

Good Health News



Spring is just around the corner!

FEATURE

More news about MS and Vitamin D

This month there is more good health news about Vitamin D and Multiple Sclerosis. One of the best reporters at The Globe and Mail newspaper covered research carried out at St. Michael's Hospital in Toronto. In a clinical trial at the hospital, patients with MS were given controlled high doses of Vitamin D. Preliminary results suggest that the high doses of Vitamin D helped to reduce the symptoms of MS. This is an early study that appears to be promising. Currently Health Canada recommends 200 to 600 international units of Vitamin D a day, depending on your age. The Canadian Cancer Society recommends 1,000 IU daily.

In a sidebar to the article, there are also updates concerning Vitamin D and prostate cancer, breast cancer, and colorectal cancer. More information at "Researchers explore supersized vitamin D doses" at www.globeandmail.com For more information about the benefits of adequate Vitamin D see the following articles

about this important vitamin in the Good Health News archive at www.healthinmotionrehab.ca

Breastfeeding benefits mothers with MS

A recent study at Stanford University in California suggests that mothers who breastfeed their babies are less likely to experience a relapse of the symptoms of MS after they breastfeed. More information at "Breastfeeding has benefits for moms with MS" at www.globeandmail.com

Treatment of MS at Health In Motion

Health In Motion treats a number of neurological conditions such as Multiple Sclerosis. Here's an excerpt from a testimonial by a Health In Motion patient who has been treated for MS:

He (the therapist) has vast knowledge and extensive experience with the neuro - developmental treatment approach and it has helped me immensely. I thank you for your support, dedication, care and concern. Most of all, thank you for improving my quality of life on a daily basis.

Health In Motion also treats other neurological conditions such as Cerebral Palsy, Stroke, Parkinson's and Acquired Brain Injury. For more information, see the Health In Motion website pages for Multiple Sclerosis, Neuro Developmental Therapy, and What Our Clients Say About Us.

Low vitamin D linked to risk for dementia

A study at Cambridge University in England suggests that low blood levels of Vitamin D may be associated with the onset of Dementia. More information online at The Journal of Geriatric Psychology and Neurology. Or at "Vitamin D Levels Tied to Dementia Risk" at www.nytimes.com

How's your food IQ?

With more and more research into the nutrients in our food, and the benefits of these nutrients, it's important to stay informed about nutrition. What's the best food source of Vitamin D? Which food adds the most iron to your diet? Which food provides the most lutein? Lutein helps to preserve your vision as you age. For the answers and many more questions, see the full page questionnaire at "Test your nutrition IQ" at www.globeandmail.com

Your fingernails reveal your health

Don't go to a fortune teller to have the lines on you palm read. The condition of your fingernails may reveal much more about your health. The shape and colour of your nails may reveal the presence of conditions such as cancer, anemia, kidney problems, or inflammatory bowel syndrome. More information at the Mayo Clinic website at www.mayoclinic.com/health/nails/WO00055

With more drinking, more risk of cancer

Is a glass of red wine good for your health? A new study indicates that this is not good advice for women. In fact, a drink a day increases the risk that a woman may develop cancer. As the number of drinks consumed each day increases, the cancer risk rises. More information at "The more drinks consumed, the higher the cancer risk" at www.globeandmail.com

Babies and bisphenol A (BPA)

Previous issues of Good Health News have covered the worrisome questions about bisphenol A. BPA in hard plastic bottles and some other containers may leach into water or food. BPA is associated with a number of health conditions. Recent research indicates that babies may have up to 11 times the amount of BPA in their bodies than adults do. It also takes them longer to metabolize and excrete BPA than adults. More information in BPA articles archived at the Health In Motion website, or at "BPA may pose greater threat to newborns" at www.globeandmail.com

Good Health in Small Doses

Health In Motion News: Read our regular column in the Shalom Toronto newspaper.

Health In Motion is Hiring a Physiotherapist. Check out the Career Opportunity Page at our website.

Next Health In Motion Workshop: Children with Disabilities Wednesday April 22, 2009 at 7:00 to 9:00 pm. Free. Space is limited. Register now.

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