



Good Health News

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Spring is just around the corner, so be prepared for the changing seasons

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Health in Motion director Natan Gendelman discusses ways to maintain good health as spring approaches



Good morning everyone! As February comes to an end, spring is starting to arrive--along with its changes in the weather. Unfortunately for us, that actually opens the doors for the infamous flu season once again. As we've mentioned in our previous newsletters, unstable weather conditions are what allow viruses to propagate and grow. So during this time, keep in mind that viruses can easily spread in different ways.

They can pass from one person to another through saliva or other bodily fluids, as well as through nasal airways. If you talk to a sick person, you can catch it from him. Another way it can spread is through the hands, so make sure to wash your hands as soon as possible after you handle objects or touch public surfaces such as doorhandles or buttons.

However, it is important to note that every day, we have trillions of viruses living on our bodies that we are not getting sick from. So when we do fall ill, that means that our immune systems are weaker than usual. At this point, it all comes down to improving our immune systems. During the winter months, it can be hard getting all the vitamins and minerals we need to stay healthy, so try and stick with eating seasonal, locally grown foods since they retain more nutrients than imported foods.

One way you can increase your vitamin intake is by juicing your own fruits and vegetables. In one of our previous newsletters I shared my own juicing recipe with everyone, and I highly recommend doing it as a part of a healthy lifestyle. For me, the perfect juice consists of 4 carrots, 1 beet, and 1 stalk of celery. With a glass of carrot juice per day, you are getting a large amount of vitamin A, vitamin C, folacin, potassium and fibre. It's a really easy way to vitaminize your body. However, it's important that you do it yourself and not buy it from the grocery store. Juice loses a significant amount of its nutritional value just 15 minutes after it has been juiced. If more time than that has passed, it is no longer as beneficial for your body.

In addition to eating healthy, it is also important to make sure that you are getting enough sleep every night. With all the stress of everyday life, it's important to maintain good habits so that you can wake up refreshed and ready to tackle the day.

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General Health

Spring is just around the corner ...Continued from page 1

Kids should be in bed by 9 o'clock, especially with all the pressure that they get from school and the long days they have to sustain. As well, adults should be in bed around 11. If you go to sleep past midnight, you will mess up your biological rhythms, which can lead to restlessness and fatigue in the morning.

Now, you may have heard of other ways that we improve our immune systems here at the clinic, such as with my weekly polar bear dip. However, these techniques need to be prepared for, and don't necessarily mean that you should start going out and testing the cold waters. However, what you can do is start getting up 15 minutes earlier than usual so that you can take a 10 minute walk outside. You don't need to jog, just walk. Then, take a shower and finish by turning the water to cold for a second. Afterwards, have your breakfast. You will see a big difference in your condition, namely your alertness during the day and your overall wellbeing.

If you are interested, you are welcome to join us for a bit of exercise and good company at Lake Wilcox every Sunday. Whether you walk or jog, we'd love to have you here to enjoy a cup of tea and have some fun. Just call us at the clinic at (416) 250-1904 between 9 am and 9 pm in advance, and we hope to see you there!



Jogging in the winter

Just because it's still winter doesn't mean that you have to keep your training indoors. Here are a few tips on staying in shape while there is still snow on the ground.

Map your route. Plan where you are going to run. If you go in loops that pass your house, you can shed extra layers of clothing if needed and can keep track of ice and potholes.

Warming up. Start with walking, then move on to light jogging. After you are warmed up you can continue with the rest of your exercises.

Drink water after your exercise. When you exercise, your body is adjusting itself to the regimen. Drinking water disrupts the process by giving the body additional fluids to absorb, so wait until you finish to replenish your fluids.

Run in a group. Running with others will keep you motivated when it's cold out. Plus, good company makes it more enjoyable.

Plan for shorter distances. Running on snow takes more energy than running on pavement, so shorten your distance accordingly.

Natan's Remedies

Recipes to heal your body and soul

Dogrose Rosehip Tea



Rosehips are the fruits left behind after a rose has bloomed. Resembling berries, certain varieties such as the Dogrose (rosa canina) are an excellent source of vitamin C, making them great for coughs and colds. Try it as a substitute for your regular cup of tea!

What you will need: 2-3 tablespoons Dogrose rosehips, 1 litre of boiled water

Mix the rosehips into the boiled water and leave overnight to steep in a thermos. If needed, add a little bit of honey to sweeten.



The benefits of garlic

For a long time, garlic has been used as an old-style remedy for treating colds and viruses. In Russia, researchers found that garlic prevented children from contracting respiratory illnesses. Common in kitchens around the world, garlic can therefore be seen as a safe and inexpensive remedy.

However, like with any treatment it can have side effects. Garlic can interfere with blood clotting, so please consult a health practitioner before consuming it regularly.

► Understanding hypertonic cerebral palsy

Cerebral palsy is a catchall term used to describe a wide variety of symptoms originating in the brain. The brain is the information centre of the nervous system, which governs the entire body. Therefore, once it is affected it ultimately impacts a person's daily life functions.

