo, PetSuds, naturally heals rough, flaky, oily, or irritated skin. This well-thought out list of natural ingredients increases antibodies, protecting your pet from a variety of different germs that can result in illness and odor.

Diane Miller, Owner of Preppy Pets, a doggie daycare and pet boarding facility, had to test out a lot of different shampoos before discovering PetSuds, and now she is hooked.

“We have tried several different shampoos on dogs with skin issues, and PetSuds is by far, the best we’ve ever used,” said Miller.

Digestive Balance for All Dogs

Having a fresh smelling coat is just one of the many perks of digestive balance. Here are some other reasons why probiotics are essential for all dogs:

- Reduction of harmful germs
- Better immunity
- Healthier coats
- Less flaking and itching
- Less skin irritation
- Can we get more here from Dr. Seitz?

The Science of Shampoo

While it’s easy to find a fresh-smelling shampoo, it’s important to find one that is formulated with ingredients that will benefit your dog on all levels. It’s all about the right combination and getting to the source of the issue when it comes to finding a solution for your pup’s health and wellness.