

# Tips For Living With Anosmia



WRITTEN BY:  
THE GIRL WHO CAN'T SMELL



## For Laundry

- MAKE SURE YOU PURCHASE TWO LAUNDRY HAMPERS. LABEL ONE OF THEM “CLEAN” AND THE OTHER ONE “DIRTY.”
- PLACE THE “CLEAN” HAMPER IN YOUR ROOM AND THE “DIRTY” HAMPER NEXT TO YOUR LAUNDRY MACHINE.
- STORE AWAY YOUR NICELY CLEAN AND DRY CLOTHES IN THE “CLEAN” HAMPER AND DON’T WORRY ABOUT FOLDING IT UNTIL LATER. TADA!

## For Footwear

- MAKE SURE YOU PLACE SMELL ABSORBING FOOT PADS (OR IF YOU DON’T MIND MESSY POWDERS), AND/OR SPRAYS INSIDE YOUR SNEAKERS, REGULAR SHOES AND FLATS.
- **BONUS:** AFTER A WORKOUT, PLACE YOUR SNEAKERS OUTSIDE SO YOU AIR OUT ANY BAD SMELLS.

## At Work

- KEEP A LIST OF STINKY FOODS ON YOUR PHONE, SO YOU KNOW EXACTLY WHICH FOODS TO AVOID EATING BEFORE ANY IMPORTANT WORK MEETINGS.
- FIGHT BAD BREATH: KEEP A SPARE TOOTHBRUSH AND TOOTHPASTE AT YOUR DESK.
- **BONUS:** INCLUDE A BOTTLE OF MOUTHWASH
- ALSO, OFFICE ENVIRONMENTS USUALLY HAVE SHARED RESTROOMS. MAKE SURE YOU COURTESY FLUSH.

## For Cooking

- ALWAYS PAY ATTENTION WHEN YOU ARE USING A STOVE, OVEN OR MICROWAVE. DO NOT LEAVE ANY FOOD ITEMS UNATTENDED WHILE THEY’RE COOKING. FIRES CAN HAPPEN IN A SPLIT SECOND!
- MAKE SURE YOU PUT A TIMER ON YOUR PHONE FOR BAKING

# Tips Continued...

## For Safety

- WHEN RENTING OR PURCHASING A NEW PLACE, ENSURE YOU HAVE ACCESS TO ELECTRICAL APPLIANCES VERSUS ANY THAT USE GAS.
- INVEST IN HIGH QUALITY SMOKE DETECTORS. I RECOMMEND HAVING AT LEAST ONE IN EACH OF YOUR ROOMS (MAKE SURE NOT TO HAVE ONE IN THE RESTROOM THOUGH).

## For The Gym

- KEEP A SPARE DEODORANT IN YOUR LOCKER OR GYM BAG. THAT WAY, YOU CAN ALWAYS REAPPLY WHEN NECESSARY.
- **BONUS:** INCLUDE A SET OF BABYWIPES. THIS HELPS LESSEN ANY SWEATY SMELLS IN CASE YOU ARE RUNNING LATE AND CAN'T SHOWER AFTER YOUR WORKOUT.

## For Visitors

- ALWAYS HAVE A STASH OF PLUGINS, CANDLES, AND ROOM SPRAYS HANDY.
- **BONUS:** OPEN ANY WINDOWS BEFORE YOU'RE GUESTS COME OVER, TO ALLOW FRESH AIR TO REACH INSIDE YOUR PLACE.

## For Washing Dishes

- REMOVE EXCESS FOOD FROM YOUR DISHES BEFORE YOU USE A SPONGE TO CLEAN THEM. THIS PREVENTS FOOD PARTICLES FROM GETTING STUCK IN YOUR SPONGE AND AVOIDS BACTERIA FROM MAKING THEM STINKY.
- MAKE SURE YOU WASH YOUR DRINKING GLASSES FIRST (PREVENTS THEM FROM SMELLING BAD).
- ADD A SPOONFUL OF BLEACH TO YOUR DISHWATER FOR EXTRA CLEANING POWER

# Tips Continued...

## For Fresh Breath

- ALWAYS KEEP GUM, MINTS AND BREATH STRIPS IN YOUR CAR'S GLOVE BOX, PURSE, AND POCKETS.
- FOR A MORE NATURAL APPROACH, YOU CAN CHEW ON A CLEAN PIECE OF LEMON OR ORANGE RIND.
- MAKE SURE YOU DRINK PLENTY OF WATER, SO YOUR MOUTH DOESN'T BECOME DRY AND STALE. NOT ENOUGH WATER CAN CREATE A BREEDING GROUND FOR BACTERIA TO THRIVE ON YOUR TONGUE.

## Food Tips

- IF YOU KEEP ANY LEFTOVER FOOD, INVEST IN STURDY FOOD CONTAINERS. MAKE SURE YOU LABEL EACH CONTAINER WITH THE DAY'S DATE.
- **BONUS:** MAKE SURE YOUR FOOD CONTAINER'S LIDS SNAP INTO PLACE SO YOU AVOID ANY AIR FROM SEEPING IN (WHICH CAN CAUSE YOUR FOOD TO SPOIL FASTER.)

## For Pets

- CHECK WITH YOUR VET FOR ANY RECOMMENDATIONS AS TO HOW OFTEN YOU SHOULD WASH YOUR PET. SOME BREEDS MAY REQUIRE MORE MAINTENANCE.
- SECURE THE CORNERS OF EACH ROOM IN YOUR PLACE WITH DOGGIE PADS. THESE MAY LOOK SILLY, BUT WILL PROTECT ANY WOOD FINISHINGS/TRIMS AND PREVENT URINE STAINS FROM STINKING UP YOUR PLACE.

## Food Tips Cont.

- CAUTION: LEFTOVER FOOD SHOULD NOT BE KEPT MORE THAN TWO DAYS IN THE FRIDGE. AS THE SAYING GOES, "WHEN IN DOUBT, THROW IT OUT."

## Most Importantly

- DON'T EVER BE AFRAID TO ASK OTHER OLFIES FOR HELP.
- ALWAYS HAVE A DESIGNATED NOSE YOU CAN TRUST AT WORK, SCHOOL AND HOME.