

GOOD HEALTH NEWS

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Breakfast of Champions

Breakfast really is the most important meal of the day. If you skip it, you're asking for trouble later in the day. If you eat a good breakfast, with a balanced combination of nutritious protein, fruit, and whole grain carbohydrate, your body will begin the day ready to carry you through the day. If you have to start the day with coffee, have it after you eat. Your lunch should be a medium sized meal, balanced and nutritious again. Dinner should be your smallest meal of the day, for a number of reasons. Your metabolism slows down late in the afternoon and early in the evening. So your body will be challenged trying to digest and eliminate a heavy meal late in the day. Try eating like this for a week or two. It's likely that you'll have much more energy.

Fruits and Vegetables (Again)

I was in the supermarket the other day. When I went to the checkout, I watched the young mother in front of me unload her cart. She spent almost \$200 on processed food. The only exception was a head of lettuce she bought. When she finished unloading her cart, she looked at mine—it was full of fruits and vegetables. She looked at me and I thought, you should check the **Canada Food Guide**. The guide recommends 4-6 servings of fruit or vegetables each day for young children. For adults, it recommends 7-8 servings. Just Google the 'Canada Food Guide,' or read the recommendations at www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html. They're good for you--easily digested, and good sources of vitamins and minerals.

Spring Is Just Around the Corner

Here's a word or two to the wise about spring. Many of us become much more active as spring arrives. Be careful as you undertake additional exercise, or start gardening. Stretch and warm up first, and cool down after physical activity. With the sun becoming stronger every day, you may also want to start paying attention to the UV (ultraviolet) levels each day. Make sure you don't overexpose your skin to sunlight.

There May Be Vitamins in Your Future

Would like Good Health News to produce a Vitamin Fact Sheet for your use. The Fact Sheet would list vitamins, natural sources of vitamins, and the health benefits of vitamins in your diet. You could post the Sheet in your kitchen, next to your shopping lists. Please let us know if you would find a Vitamin Fact Sheet helpful in planning your meals.

Caution About Taking Probiotics

Probiotic supplements are available in many stores now. **The Lancet**, a highly respected medical journal reports that a number of probiotics users have experienced severe inflammation, and occasionally death. For more information: www.nytimes.com/health and put “Diet Supplement Seen As Risky for Some Users” in the search box.

Friends and Family Help Post Surgical Recovery

If you’ve visited the Health In Motion website, or talked to us, you know how much we stress the importance of support by family and friends during treatment and post surgical recovery. At last, **The Journal of the American College of Surgeons** agrees with Health In Motion about this important practice. The February issue suggests that having a supportive network helps patients to “a quicker recovery’ after surgery. For more information go to: www.nytimes.com/health and put “Large Social Networks May Help Surgical Patients” in the search box.

More Good News About Good Old Vitamin D

In the last issue of **Good Health News** we talked about some of the benefits of Vitamin D. Go to the **Canada Food Guide** for recommendations daily recommended intake of this important vitamin. Recommended intake varies depending on your age and gender. The Guide also has information about how little Vitamin D Canadians can absorb from the sun during the winter. In addition **The New York Times** has a number of updates from various journals about the importance of this vitamin you have probably been hearing about since you were a child. For more information: www.nytimes.com/health and put “An Oldie Vies for Nutrient of the Decade” in the search box.

The Healing Power of Honey

Many people use honey as a sweetener instead of sugar, in order to reduce the amount of processed sugar in their diet. There’s more good news about honey. A study by the **United States Centers for Disease Control and Prevention** examined different home remedies for mild burns. Applying butter risks infection, but “honey seems to soothe small burns”. For more information go to: www.nytimes.com/health and put “Honey can soothe a burn” in the search box.

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