

GOOD HEALTH NEWS

Vitamin C

Here are a few reasons why vitamin C is one of the best known vitamins. It benefits almost all components of the body. It's critical in the function of the immune system. It is also an antioxidant, and blocks the formation of some cancer causing compounds. It helps to absorb iron, and expel harmful lead from the body. Its benefits for healthy aging are numerous, and are still being studied.

Especially good sources of vitamin C are dark green vegetables such as broccoli, Brussels sprouts and parsley. Strawberries are also high in vitamin C. Moderate sources are fresh citrus fruits, melons, beef and fish. Vitamin C breaks down quickly in the presence of heat, light, water, and even when chopping food into small pieces to prepare it for cooking. Keep this in mind when preparing food. Fresh food is always best.

Vegetarian Diet Update

If you're a regular reader of Good Health News, you will know that we recommend a diet that contains a number of portions of fruit and vegetables each day. A recent article in the **Journal of the American Dietetic Association**, contains good health news for vegetarians or vegans. The opening sentence of the article states that "appropriately planned vegetarian diets are healthful, nutritionally adequate, and provide health benefits in the prevention and treatment of certain diseases." Some vegetarian diets may require supplements, depending on the nature and range of food in a particular diet. More information: <http://www.ncbi.nlm.nih.gov/pubmed/12826028?dopt=Citation>

Celiac Disease

Good Health News has previously published articles about a number of inflammatory diseases. Perhaps 300,000 Canadians suffer from celiac disease. It is a lifelong disorder, that is genetic. For someone with the disease, gluten (in wheat, rye and barley) triggers a response that damages the lining of the small intestine. This damage interferes with the ability of the body to absorb nutrients from food. Symptoms include abdominal swelling

and diarrhea, as well as a number of other symptoms that often lead to the condition not being correctly diagnosed. There are a number of gluten free foods on the market now. Even if you do not have celiac disease, you may want to try a gluten free diet for a while to see if you notice any improvements in your overall health. More information: www.globeandmail.com and search for “Celiac disease: an elusive ‘iceberg’.”

Cholesterol Lowering Drugs for Children?

The **American Academy of Pediatrics** recently recommended prescribing cholesterol-lowering statin drugs for children as young as 8 years old. The statin drug recommendation has been widely criticized. Good Health News continues to recommend a healthy diet and exercise for children to help maintain healthy cholesterol levels. Removing high calorie foods, and foods containing saturated fats and trans fats from children’s diets is a good prevention measure.

The **New York Times** reports that the Academy has received over \$1.4 million in contributions from three companies connected to statin drugs. Some doctors who are members of the Academy’s nutrition committee have worked for the companies that donated funds to the Academy. More information: www.newyorktimes.com and search for “Palpitations Over a New Pill for Kids.”

Water Bottle Update

In Issue No. 5 of **Good Health News**, we recommended that you stop using water bottles and containers contaminated with bisphenol-a. The government of Canada has banned these bottles. Since then, many people have purchased stainless steel water bottles. There are also concerns with some of these bottles. For more information and a good summary of other types of bottles, go to: <http://www.greenlivingonline.com/HealthNutrition/get-rid-of-plastic-water-bottles/>

Concerns About Nanomaterials

The **Council of Canadian Academies** has issued a warning about the growing presence of nanomaterials in many products, ranging from sunscreen to diesel fuel. **Health Canada** and other federal agencies requested the report. The Council has concerns about the possible toxic effects of these new microscopic materials. They are now present in many manufactured items, and their effect on human health is not known. Last year an estimated 517 different items containing nanomaterials entered Canada from the USA. **Good Health News** intends to update you about nanomaterials as more information about them comes forward. More information: www.globeandmail.com and search for “Micro materials that could pose major health risks”.

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