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Computing essentials 2019

I'm exhausted- I need to go to sleep this second, I thought. I recently received an essential oil diffuser for our bedroom; I thought it might be useful for relieving stress. Now, however, I've reached for the revitalization of grapefruit oil. I plopped in a few drops and clicked on. Minutes later, I felt more awake. It worked! Then my husband came in. Oh, what's that smell? He asked. Uh-oh.Extracted from plants, flowers and citrus fruits, essential oils are hot: Industry revenues went up about 13 percent in five years, according to market-research firm IbisWorld. The ancient Chinese, Egyptians, Indians and Greeks relied on essential oils as a medicine. Now they are gaining new ground because of the growing evidence of their authority; A review published in the International Journal of Neurology concluded that different aromas can significantly affect mood, cognition and physiology. Increased openness to complementary and alternative treatments is fueling this boom, says Woodson Murrell, MD, director of integrative medicine at Beth Israel Medical Center in New York: Patients like essential oils because they are a remedy that is natural, effective and generally safe. MORE: Natural ways to reduce stress today, nurses in hospitals reach essential oils to treat everything from nausea to anxiety. And it's not just patients who enjoy: In the emergency room at Vanderbilt University in Nashville Medical Center, when diffusers were set to spread citrus flavors, a portion of employees who reported often experiencing work-related stress dropped from 41 percent to 3 percent. In stores you will find essential oils in body lotions, shampoos, even household cleaning products. Someday they may be used for other benefits; The results suggest that the essential oils used can inhibit tumor growth and kill potentially deadly bacteria such as E. coli. How aromatherapy works, when you sniff essential oil, your olfactory light bulb turns off signals to the limbic system, the part of the brain that controls emotions - that's how fragrances affect your mood. Depending on the type of oil used, your blood pressure or pulse may rise or fall, and your body may release certain hormones. However, you need to like the oil in order to have the optimal effect (why my husband has not been updated by our grapefruit room). In addition to physical response, psychological occurs when you smell, notes Adrian Fug-Berman, MD, associate professor of pharmacology at Georgetown University Medical Center. She recalls the autopsy of the corpses in the medical when the professors threw mint oil into formaldehyde to mask the smell. For years, the smell of mint reminded me of dead bodies! She says. I still need to buy nonpeppermint toothpaste. MORE: How a fragrance can lift the mood of FYII (for for Inspeia is not healthy for everyone. People with asthma should avoid essential oils, said Alan Hirsch, MD, neurological director of Smell and Taste Treatments and Research Foundation in Chicago, and pregnant women should check with their doctors first. Never drink essential oil, even in small quantities, without medical supervision. Essential oils can be poisonous if you ingest too much, they can affect the nervous system and cause seizures, Dr. Fug-Berman warns. (He-Lo: They're strong enough to destroy E. coli.) Also note that essential oils may not mix well with some drugs. For example, blue chamomile oil may inhibit an enzyme that is absorbed by some antidepressants. If you use patch medications, the use of essential oils in the area can cause interaction, adds Andrea Budge, a clinical aromatherapist who runs the Aromahead Institute, which offers virtual courses. Next page: How to Find the Right Oils pagebreak The essence of finding good oils Don't buy into the claim that oil is therapeutic, clinical or premium- they are marketing gimmicks. There is no body that controls the essential oil industry, and there is no seal of approval, says Jade Shutes, a clinical aromatherapist and president of the National Association of Holistic Aromatherapy. Generally, usda certified organic oils are better because they are not contaminated with pesticides. Telltale signs of product quality: - The label or description of the website lists the Latin name of the plant from which the oil is derived, which indicates that it is clean (thus offering the most powerful gains). If only lavender essential oil is listed on the label, the product may contain filler ingredients. The company is testing gas chromatography/mass spectrometry (GC/MS), scientifically says. This oil has passed the cleanliness test. (However, small companies sometimes can't afford testing, so don't make it a single marker.) The company's oils are priced. It is much cheaper to extract oil from, say, citrus fruits than from flowers; Companies that charge the same fee for each species may well be including synthetic substances. The oil comes in a glass container that is amber or dark blue to protect it from oxidation. Store the oils in the fridge to prolong their life. MORE: Bogus Health Trends that spend your time rule for inhaling The best way to spread essential oil: through a small machine. Diffusers (they cost about \$30 to \$40 each) work normally for just chilling-you fill a small pool with water and clap in a few drops of selected essential oil, and the fan emits Fog. But for the true therapeutic effect, choose a nebulizer that shoots oil particles directly into the water