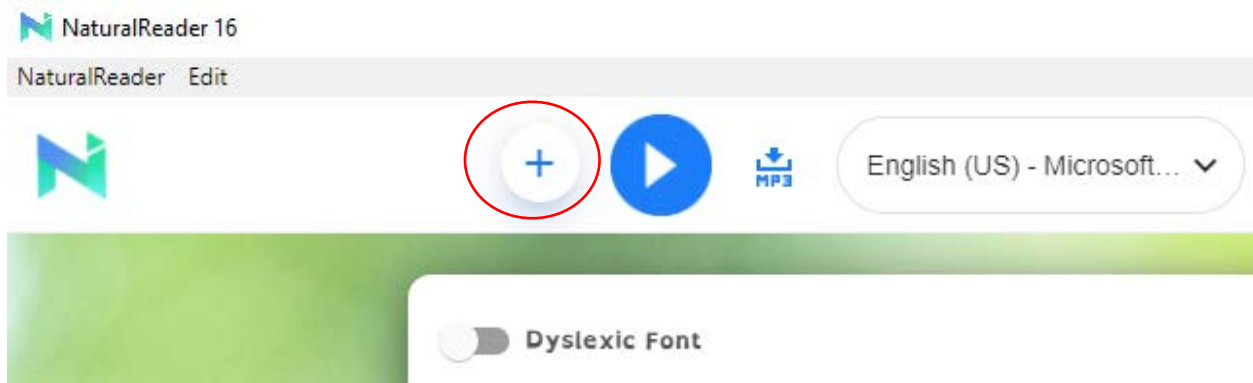


Natural Reader- Desktop

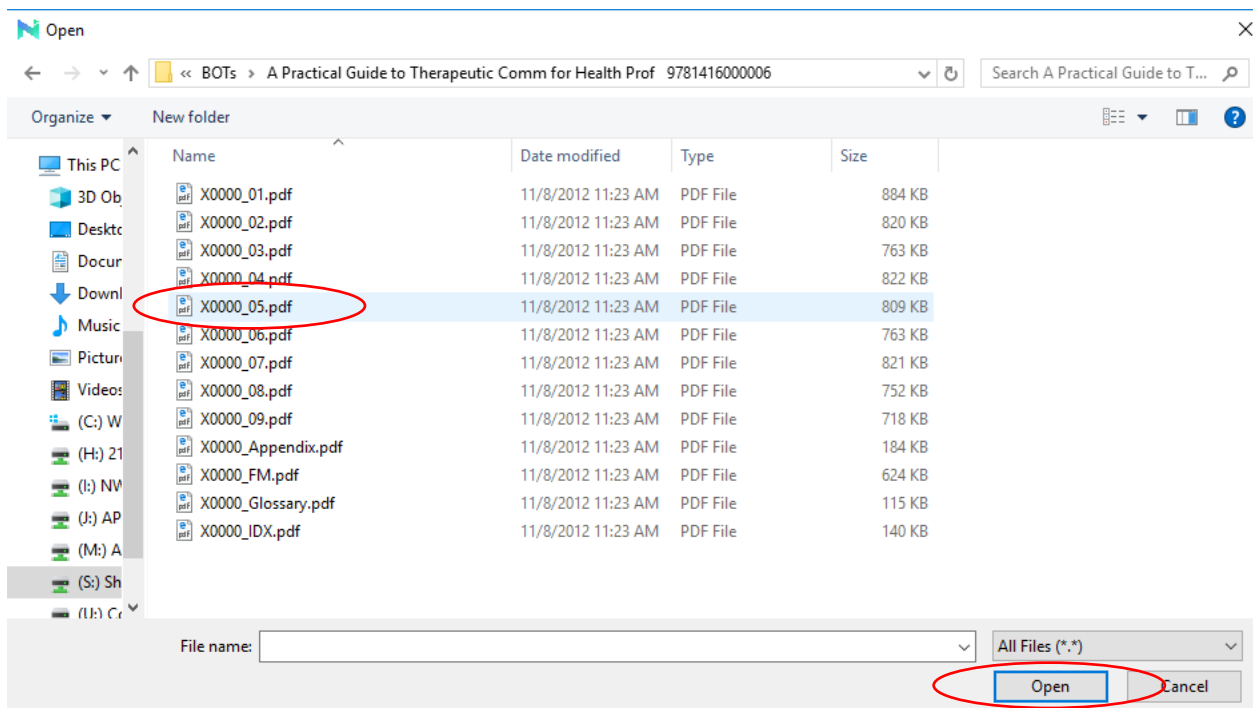
1. Double click on the **Natural Reader** icon on desktop to open



