



March / April • 2011
Volume 4 Number 3

Saying hello to spring

Health in Motion director Natan Gendelman discusses ways to improve your health as the weather grows warmer



Good morning everyone! I would like to thank everyone who came out to our February workshop about staying well during the winter. Now that spring is almost here, it's time to look at how the coming season will affect our biological rhythms. Soon the weather will change, and with it comes growth, renewal and an abundance of fresh fruits and vegetables that we can enjoy.

Spring brings major changes in terms of both nature and our bodies. To make this transition easier, fasts are included as a part of many cultures and religions. This allows the body to become used to the changes in its internal clock. Now, the most well known biological rhythm is the circadian rhythm, which adjusts how the body responds to the seasons, day and night, vigorous activity, and metabolic exchange (the exchange of nutrients). As the trees and plants around us start to wake up, the organs in our bodies become active again, and start to produce bodily fluids.

As a result, spring is the perfect time for cleansing the liver. However, this does not mean that you should go out and buy a detox package from your local health store. If we're talking about cleansing, every part of the body has its own rhythm that it needs to obey. For this to be effective, the first step that you need to take is to change your diet. This means no processed foods -- and when I say this, it means to cut out everything that comes boxed or canned. 90% of your diet should consist of fruits and vegetables. Meat should be consumed at least once or twice a week, but not every day.

This a really important step to take before detox. Personally, I have seen people who have needed the cleansing due to their lifestyles. However, what they would do with the detox pack was remove the toxins from their body, but make no effort to change their diet. They were essentially replacing all of the things that they were flushing out, which defeats the point of the process.

So before you proceed with any cleansing, I highlight that it is not a procedure that you should do on your own. You need to know what to do and expect, otherwise you may cause adverse reactions in your body, its distribution of nutrients and metabolic exchange. Make sure you consult a health practitioner before you start.

If you have any questions, feel free to email me at natan@healthrehab.ca. I'm really looking forward to what this spring has to offer.

In This Issue

Saying hello to spring
.....Page 1

A guide to herbs
.....Page 2

Natan's Remedies
Red clover tea
.....Page 2

Enabled Kids
Having the first signs of CP doesn't set your child's future in stone
.....Page 3

LIFE Program Spotlight:
Sean's story
.....Page 4



General Health

► Spring: A guide to herbs

Herbs are great for easing your way into spring as many of them have the ability to alleviate symptoms, ease discomfort and promote good health. Here are a couple that you may want to try. However, make sure you consult a health practitioner before their use, as they can interfere with your medications.

Chamomile. A member of the daisy family, Chamomile flowers are often used to address digestive problems. It has anti-inflammatory properties, which can relieve spasms in the digestive tract. Chamomile can be used to alleviate conditions such as indigestion, anxiety, insomnia, diarrhea, irritable bowel syndrome, eczema, skin irritations and more. You can find it as an herbal tea, or as capsules or liquids.

Peppermint. Peppermint leaves are often used medicinally to address indigestion, colic, gallstones, irritable bowel syndrome, tension headaches and bacterial overgrowth in the small intestine. You can find it as an herbal tea, liquid extract, essential oil, or an inhalant.

St. John's wort. The flowers and leaves of this herb are commonly used to treat mild to moderate depression, anxiety, tiredness, loss of appetite and trouble sleeping. Studies are currently underway to determine its effectiveness in treating other conditions. You can find it as an herbal tea, or as capsules, tablets or liquids.

Red Clover. Red clover is high in several nutrients including vitamins A, B2, B3, C and E. It is also one of the richest sources of isoflavones, antioxidants which may reduce the risk of and help protect against lymphatic, ovary and breast cancer. Clover also possesses anti-inflammatory, antiviral and antifungal properties which make it useful for treating coughs, pains, menopause, acne, and several skin conditions. It also be used to detoxify the blood, improve circulation and reduce blood clotting. You can find it as an herbal tea, tincture, tablets, capsules, liquids or ointments.



St. John's wort



Red clover

Please note that several of these examples above can negatively interact with medications and specific health conditions. Many of them have blood-thinning properties which can severely affect individuals with bleeding issues. As well, pregnant and breastfeeding women should not use many of these herbs. Before trying any of these options, make sure to consult a health practitioner about whether they are right for you.

Natan's Remedies

Recipes to heal your body and soul

Red Clover Tea



Red clover blossoms are full of vitamins and minerals. Here's one way to enjoy its health benefits.

What you will need: 1 handful fresh red clover blossoms or 2-3 teaspoons dried, 2 cups boiling water, lemon, mint leaves (optional), honey to taste

Place the red clover in an earthenware teapot. Fill with boiling water, cover, and infuse for 5 to 10 minutes over very low heat. Strain into a hot cup, and add a twist of lemon and honey to taste.



Hooray for honey

For a long time, honey has been used as a natural remedy. It has antiseptic properties, and can help boost the body's antioxidants. As well, honey is a good source of natural unrefined sugars and carbohydrates which the body can absorb easily, providing us with an extra boost of energy.

