

GOOD HEALTH NEWS

Health In Motion Rehabilitation Newsletter

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Vitamin B12 for Vegetarians and the Elderly

Regular readers of *Good Health News* know that we recommend caution about taking too many supplements. One exception to this rule is that we recommend taking Vitamin D. (See the article below.) Some studies also recommend B12 for vegans because animal products are the primary dietary source of vitamin B12. Recently, other studies recommend B12 for the elderly to prevent conditions such as Alzheimer's disease and osteoporosis. The debate about B12 is covered in a recent article in *The New York Times*. Search for "A Push for Adding B12" at www.newyorktimes.com.

Vitamin B12 for Brain Health

Another recent article links adequate B12 to brain health. Search for "Lack of B12 Linked to Brain Shrinkage" at www.newyorktimes.com

Lack of Vitamin D Linked to Multiple Sclerosis Risk

Good Health News has published a number of articles about the benefits of vitamin D to prevent a number of health conditions. We continue to recommend supplementing your diet with Vitamin D, especially in the fall, winter and early spring. Another study has linked lack of this important vitamin to the risk of multiple sclerosis. Search for "Lack of the sunshine vitamin raises risk of MS, Canadian study says" at www.globeandmail.com

Decoding Your Health with Trusted Health Websites

Health In Motion Rehabilitation and *Good Health News* turn to a number of trustworthy health sites on the internet for health news. The New York Times lists some favourite sites in a section called "Favorite Health Resources". This special section of the paper also contains other valuable health information. Search for "Favorite Health Resources" at www.newyorktimes.com

UK Child Hyperactivity Study Prompts Confectionery Firms to Remove Artificial Food Colours

A recent study by researchers at the University of Southampton in the UK indicates that certain food additives in combination with sodium benzoate may increase hyperactivity in children. If you are not reading the list of ingredients in your children's food, now is a good time to begin. Some of the ingredients are listed at: <http://www.flex-news-food.com/pages/10868/Additive/Cadbury-Schweppes/Confectionery/Mars/UK/uk-child-hyperactivity-study-prompts-confectionery-firms-remove-artificial-food-colours.html>

Antibiotics Should not be Prescribed to Patients with the Common Cold

A recent study indicates that antibiotics should not be prescribed for patients who have a cold. Colds are caused by a virus, not by bacteria. Antibiotics attack bacterial infections. For more information: <http://www.news-medical.net/?id=11848>

Codeine may be Toxic for Babies

A new Canadian study indicates that mothers who are breast feeding their babies should not be prescribed medications that contain codeine. One quarter of these mothers' babies showed symptoms of central nervous system depression. Search for "Codeine can prove toxic for breastfed babies" at www.globeandmail.com

Danger of High Caffeine Drinks

Energy drinks that contain caffeine are now sold widely. The marketing for these drinks often targets young people. There is increasing evidence that high amounts of caffeine are not recommended for young people. After doctors expressed concern about these drinks, a school in Prince Edward Island, Canada banned the sale of these drinks in the school. The concern about these drinks is another reason to read the list of ingredients on the labels of what your children are drinking. Search for "Energy drinks' effect on young troubles doctors" at www.globeandmail.com

Concerns about Food Safety in Canada

Good Health News usually provides information about news articles about health. However, following the recent listeriosis outbreak, we are recommending an Opinion article by André Picard. In this article, he points out a number of worrying parallels between the government responses to the SARS outbreak in Toronto, the contaminated water in Walkerton, and the discovery of listeriosis at a meat processing plant in Toronto. He concludes his article with this warning, "The willful blindness and aversion to leadership is a bigger threat to the health of Canadians than bacteria in luncheon meats." Search for "Handling of the listeriosis outbreak is a disgrace". at www.globeandmail.com

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