without water. (Nebulizers are used by doctors and tend to cost a little more.) Whichever device you choose, turn it off within an hour, says says Expert Robert Tisserand, author of Safety of Essential Oil: There is no need to constantly inhale - you will not get any extra benefit, and you want to give your body a break or it can react negatively to continued breaths, which, for example, will lead to an increase in heart rate. Also: Diffuse when your husband is away from home to avoid a backlash in your marriage. Investopedia uses cookies to provide you with a great user experience. Using Investopedia, you accept our use of cookies. Yesterday I gave you a sneak peek into my Mark Pack, which is my collection of irreplaceable software applications that I have always installed on the computer. But it was too much for one post so here's part 2 of what Mark always installed and what he recommends you install too So, count ho! And go on with the show! 7. TrueCrypt King of computer encryption software. Extremely easy to set up and once you have an encrypted folder (s) set up on your computer, it's impossible for anyone to hack it open (if you make your password clearly obvious as P-A-S-S-W-O-R-D, for example, in this case you don't have a business using the encryption program in the first place). Everyone should have an encryption program on their computer for computer passwords, financial records, private correspondence and any other sensitive material that should not be easily accessible to prying eyes. My first post for MakeUseOf was about TrueCrypt, and you can also encrypt a USB stick with the app. So Truecrypt is very versatile and flexible. Sometimes it pays to be paranoid and careful. 8. Unlocker Have you ever tried to delete a file just to get this error message? I get this message a lot and it annoys the hell out of me. So that's where Unlocker comes to save the day (and my sanity). Whenever you can't delete a file, just tap the right button on it and choose Unlocker (the app integrates into the menu on the right of the Explorer button). Unlocker will kill all the Windows processes that keep this app and stops you from deleting it. Then you can go ahead and nuke the file. If for any reason it can't kill the vile processes that keep you back, Unlocker will blast off the file for you when you next load your computer. Here's my original MUO story on Unlocker. 9. Filebox eXtender There are two parts of this application that are insanely useful. First, it's the ability to add shortcuts to certain Windows Explorer folders that you access on a regular basis: it saves a lot of time if one of the most affordable folders in Windows Explorer is a sub-folder hidden in many other folders. Instead of tiring Click with your mouse to get to this folder several times a day, you can use Filebox eXtender to create a one-click shortcut to that folder instead. But the best part of Filebox eXtender are are that you can use to keep the app on top of all the other windows. So to speak, I want to keep Skype on top of all the other Windows. I just need to use a push-pin to attach Skype to the top of all the other windows, as if I were pinning it to the bulletin board: Here's the original MUO story. 10. CDex and Audioshell Whenever I buy a CD, I immediately rip an MP3 copy for my iPod using CDex. CDex is the most definitely the best free CD copying tool available. After inserting the CD onto the hard drive, CDex immediately detects the drive and after pressing the button, the drive is ripped into the MP3 format within minutes. Most of the time, it can even automatically name your files for you too. When the files weren't automatically named CD-ex, I then use the free Audioshell to edit the ID3 tags and add album art (see my original MUO story here). When it comes to file conversion, Fast Media Transformer is an absolute gem, and it seems there is nothing it can't do. I still haven't found a file it won't convert. It seems completely invincible. It transforms audio files and video files from one format to another. It converts files into iPod and iPod files back into normal formats. It converts files into Flash and back. DVDs from PAL to NTSC and vice versa. iPhone files and vice versa. Files even in Playstation and Xbox format. There is also a webcam VCR and Camstudio screencast recorder, but I have never used those, so I can't give an opinion on how good they are. But file conversion tools are just far and far the best I've ever come across. So here's Mark Pack - 11 apps that appear on my computer all the time. But as I said in my last post, because of me testing and reviewing apps all the time, I might find a new favorite app tomorrow and number 12 could enter the Mark Pack any day. But when that happens, I'll be sure to let you know! So what's in your pack? Please let me know! And let me know what you think of my choice! 5 Awesome Adobe Apps that are completely free You don't always have to pay for high quality software from Adobe. Here are the top Adobe apps that are all free. Related Topics Windows MP3 CD-DVD Encryption File Conversion About author Mark O'Neill (415 Articles Published) More from Mark O'Neill O'Neill computing essentials 2019 pdf. computing essentials 2019 pdf free download. computing essentials 2019 ebook. computing essentials 2019 answers. computing essentials 2019 connect access code. computing essentials 2019 pdf download. computing essentials 2019 chapter 1. computing essentials 2019 free pdf

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