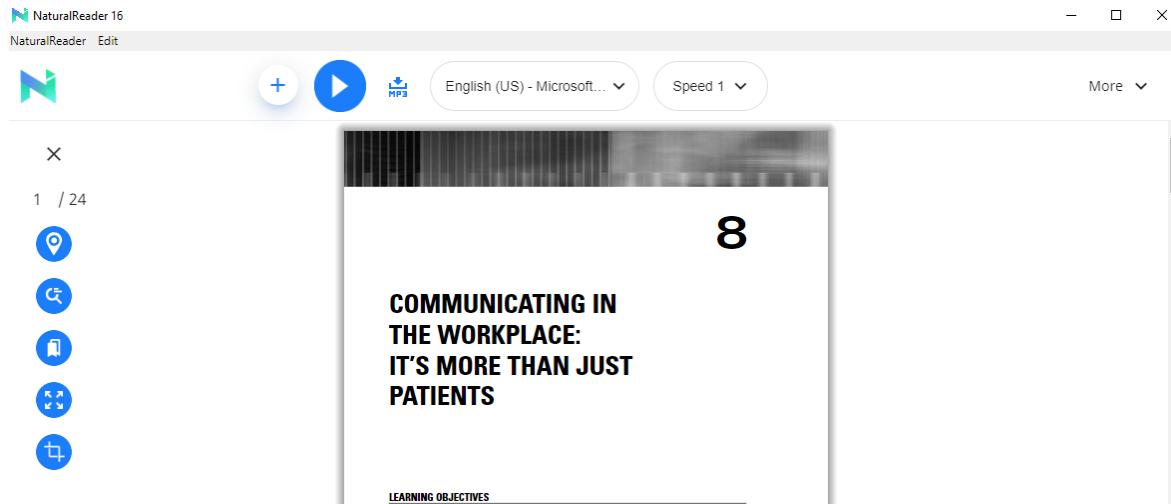
2. Click the **plus** sign to upload the file



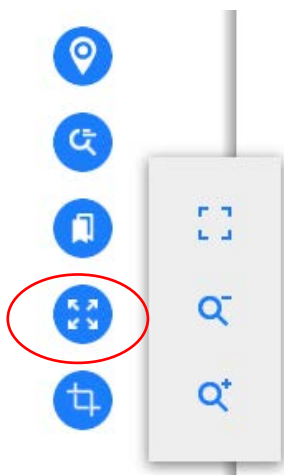
3. Navigate to the PDF file and double click on the file or select and click **Open**



4. After the file is loaded (it might take a few minutes for larger files to load)



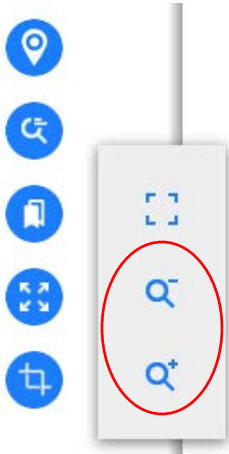
5. To zoom in and out, click the zoom icon on the left side



6. To fill the page, click the square icon



7. To make text larger, zoom in with the **plus**. Zoom out with **minus** to make text smaller



8. Click anywhere on the text to begin reading. The text being read is highlighted as well as displaying on the bottom

NaturalReader 16
NaturalReader Edit

English (US) - Microsoft... Speed 1

IT TAKE TO BE HEALTHY?

LEARNING OBJECTIVES

Upon successfully completing this chapter, you will be able to:

- State the factors that help determine our health status.
- Assist in planning and explaining a diet appropriate for a variety of medical needs.
- Explain how to adjust dietary needs for ethnic and age diversity.
- Differentiate between food-related medical disorders.
- List various exercise options and explain the benefits of each.
- Differentiate between positive and negative stress and give the physiologic effects of each.
- Describe ways to incorporate relaxation and stress relief techniques into patient education.
- Compare methods of coping with stress and determine which are appropriate in various medically related situations.
- State ways to recognize suicidal potential and list means of helping patients avoid this option.
- Identify substances that commonly lead to abuse and addiction, and describe their effects on the body.
- List information to include in educating patients about medication therapy.
- Describe ways to ensure the physical safety of various age groups.

• Assist in planning and explaining a diet appropriate for a variety of medical needs.

