

GOOD HEALTH NEWS

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Pay Attention if Your Baby Has a Fever

There's still a story going around that when a baby has a fever, it's a sign of teething. The April 1, 2008 issue of the **New York Times** describes a study published in the **Journal of Pediatrics** that indicates that it's time to retire this story. In a study of a large group of teething babies, none of them had a fever of over 104 F (40 C) while they were teething. If your baby has a high fever, you should pay attention. It may indicate a serious enough condition for you to call a doctor. More information: www.nytimes.com/health and put "Really? A fever in a baby is a sign of teething" in the search box.

Eat Breakfast like a King. Lunch like a Prince. Supper like a Pauper.

In previous issues we have talked about the importance of starting the day with a good balanced breakfast. Our recommendations have been verified by a study reported in the **Journal of Pediatrics**. The March 25, 2008 issue of the **New York Times** reports on a study in this Journal that examines the health of over 2,000 boys and girls, by comparing those who ate breakfast and those who skipped it. Those who skipped breakfast exercised less and gained more weight, and remained overweight. More information: www.nytimes.com/health and put "Skipping Cereal and Eggs, and Packing on Pounds" in the search box. Start your day with fresh fruit, a homemade cereal or fresh bread, and a nourishing source of protein. You'll be doing yourself a favour—a long term favour.

Dietary Supplements?

If you've been reading previous issues of Good Health News, you may have noticed that we have only recommended one supplement. We suggested taking Vitamin D during the winter when our bodies cannot produce Vitamin D. Recommended dosages are available from the federal government's Health Canada website at: www.hc-sc.gc.ca/index_e.html Canadian Put "Vitamin D and Health" in the search box.

We strongly suggest that you contact your doctor or health care professional before taking supplements. Especially before you start taking a supplement because a friend, or an article, or an advertisement recommends that you should take a supplement, or any new supplement in the marketplace. Our caution is supported by an April 8, 2008 article in the **New York Times** that describes complications from taking dietary supplements. Some of the complications from taking supplements are serious. More information:

www.nytimes.com/health and put “Potential for Harm in Dietary Supplements” in the search box.

What to Eat. What not to Eat

In previous issues of Good Health News, we’ve stressed the importance of fresh local fruits and vegetables in your diet. There are even more reasons to eat fresh and local food when possible. The March 30, 2008 issue of the **New York Times** reports that high levels of herbicides, fungicides and insecticides are found in crops grown in Latin America. The levels are so high that they are responsible for the deaths of songbirds whose numbers are now in decline. In one area of Latin America “About half the birds that researchers capture after such spraying are found to suffer from severely depressed neurological function.” Residue from these sprays remains in foods where pesticides are applied in excess.

Wherever possible, we recommend that you buy produce grown in the USA or Canada, because pesticide levels are restricted and monitored in these two countries. What about coffee grown in Latin American? It is sprayed with herbicides, fungicides and insecticides. One solution is to buy certified organic coffee if you can. More information: www.nytimes.com and put “Did Your Shopping List Kill a Songbird” in the search box. The article was written by a professor of biology at York University in Toronto. For a related story, see **Parkinson’s and Pesticides** below.

Is Alcohol Bad For Your Health?

Now there’s a question we’ve been trying to answer for thousands of years. And the answers to it seem to be mixed, if a recent article in the **New York Times** (March 18, 2008) is any indication. The scientific journal **Oikos** just published a paper that suggests that the more beer a scientist drinks, the less likely a paper he publishes will be referred to by another scientist. The study looked at the habits of beer drinking Czech scientists. The results may have to be duplicated in places like Poland and downtown Toronto. More information: www.nytimes.com/health and put “For Scientists, a Beer Test Shows results as a Litmus Test” in the search box.

Parkinson’s Link to Pesticides?

The **BMC Neurology** Journal reports that people with Parkinson’s are more likely than their healthy relatives to have been exposed to insecticides. The accuracy of this report is under debate. Some studies have shown a link, and other studies have shown no link. Until the evidence is conclusive, it may be best to reduce your exposure to pesticides. See the **Globe and Mail**, April 22, 2008, or for more information: www.globeandmail.com and put: “Pesticides and Parkinson’s” in the search box.

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