

GOOD HEALTH NEWS

Health In Motion Rehabilitation Newsletter

February 1, 2008 Vol. 1, Issue 1

What Is Good Health News?

GOOD HEALTH NEWS brings you news about good health. News about how to stay in good health. And how to improve your health. We also hope to help you distinguish reliable health information from unreliable health information.

Good Health News does not carry advertisements for products. It does not carry advertisements for unusual health practices. We believe that talking to our readers is a better use of space. Please feel free to send us your health questions and we'll do our best to answer them in future newsletters. We will also carry articles about health care professionals and their therapies.

Good Health in Winter

Our bodies and our health face a number of challenges during the winter season. Sometimes we are not as physically active in the winter. Our food is often not as fresh—sometimes it's shipped from far away places like sunny California. And we are not as exposed to as much sunlight as we receive during other seasons.

We can deal with these challenges in a number of ways. Try to make sure you remain physically active. Even if it's just a walk outside in the sunshine. Eat plenty of fruits and vegetables that are as fresh as possible. The winter reduction in sunlight creates a unique challenge. Our bodies require sunlight in order to produce Vitamin D. Vitamin D helps the body to absorb food, and helps to keep bones strong. People who are housebound or elderly often have deficiencies of Vitamin D. In our diets, it is found in eggs, fish and dairy products.

And a moderate exposure to sunlight may be the best medicine! In fact the sun has just come out, and I'm going outside to soak some up. Sunlight feels good in the winter, and it's good for us. It may help to reduce your susceptibility to colds and the flu. In fact there have been recent articles in *The Globe and Mail*, *Toronto Star*, and *New York Times* about the effects that a lack of sunlight may have on us. These articles referred to medical studies. One study demonstrated that the incidence of multiple sclerosis is high in Canada, and that it may have to do with the lower sunlight levels here. Another study indicated that the incidence of heart attacks seems to be higher the further away from the equator that people live. Hopefully, additional studies will provide more information about these questions.

If you are thinking of taking a Vitamin D supplement, you may want to contact your physician or health care provider first. In the meantime, let's look forward to a sunny spring.

Good Health In The Spring

Spring is just around the corner. It's a time when we become more physically active and spend more time outdoors. Fresh locally grown salad greens will be coming to market. If you have a flower or vegetable garden, take it easy the first few times you work in the garden. Your "gardening muscles" may complain if you work too hard. Watch for more Good Health In The Spring tips in the next issue of GOOD HEALTH NEWS.

If You Have a Lemon, Make Lemon Juice

The juice from a freshly squeezed lemon contains potassium and a good quantity of Vitamin C. Some people drink fresh lemon juice to refresh and help clean the body. Make sure to dilute it with water, and try not to add sugar to your lemon juice. Sugar will reduce its benefits. If you need a sweetener, try adding a bit of locally produced honey. It's a good drink for preventing and fighting a cold or the flu.

Not So Fast, If You're Thinking About Fasting

Fasting involves going without solid food for a certain period of time. You may know people who fast on a regular basis, and swear by its benefits. Fasting may benefit some people. But if you are thinking of fasting for the first time, you should be careful. Check with your doctor, or with your health care practitioner to make sure that fasting may benefit you and your health.

Body Detoxification

It's best to think of your body as healthy. And not to think about it as requiring Detoxification. Our recommendation is that you do not try any body detoxification during the winter. Often our immune system, and overall health is not as strong in the winter. Detoxification during this time of the year may only add an additional stress on your health.

A Note From Nathan Gendelman, Director of Health In Motion Rehabilitation

You may choose to receive Health In Motion's Newsletter by mail or email. Back issues of Health In Motion's GOOD HEALTH NEWS and updates to these newsletters are archived on the internet at www.healthinmotionrehab.com

Subsequent issues of GOOD HEALTH NEWS will also focus on seasonal health and seasonally related health problems. If your family or friends are interested in GOOD HEALTH NEWS, please ask them to contact us, and we will be happy to send GOOD HEALTH NEWS to them.

GOOD HEALTH NEWS publishes articles about issues that friends and clients have requested more information about. The material in the HIM Newsletter is not copyrighted, and may be reproduced and shared with family and friends. Information in GOOD HEALTH NEWS is for information purposes only. If you have a health condition, please consult your physician, or health care provider.

GOOD HEALTH NEWS is published on an occasional basis by the Health In Motion Clinic, 5927 Bathurst Street, Toronto, Ontario, M2R 3T5. 416-250-1904. healthinmotion@bellnet.ca. www.healthinmotionrehab.com