

# Newsletter issued by Forensic Nursing, Inc. At Your Service



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"To many people... holidays are not voyages of discovery, but a ritual of reassurance."  
-- Philip Andrew Adams

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## What's Healthy?

### America's Best Vacuum Cleaners

James Sublett, MD, spokesman for the American College of Allergy, Asthma, & Immunology says vacuuming with a good machine cuts the amount of dust you inhale. Top picks of the tested modes are:

- Best of the Best is: Hoover Anniversary Edition WindTunnel Self-Propelled Bagged Upright. \$251.99  
[www.hoover.com](http://www.hoover.com)  
Nabbed deeply lodged crumbs and dirt. Extra "gliding" power option for saving your back.
- Best Bargain: Eureka environvac \$72.22  
[www.walmart.com](http://www.walmart.com)  
Also won best for small spaces.
- Best for Pets: Bissell Pet Hair Eraser. \$169.99  
[www.bissell.com](http://www.bissell.com)
- Best for Small Spaces: Dyson Ball DC 25. \$499.99  
[www.dyson.com](http://www.dyson.com)

Time is right: Don't vacuum right before bed; even HEPA vacuums kick up a bit of dust, and it takes time for it to settle.

## America's Healthiest Airports

Holiday travel at it's best.....

Meet the healthy airport experts:

--Amy Lanou, PhD, Sr. Nutrition scientist @ Physicians Committee for Responsible Medicine & Assist. Professor of Health & Wellness at University of North Carolina.  
--Tom Parson, CEO/Founder of BestFares.com.  
--Steve Howards, MS, Exec. Direct. Of Clean Airport Partnership & Energy Consultant to the Energy Dept. & EPA.

- Top score to Phoenix Sky Harbor International...42 million passengers per year.
- 2<sup>nd</sup>-Baltimore/Washington International. 21 million/yr.
- 3<sup>rd</sup>-O'Hare International (Chicago). 76 million/yr.
- 4<sup>th</sup>-Detroit Metropolitan. 36 million/yr.
- 5<sup>th</sup>-Denver International 50 million/yr.
- 6<sup>th</sup>-Washington National 19 million/yr.

How chosen: Data covered food choices, bathroom cleanliness, environmental friendliness, safety measures, runway accidents, delays, construction, stress reducers, spa services, children play areas & overall consumer satisfaction.

## HOW MUCH ARE YOU REALLY EATING?

The Diet Spy for [Health.com](http://Health.com) followed a young mother on a stroll with her baby. The young mother grabbed a Venti Mocha Frappuccino Blended Coffee with whipped cream. She tried to watch calories by skipping the pumpkin-spice doughnut she usually pairs with her drinks during the holidays. Total calories for the Venti?

500 calories and 17 grams of fat

If you want to find out whether you are snacking on more than you think go to: [Health.com/diet-spy](http://Health.com/diet-spy).