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How do you change the oil in a champion generator

The following bulletin covers the following Champion Power Equipment models: 755311, 755371, 100233, 100261, 100262, 100263, 100263, 100476, 100477, 100523. Please read and view the following instructions carefully and completely. SAFETY PRECAUTIONS To reduce the risk of injury, user must read and understand the operator's manual before using this product. DO NOT make any adjustments to the generator without first stopping the engine and disconnecting the spark plug wire. Burns from hot parts — let the engine cool completely before touching hot parts. Injury from moving parts To reduce the possibility of fire or explosion, be careful when working around gasoline. Keep cigarettes, sparks and flames away from all fuel-related parts. (opens in a new tab) Photo Courtesy: Your Best Digs/Flickr Although essential oils have long been used in traditional and alternative health practices, in recent years researchers have also begun to study their purported health benefits. Essential oils are aromatic, concentrated plant extracts that have a wide range of uses, from creating the scents that emerge from aromatherapy diffusers to adding fragrance to lotions, soaps and other beauty products. Many essential oils also show potential benefits when it comes to your health, but it's important to be aware that, often, these oils haven't been researched enough to determine how safe or effective they are as treatments. While more studies need to be done, some essential oils are generally recognized as safe to use and may help relieve some symptoms of inflammatory conditions and skin conditions such as acne. Some essential oils also may have antifungal, antiviral and antibacterial properties. Learn more about the health effects of some of the most common essential oils. Peppermint Peppermint oil is one of the most versatile essential oils, and you can use it for a variety of different purposes. For starters, it's used as a dietary supplement for digestive issues such as irritable bowel syndrome. When taken in enteric-coated capsules, peppermint oil can be especially useful for reducing irritable bowel syndrome symptoms. Photo Courtesy: Marisa04/Pixabay You can also apply the oil to your skin for tension headaches, but be sure to dilute it in a carrier oil such as coconut oil — otherwise, it can cause skin irritation. Three drops in a few tablespoons of carrier oil is an appropriate ratio. When applied topically, peppermint oil may ease muscle aches and itching. Peppermint oil is safe to consume by mouth in small doses and is typically used to flavor tea. However, it's best to take enteric-coated peppermint oil capsules to avoid potential heartburn or other reactions. Lavender Lavender oil is commonly used to help with insomnia, stress and anxiety. Many people put it in diffusers and breathe in the scent before bedtime. While the essential oil may also be beneficial for dementia, depression and post-surgical pain, studies have not proven these claims. Lavender oil seems to work as a sedative and can help relax certain muscles. Other potential uses of lavender oil are to treat fungal infections, hair loss and minor wounds. Lavender essential oil can be toxic if swallowed, and you should not consume it. Photo Courtesy: Pixnio/Turmeric The secret to turmeric's success is a compound called curcumin, which scientists believe holds strong anti-inflammatory and antioxidant properties. The spice has been used in India for centuries and continues to be used all around the world for its robust flavor and potential health benefits. Photo Courtesy: Marco Verch Professional Photographer/Flickr One scientific report published in 2013 noted several promising effects following results from clinical trials of curcumin over several decades. Along with irritable bowel syndrome, cardiovascular disease and arthritis, curcumin may help with diabetes, peptic ulcers and gastric ulcers. While several preclinical studies have shown promising results, the ingredient has yet to be sufficiently tested in humans to fully understand just how effective it is. Tea Tree Tea tree oil may potentially help treat a variety of ailments, including insect bites, acne, athlete's foot and other conditions. The oil may also have antibacterial properties. Research suggests that tea tree oil might relieve some symptoms of acne when used as a treatment gel, treat dandruff when used in shampoo form, treat lice eggs when combined with lavender oil and relieve athlete's foot symptoms. While tea tree oil is generally considered safe and effective when used topically, it can be toxic if you ingest it. Photo