

## GOOD HEALTH NEWS

**Health In Motion Rehabilitation Newsletter**

**Vol. 1, Issue 13, 2008**

**What's New at [www.healthinmotionrehab.com](http://www.healthinmotionrehab.com)**

Have a look at the changes at our website since **Good Health News No. 12**.

- Russian TV interviews with Clinic Director Natan Gendelman
- A new map, photos, and directions for the new Health In Motion Clinic
- A new easy navigation bar at the bottom of all pages
- A Site Index page listing everything at our site.
- The Gabrielle video should be posted soon at our site.

### **Lower Your Cholesterol by Changing Your Diet**

You can take drugs to lower your cholesterol, or you can change your diet. If you have high cholesterol, Health In Motion recommends changing your diet to reduce your cholesterol. A health reporter at the **New York Times** describes the benefits of changing your diet in a discussion of a study published in the **American Journal of Clinical Nutrition**. Check with your doctor or health care provider before making significant changes in your diet. Changing your diet instead of taking drugs is discussed at: <http://well.blogs.nytimes.com/2008/01/23/eating-your-way-to-lower-cholesterol/?scp=13&sq=medications%20and%20skin%20-%20side%20effects&st=cse>

### **Avoid Mixing Juice and Medicine**

Certain fruit juices interact with medications. These juices either increase or decrease the effects of these drugs. A Canadian study by researchers at the **University of Western Ontario** reports on these effects. The article linked below also links to the **Grapefruit-Interactions Website**. If you are helping to care for a parent or grandparent who is taking medication, go to the Grapefruit-Interactions site and print off the Summary of GJDI's page, and check the medications list against those someone in your family may be taking. If someone in your family takes grapefruit with their medication, talk to you doctor about it. For the discussion, go to: <http://well.blogs.nytimes.com/2008/08/20/new-reasons-to-avoid-mixing-juice-and-medicine/>

## Medical Myths Doctors Believe

Are you one of the people who believe that doctors do not make mistakes? Maybe your doctor does not make mistakes. But some doctors believe in some myths. The **British Medical Journal** lists 7 common myths that doctors believe. For the summary go to: <http://well.blogs.nytimes.com/2007/12/26/medical-myths-even-doctors-believe/?scp=10&sq=shampoo%20-%20side%20effects&st=cse>

## Buying Organic Foods Strategically

People buy organic foods for many reasons. Often one of the reasons is to reduce their intake of pesticide residues on food. But what if you can't afford organic fruits and vegetables all the time? Then you could buy them strategically. Onions, broccoli and eggplant, for example absorb very little pesticide residue. Whereas peaches, strawberries and lettuce have high levels of residues. Some fruits and vegetables are in the middle of these absorption rates. For a discussion of this situation go to: <http://well.blogs.nytimes.com/2008/04/18/strategic-spending-on-organic-foods/?scp=6&sq=difference%20in%20between%20organic%20and%20non%20-%20organic%20products&st=cse>. For a list of pesticide exposures go to the Environmental Working Group site at: <http://www.foodnews.org/walletguide.php>

## Child Warning Added to Cold Remedies

A recent article in the **New York Times** reports that drug producers are labelling cough and cold medicines with a warning that they should not be used for children who are under the age of 4. They are also adding a warning that parents should not use these medicines to put children to sleep, or as a sedative. The article also reports the extremely low effectiveness of these medications. It also indicates that these medications may be dangerous. For more information, go to: [http://www.nytimes.com/2008/10/08/us/08cough.html?\\_r=1&scp=1&sq=cold%20medication%20for%20kids&st=cse&oref=slogin](http://www.nytimes.com/2008/10/08/us/08cough.html?_r=1&scp=1&sq=cold%20medication%20for%20kids&st=cse&oref=slogin)

## Cholesterol As a Danger Has Skeptics

The **New York Times** reports concern about the use of cholesterol lowering medications. While these concerns are being discussed by various parties, we continue to recommend lowering your cholesterol by changing your diet, if your doctor recommends this change as a possibility for you. See the article above in this issue of **Good Health News**. For a discussion of the concerns, go to: <http://query.nytimes.com/gst/fullpage.html?res=9A01E0D6133FF934A25752C0A96E9C8B63>

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