As a result, try honey as a substitute for sugar in your next recipe, meal or cup of tea.

▶ Having the first signs of cerebral palsy doesn't set your child's future in stone

One morning, I received a call from a woman named Elena who wanted to ask us some questions regarding her two month old granddaughter, Debbie. Elena had noticed that when Debbie's back was touched, she would arch her back and throw her head backwards as well. Her right arm was always clenched in a fist, and she did not move very much. Elena told us that she had already gone to a pediatrician, but had been told that these were not signs of anything serious. As a mother with three kids herself however, she knew that there was something wrong. Considering the signs she had described, I knew that we had to bring Debbie in for some treatment. Once the girl was brought in, I could see why Elena was concerned. Debbie's right leg did not move as much as her left, and her right hand was always clenched. Her body was stiff and tense, and when we tried lifting her off the ground, she would not tilt her head forward like a child would usually do.

These may be the first signs of cerebral palsy. If a child does not follow an object with his or her eyes, or does not want to turn his or her head to one side or the other, this may also indicate that something is wrong. The same can be said if a child does not grab for things with his or her hands, or if he or she is delayed in rolling, crawling and sitting. Should this be the case, it is best to start your child's treatment as early as possible.

In the first few months of life, a child starts going through the normal stages of development. He or she learns how to roll, sit up, crawl, and move his or her arms and legs. If a child misses one of these milestones however, it will have a snowballing effect on the rest of his or her progress. For example, if he or she is not learning to get up and sit, it will impair his or her trunk mobility. As a result, the head or legs will not be used as much and the child will be unable to crawl properly. If we address these issues before they hinder a child's growth and progress, we can minimize the effect of the condition in his or her daily life to a point where it is undetectable. That is why today, Debbie is completely cured, running and playing just like any child.



In many situations, both the medical and therapy community use a child's diagnosis as a label accompanied by the claim of "permanent disability." Yet, I have seen individuals with cerebral palsy who are able to lead independent, fulfilling lives. As a parent, it is up to you to teach your child about the world and to guide him or her through any difficulties he or she may come across.

So, if you see any behavior that seems atypical for your child, take initiative. Don't be afraid to ask questions, and gather as much information as possible. Go to more than one physician, and make sure to consult experts who deal with neurological disorders more often than your general pediatrician. Also, even if your child does get diagnosed, don't let yourself doubt his ability to develop and become the best he can be. You must believe in your child's abilities, and focus on making realistic goals and teaching him or her how to achieve them.

My philosophy is that there is no treatment, only life. That is why as a therapist, I believe that there are no exercises to learn, only function. When I have a patient, I only guide him or her during the function so that he or she will learn to do it independently. I also request parents to continue working with their child at home so that there is no disruption in the teaching and learning process. As a parent, don't let anyone set your child's future in stone, and remember: your child is capable of things no one can predict.

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/



LIFE Program Spotlight: Sean's story

Sean was diagnosed with cerebral palsy when he was 10 months old. Described as having spastic quadriplegia, all four of Sean's limbs were affected. He could not roll over, and his parents became concerned when he was not reaching his developmental milestones. It was at this time that they contacted us Health in Motion, after learning about the clinic from a family who had had a positive experience with their son's treatment.

Using treatment methods rooted in pedagogy, child psychology and rehabilitation, we teach our patients how to function independently in their everyday lives. The clinic approach is that any child with a neurological condition can improve his abilities with the right learning and teaching methods. No child is considered to be disabled, and the sooner treatment starts, the better the prognosis.

Sean was enrolled in Health in Motion's intensive therapy program (LIFE), which included functional rehabilitation, massage therapy and communication skills. As he learned new functions, his parents continued Sean's treatment at home so that there would be no disruption between what Sean was learning in the treatment room and his daily life.

Today, Sean had reached and surpassed his milestones. After learning to roll, crawl, and sit up, today Sean is able to stand and walk on his own two feet. His journey stands as an inspiration to both parents and caregivers alike.

*Health in Motion is proud to offer its **LIFE Program** for children ages 3-6 with cerebral palsy, brain injury and pediatric stroke. For more information about our sections starting **May 2nd, 2011** or **June 6, 2011** please visit our website or call us. We look forward to hearing from you!*

Want to subscribe?

Good Health News publishes articles about current health issues. The material in this newsletter is not copyrighted, and may be reproduced and shared with family and friends. Articles in *Good Health News* are for informational purposes only. **If you have a health condition, please consult your physician or health care provider before following any advice.** *Good Health News* is published on a monthly basis by the Health in Motion Rehabilitation Clinic, Toronto, Ontario, (416) 250-1904, info@healthinmotionrehab.com. Previous issues of *Good Health News* are posted at: www.healthinmotionrehab.com. If you would like a subscription, feel free to contact us. We hope you enjoyed this issue!

-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