Courtesy: John Tann/Wikimedia Commons Oregon Oregon oil has been used in the cosmetic, food and pharmaceutical industries for multiple purposes. Different oregano species have varied compounds, although most have been studied for their potential antiviral, antimicrobial and antifungal properties. Some studies have also focused on antioxidant and anti-inflammatory properties. Photo Courtesy: Ivan2010/Wikimedia Commons When ingested, oregano oil may help with allergies, arthritis, sinus pain and earaches. You can also apply the diluted oil topically to help with skin conditions like rosacea, psoriasis, athlete's foot and dandruff. If you're heading out into the woods, consider applying diluted oregano oil to your skin as an insect repellent. MORE FROM SYMPTOMFIND.COM This bulletin covers the following Champion Power Equipment models: All 114cc-224cc Generators. Please read the instructions carefully and completely before performing service. SAFETY PRECAUTIONS To reduce the risk of injury, user must read and understand the operator's manual before using this product. DO NOT make any adjustments to the generator without first stopping the engine and disconnecting the spark plug wire. Burns from hot parts — let the engine cool completely before touching hot parts. Injury from moving parts To reduce the possibility of fire or explosion, be careful when working around gasoline. Keep cigarettes, sparks and flames away from all fuel-related parts. (opens in a new tab) Changing the oil in a Champion 3500 generator is simple and only takes a few minutes. It uses just over ¾ qt. of oil in an oil change. Personal experience has shown the Champion generator to be an excellent product that will start on the first pull, even after a zillion hours of operation. It does have a few quirks, though. Never choke the engine for more than two pulls when it is hot after refueling, or it will flood. Take the choke off on the third pull and it will always start. The first 10 hours of running while it is breaking in it will consume oil. This will stop as the rings seat. The oil must be changed after the first five hours of use. Check the oil every refueling. Look directly below the oil filler cap and you will see an oil drain plug on the side of the block. Place the drain pan under the engine and with a ratchet, 12-inch extension and the appropriate size socket, remove the drain plug. Allow the oil to drain completely. Install the drain plug and tighten snugly. Remove the oil filler cap and tip the generator up to make it easier to pour in the oil without spilling it. Pour just over ¾ qt. of oil in the filler neck. Lower the generator and the oil will be just below the filler cap. Install the cap. Change the oil after the first five hours. Check the oil level when refueling. Change the oil every 50 hours after the initial oil change. Photo Courtesy: [apomares/E+/Getty Images] While the taste of fish may not be appealing to all taste buds, fish oil supplements offer an additional dietary source of omega-3 fatty acids, which help your body function in a variety of ways. In this article, we'll explore the many health benefits of fish oil, where it can be found and how much you should be taking each day to maximize its positive effects. What Does Fish Oil Do? Photo Courtesy: [Thana Prasongsin/Moment/Getty Images] Though it has been linked to a number of health benefits, fish oil is most commonly associated with the health of the heart and its surrounding vessels, which is also called cardiovascular health. Consuming fish oil has been proven to lower fats called triglycerides, which can reduce the risk of heart disease and diabetes. In some studies, fish oil supplements have been shown to lower triglyceride levels by up to 20% to 50%, which is beneficial in preventing heart disease. Keep in mind, however, that in addition to taking fish oil, individuals who want to lower their risk for heart disease should also increase their physical activity and reduce the amount of unhealthy fat in their diets. In addition to reducing the risk of heart disease, fish oil can also cause minor reductions in blood pressure levels. That's because omega-3 fatty acids have the ability to increase dilation of blood vessels, alleviating high blood pressure. This also helps people with atherosclerosis, a condition in which fatty materials build up along their artery walls. Atherosclerosis can physically block portions of the arteries and potentially lead to blood clots that cause heart attacks or strokes. Consuming fish oil can help to relieve this problem by reducing the narrowing of the arteries and limiting the production of the fatty materials that may collect on vessel walls. There are a number