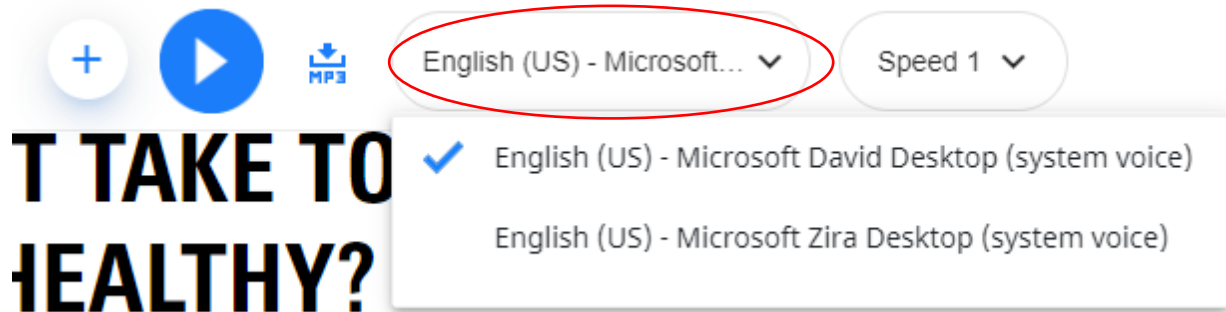
9. To stop/pause, click the **stop** button/**pause** button



10. To continue reading, click the **play** button



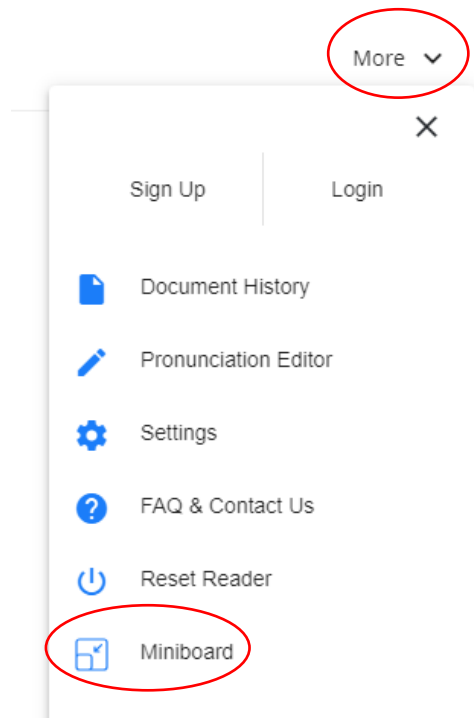
11. To change to a different voice, click the dropdown arrow and select a voice



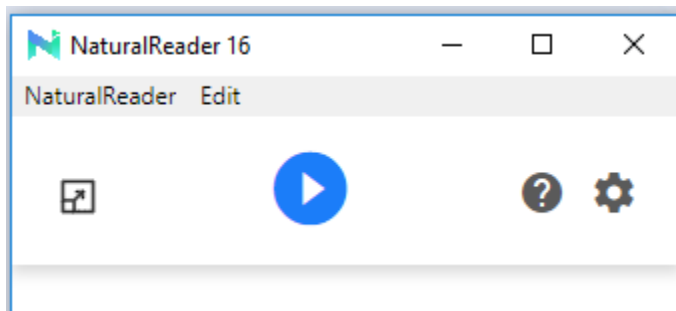
12. To speed up or slow up, click on the dropdown arrow and select a speed. To speed up, select a **positive** number. To slow down, select a **negative** number



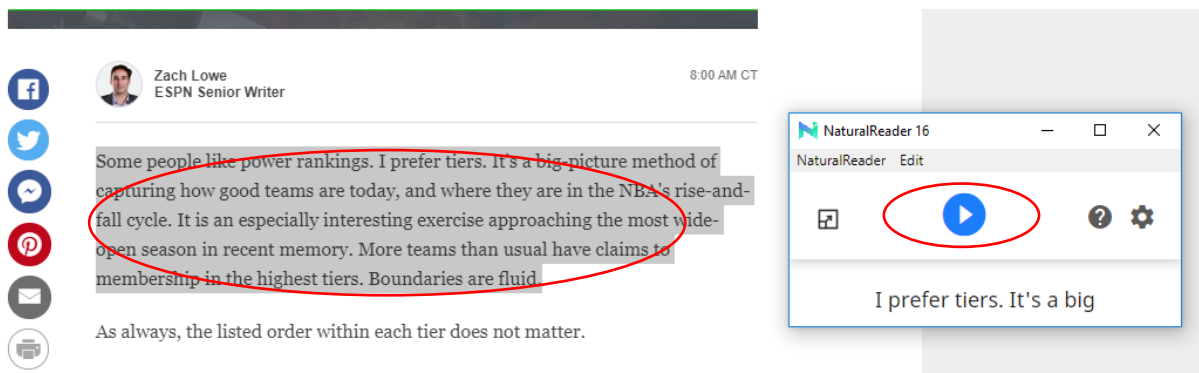
13. Reading online content with Natural Reader, click the dropdown arrow on **More** and select **Miniboard**



14. It will convert to floating bar



15. Open online content and highlight the content and click the **play** button



16. It can be stopped/paused

17. To exit out of the floating bar, click 