

## GOOD HEALTH NEWS

**Health In Motion Rehabilitation Newsletter June, 2008 Vol. 1, Issue 5**

### **What is Osteopathy?**

A number of readers have asked us what Osteopathy is. Osteopathy is a gentle and non-intrusive method of treating numerous health conditions and injuries. It was founded by an American doctor over 130 years ago. There are now osteopathic schools in many countries, and Osteopaths practicing in many countries as well. There are currently different types of Osteopaths practising in Ontario. For definitions of the differences go to [www.healthinmotionrehab.com](http://www.healthinmotionrehab.com) and click on the Osteopathy button. There is also more information about osteopathic treatments at this page, and about the conditions Osteopathy treats.

### **Where Can You Find Fresh Local Food?**

You are what you eat. And we've talked about the importance of good food for good health in previous issues of Good Health News. The fresher food is, the more nutritious it is for you. If you start a vegetable garden, it will provide the freshest food. If you buy a share from a Community Shared Agriculture group, you will get the next freshest food. A CSA usually picks its food on the day it is delivered. A good farmer's market will also often provide fresh fruit and vegetables. A family run grocery store that specializes in fresh fruit and vegetable produce may also provide good fresh food. If you only buy your fruits and vegetables in a supermarket, find out which days the produce you like is delivered, and shop on those days. And if you remember the information from our last newsletter, it's not a good idea to buy fruit and vegetables from Mexico and Latin America because of the high levels of pesticide residues on produce from those countries. You can put "Toronto Area Community Shared Agriculture" in the search box of a search engine such as Google, and find information about CSAs.

### **Can You Get Vitamin D in the Shade?**

**Good Health News** has carried a number of articles about the importance of receiving enough Vitamin D. It is especially important for Canadians who do not receive enough sunshine through the winter for our bodies to produce Vitamin D. But do we receive enough light on an overcast day to produce Vitamin D? The April 25, 2008 issue of the **New York Times** answers this question. It also provides sunscreen recommendations, and the SPF (Sun Protection Factor) levels you should look for in a sunscreen. Too much

sunshine, of course, is harmful, as the next article in this issue indicates. More information: [www.nytimes.com/science](http://www.nytimes.com/science) and put “Let the Sunshine In” in the search box.

### **Pay Attention to the UV Index**

Now that warmer weather is here, we face a sunshine problem that is the opposite of the winter problem of not enough sunshine. You can be exposed to too much sunshine on a sunny day now. If you are going to be outside for a long time, check the UV (ultraviolet) Index for the day before you go out. It usually recommends how long you can expose your skin to sunshine before it burns. It’s also a good idea to wear a hat on a sunny day.

### **How to Recognize Banned Bisphenol A Bottles**

The Canadian government has just banned the sale of hard plastic bottles that contain bisphenol-a (BPA). You will have to make a decision about whether to stop using BPA bottles, but it is sometimes difficult to recognize them. You may have noticed that most plastics have a triangle on them, with a number inside. If your bottle is made of polycarbonate or hard plastic, and has a triangle with the number 7 inside the triangle, it very likely contains BPA. If it has the letters PC (polycarbonate) next to the triangle with 7 inside, it is a BPA bottle. Soft plastics with 7 inside the triangle probably do not contain BPA. BPA bottles for babies were of particular concern for the Canadian government in its decision to ban BPA bottles. With babies, it’s always better to be safe than sorry.

Some canned foods have an inner liner that contains BPA. Canning companies that do not use BPA are beginning to state this on their cans. More information: [www.nytimes.com/science](http://www.nytimes.com/science) and put “A Hard Plastic Is Raising Hard Questions” in the search box. The *Globe and Mail* and *Toronto Star* have also been covering the BPA question as well.

### **Lactose Intolerance**

You may know someone who is lactose intolerant. Someone with this condition may not be able to digest or metabolize dairy products such as milk, butter, cheese, and processed foods that contain dairy based ingredients. Other people may not be lactose intolerant, but they may have trouble digesting dairy products. It may even be a mild condition. You may want to consider going off dairy products for a week or so, and observe how you feel. Take note of any changes. If you do this, make sure that you take in additional protein while you are not eating dairy products.

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