of other health benefits that have been linked to fish oil. For example, fish oil may help people with rheumatoid arthritis recover faster from the stiffness they feel when they wake up in the morning. Fish oil can also reduce the risk of having a stroke by as much as 27%, though this reduction is not nearly as dramatic if an individual is already taking aspirin for this purpose. Taking fish oil regularly may prevent the onset of osteoporosis, especially when combined with a regular calcium regimen. Fish oil is also linked to eye health because it can help to prevent age-related macular degeneration and chronic dry eye syndrome. Lastly, fish oil may also help with brain function. Some studies suggest that fish oil can help to increase blood flow to the brain during cognitive tasks. This can result in improvements in memory and reaction time. Food Sources of Fish Oil Photo Courtesy: [Anna Kurzaeva/Moment/Getty Images] Even though omega-3 fatty acids are essential for human health, the human body can't make them on its own. That's why we have to get them from food or supplements. Significant amounts of fish oil can be found naturally in a wide variety of fish. Among the more common fish that are rich in these oils are tuna, salmon, anchovies, sardines and trout. Other fish that may be less common but that are also rich in omega-3 fatty acids include mackerel, sturgeon, mullet, bluefish, herring and menhaden. In general, you will obtain about 1 gram of fish oil for every 3.5 ounces of fish that you consume. Keep in mind that it's far better to eat fish that has been baked or broiled; fish that has been fried may actually increase health risks rather than reduce them. As mentioned, you don't have to eat fish regularly to get the omega-3 fatty acids that you want in your diet. Fish oil supplements are readily available at most health food stores and pharmacies in pill form. Most of these supplements are made from the fish oil from mackerel, halibut, cod liver, salmon or tuna. They may also be made from whale blubber or seal blubber. These supplements are often combined with vitamin E to prevent spoilage. Be sure to check the label carefully before purchasing a fish oil supplement, as many also incorporate other vitamins, calcium or iron. If you plan to add a fish oil supplement to your diet, talk to your healthcare provider first to make sure that the supplement is safe for you to use. Daily Dosage Recommendations and Prescription Considerations Photo Courtesy: [Moyo Studio/E+/Getty Images] It's important to ensure that your diet contains a sufficient amount of fish oil. A deficiency of omega-3 fatty acids can lead to symptoms like poor memory, fatigue, dry skin, mood swings, depression, poor circulation and heart problems. Additionally, infants who don't receive an adequate amount of omega-3 fatty acids during pregnancy may develop vision and nerve problems. Adults should try to consume fish regularly for its many health benefits. As far as supplements go, most adults should not take more than 3 grams of fish oil daily without first consulting a healthcare provider. Individuals with coronary heart disease or high cholesterol are often encouraged to take an omega-3 fatty acid supplement daily. For healthy adults, eating fish at least twice a week is sufficient for getting the fish oil they need in their diet. There's no established dosage recommendation for children. In general, fish oil supplements aren't recommended for children at all. While it's healthy for children to receive omega-3 fatty acids naturally by eating fish, children should not be served any fish that may have high mercury content, such as swordfish or mackerel. Fish oil may cause some minor side effects, such as gas, bloating, belching and diarrhea. If you choose to take a supplement, try looking for time-release caplets to reduce these symptoms. Avoid taking more than 3 grams of fish oil daily without first consulting your healthcare provider. Certain medications — such as blood thinners, diabetes medications, cholesterol-lowering medications, topical steroids and anti-inflammatory drugs — may have interactions when combined with fish oil. Be sure to ask your doctor about taking fish oil if you've been prescribed any of these medications. Resource Links: /fods.od.nih.gov/factsheets/Omega3FattyAcids-HealthProfessional/ //www.ahajournals.org/doi/10.1161/cir.0000000000000482 //www.versusarthritis.org/about-arthritis/complementary-and-alternative-treatments/types-of-complementary-treatments/fish-oils/ //www.researchgate.net/profile/Ian-Rutkofsky/publication/319914599 //www.mdpi.com/2072-6643/11/10/2414 MORE FROM SYMPTOMFIND.COM

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