When a child is diagnosed, please keep in mind that it does not set anything for your child's future. The diagnosis involves just a general idea of what symptoms may arise. However, there are many factors which have to be taken into account for each individual. For example, even the most minor cerebral palsy can become severe if treated improperly or not at all. As well, a child's personality has a great impact on his condition. Therefore, one child's cerebral palsy will differ from another. The prognosis for a child with cerebral palsy will also depend on how early the disorder is detected. The younger the child is, the more likely he will be able to create alternative pathways in his brain. In some cases, with appropriate treatment, the child will be able to walk away from his cerebral palsy completely.

Hypertonic Cerebral Palsy is a condition where all the muscles in the body become tense. A child with this condition will appear "stiff." Muscle tone is something that is present in every person. However, when a child's nervous system is affected, it sends abnormal impulses to his muscles. As a result, the muscles contract / become spastic. The condition of a child's hands and legs (extremities) usually follow the trunk. The trunk is king—or in other words, the center of the body. Once affected, it starts a snowballing effect on the rest of a child's physique: if a child cannot roll from side to side, the tone in the trunk will increase (i.e. become hyper tone). This leads to increased tone in the hands and legs, which ultimately hinders a child's daily function.

To reduce or normalize tone, a child has to be taught how to move and function in a proper way. This is learning and not rehabilitating. Rehabilitation involves regaining skills. The child never had these functions in first place—therefore, he is learning. You can compare this with learning how to drive a car. Do you remember the first time you drove?



How tense you were, and how much you sweated? A child with cerebral palsy is not excluded from these feelings. The skills which he is learning are acquired skills. They were not given to him during the stages of his development. When a function becomes part of his daily interaction, he will begin to use his body and extremities in the appropriate manner. When learning to crawl for example, a child will start to put weight on his legs and hands. If he is taught to roll, he will begin to develop normal tone in his trunk. As he repeats these actions more and more, this normal, functional weight bearing will allow the tone to normalize. This will enable him to learn and perform a greater range of daily functions and movements.

Whether a child is learning to eat, use the washroom, or dress himself, these functions are necessities for daily living. They are not exercises, but practice for real-life activities. He needs to know how to do these tasks, and that is what we, as therapists, aim to achieve.

By understanding your child's condition, his learning process and the chain reactions which occur, we will enable him to learn, grow and develop independence in his everyday life.

About the blog, Enabled Kids



Enabled Kids is a place where families can build a community and discuss topics surrounding childhood neurological disorders such as cerebral palsy, autism, Down syndrome and pediatric stroke. Authored by Health in Motion director Natan Gendelman, we hope that you will join us and help start a conversation.

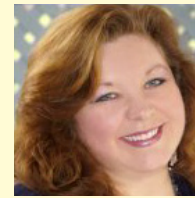
Did you know?

Natan is a Guest Advisor over at Down Syndrome Centre!

Check it out: www.downsyndromecentre.ie/advisorypanel/



Our friends

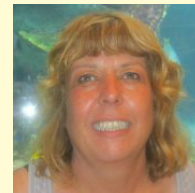


Trish Robichaud is a multiple award winning Disability Awareness Coach, Life & Business Coach, Author & Motivational

Speaker who lives with multiple sclerosis and major depression. She teaches people living with chronic illness or disability how to honour and accommodate their health while striving to achieve optimal health, personal fulfillment, work/life balance and entrepreneurial success through spiritual growth, confidence building and self-acceptance.

FOR MORE INFORMATION

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Mari Nosal, M.Ed., CECE is certified by the Department of Early Childhood Education as a lead preschool teacher, an infant and toddler teacher, and site coordinator qualified to manage school age programs. As a parent of a son with Asperger's, she and her son show how it is possible to overcome obstacles and achieve your goals.

You can read her poems on our blog:

www.enabledkids.ca

New LIFE Program Starting April 4, 2011!

APPLICATION DEADLINE: **MARCH 4, 2011**

Dear friends,

Health in Motion Rehabilitation invites you to try our innovative treatment: the LIFE (Learning Independent Function Everyday) Education and Rehabilitation Program. This four week program is suitable for children ages 3-6 with neurological disorders such as cerebral palsy, pediatric stroke, ABI and similar conditions. Treatment may consist of a combination of therapies such as conductive education, speech language and communication therapy, functional education / neuro developmental therapy, and pediatric massage therapy.

Accommodation for Foreign Applicants

If you are interested in enrolling your child in our LIFE Program, we would be happy to assist you in finding a lease on an apartment, meeting you at the airport and giving extended support during your stay. Feel free to contact us for more details.

Learn More

If you have any questions or are wondering if our program is right for your child, we invite you to visit our website. You can also call Health in Motion at: (416) 250-1904 or email us at: info@healthinmotionrehab.com. We look forward to hearing from you!

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-The Health in Motion Team

Newsletter designed by Winnie Chang

Have something you'd like to share?

Email us! We'd love to hear from you.

Send your stuff to:
healthinmotion@bellnet.ca

Note: We reserve the right to select content which will benefit our readers.

 www.twitter.com/EnabledKids
 Health in Motion Rehabilitation