

GOOD HEALTH NEWS

Health In Motion Rehabilitation Newsletter April 1, 2008 Vol. 1, Issue 3

More News About Vitamin D

If you've read the last two issues of this newsletter, you'll have noticed our articles about the benefits of Vitamin D. Well, **The Globe and Mail** has decided to catch up to Good Health News. On March 8, 2008, The Globe published two full pages about the latest research about the benefits of Vitamin D. For example, inadequate intake of Vitamin D may be linked to the incidence of multiple sclerosis. For more information: www.globeandmail.com and put "The Vitamin D miracle: Is it for real?" in the search box. This is an article you have to pay for. It is well worth it!

Multiple Sclerosis and Physical Therapy

As many visitors to Health In Motion Rehabilitation already know, we offer physical and occupational therapy to deal with multiple sclerosis. A recent article in the Science section of the **New York Times** (March 14/08) summarizes the current treatments for MS. The summary includes a discussion of medications prescribed for MS, and complimentary treatments such as physical and occupational therapy, and getting enough rest. Nathan Gendelman, the Director of Health In Motion is a member of the Canadian Interdisciplinary Network for Complementary and Alternative Medicine. He believes that medicine and complimentary medicine work well together. For more information: www.nytimes.com/health and put "From Multiple Sclerosis, a Multiplicity of Challenges" in the search box.

Multiple Sclerosis and Diet

Patients at Health In Motion know that we stress the importance of a balanced and healthy diet. We are about to direct you to a March 11, 2008 **New York Times** article that discusses the possibility that changes in diet may ease or even reduce the symptoms of multiple sclerosis. We recommend that you read the article closely, and make any decisions for yourself in consultation with your doctor or health care professional. For more information: www.nytimes.com/health and put "Some With MS Put Their Hopes In A Diet" in the search box.

Homeopathy in France

Health In Motion hopes to publish an article in the future about homeopathy. In the meantime, we refer you to an article in February 2008 issue of *The Connexion*, published in France (www.connexionfrance.com). The article headline states that the “French are the world’s largest users of homeopathic treatments. It goes on to say that homeopathy “has been a mainstream branch of French medicine since 1932.” Most homeopaths in France are also qualified medical doctors. French citizens spend 300 million Euros on homeopathy each year. Although we have a copy of the article in hard copy form, it has not been posted at *The Connexion* website yet.

Healthy Choices for Breakfast

In our last issue of **Good Health News**, we talked about your first meal of the day being the breakfast of champions. There are a number of good choices for breakfast you might want to think about. It’s usually a good idea to have breakfast. Skipping it may leave you fatigued later in the morning. If you need your coffee in the morning, try waiting until after you have eaten, instead of drinking it on an empty stomach. Fresh fruit and a source of protein for breakfast are both good ideas. If you’re having an egg, a poached or boiled egg is always a better idea than a fried or scrambled egg. It truly is the most important meal of the day. Don’t miss it!

Healthy Food Choices, Or Supplements?

It’s a tough question. Should you try to get all the nutrients you need from the food you eat? Or should you add vitamin and mineral supplements to your diet? If so, which vitamins and mineral supplements should you be taking? We talked about the importance of Vitamin D in the first article of this issue of Good Health News. It’s safe to say that as Canadians, we should consider taking a Vitamin D supplement. We live in a country where there isn’t enough sunlight in the winter for our bodies to create Vitamin D, a much needed vitamin for good health. If you’re considering adding any vitamin or mineral supplements you should consult your physician or health care provider.

More Questions?

If you have a question you would like to see us touch on in a future issue of Good Health News, please contact us at the phone number or email address below. If we have an answer, we’ll publish it here. If we don’t have an answer, we’ll let you know. Until the next issue, please keep yourself in Good Health!

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