



Good Health News

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Gearing up for warm weather

Health in Motion director Natan Gendelman gives his advice on sun care, health and wellness



Good morning everyone! Now that the sun has come out and the weather is warming up, it's time to start thinking about how this will affect our health. In our past newsletters we talked about vitamin deficiency and how some people think Canadians are not getting enough sun. Fortunately now that we're no longer bundled up, it's really easy for us all to go outside for a breath of fresh air and our daily dose of vitamin D.

However, one of the concerns that I have at this time of year is how people use sunblock to protect themselves from UV light. Many of these products can contain harmful chemicals which enter our bodies through our skin. Last year, the Environmental Working Group provided information about the toxicity of several different brands of sunblock, which you can read about here: <http://www.ewg.org/2010sunscreen/buyer-beware/>. If you are using these products, I strongly advise you to do your research. It may change your perception of several suncare products that you may use on a daily basis.

In today's society, I believe that our reliance on products such as sunblock just go to show how much we depend on chemicals in our everyday lives. Many of the things that we eat, drink, play with, use and put on our skin contain substances which may be harmful to our health. For this reason, I think that we should start thinking of ways we can address these problems by changing our lifestyles, rather than through buying more products meant to solve our problems.

Instead of using sunblock for example, I would recommend wearing a hat and covering up, staying in the shade, and going out either in the morning or late afternoon. This is important because UV radiation peaks around midday when the sun is at its highest point. In middle eastern and Mediterranean countries, people avoid the heat by taking afternoon naps (also known as siestas) and going out later in the evening. In adopting this kind of routine, people are able to avoid sunburn and its associated effects without using sunblock and other suncare products.

This is something my own family pays attention to whenever we go out to exercise. As you already know, every Sunday we go up to Lake Wilcox for a swim. By going at 8 or 9 in the morning and leaving before noon, we are able to avoid the hottest part of the day. I think that if more people paid attention to the effects of the sun, we would be able to absorb the nutrients we need in a fun, safe and natural way. In fact, if you would like to join us, just give us a call between 9 am and 9 pm at our clinic and we'd be more than happy to meet up.

If you have any questions, feel free to email me at natan@healthrehab.ca. Thanks, and I'm really looking forward to some fun in the sun!

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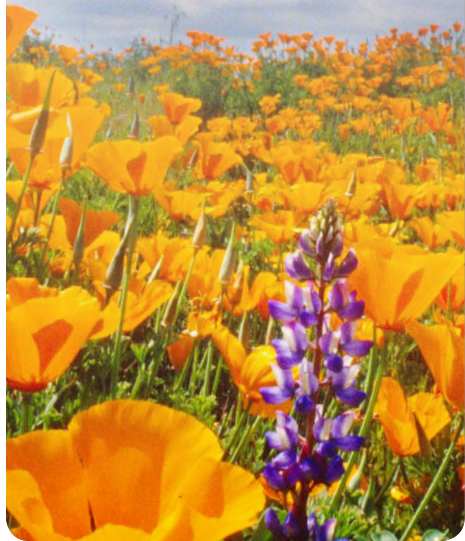
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General Health

► A guide to fresh spring produce

For more info, visit <http://www.foodland.gov.on.ca>.



As the weather grows warmer, it is really easy (and less expensive!) to buy fresh, organic fruits and vegetables that have been grown locally. Here are a couple to include in your next lunch, dinner or get-together.

Asparagus. Asparagus has long been used for both its nutritional and medicinal properties. It is an excellent source of folacin, vitamin A and vitamin C. To retain the flavour, texture and nutritional value, do not overcook it. Asparagus can be boiled, steamed, oven-roasted, and incorporated into stir fries and side dishes.

Radishes. For many years, radishes have been thought of as an appetite stimulant. They are rich in vitamin C and contain other nutrients such as vitamin B6 and potassium. They are great eaten raw and are a refreshing addition to salads. Radishes can also be steamed, mashed, braised, preserved or added to soups.

Spinach. Originating from Iran, spinach is a green leafy vegetable full of essential nutrients. It is a valuable source of vitamin A, vitamin C, folacin, potassium, iron, calcium and fiber. Great both raw and lightly cooked, spinach can be used alongside salty meats or in salads. However, if you have a digestive tract disorder make sure to take precautions, as green leafy vegetables can irritate the stomach.

If you still have some leftover winter produce to use up before your next trip to the store or farmer's market, don't worry--you can include them in the mix when you try **Natan's Borscht recipe** down below!

Natan's Remedies

Recipes to heal your body and soul

Borscht

Borscht is a hearty soup made with beets. In the old days a pot would be kept with all the trimmings from vegetables during the winter months. Once spring came, the pot would be placed over the fire and cooked into a tasty meal. Try it as a delicious way to welcome the spring weather.

Prep: 25 min Cook: 40 min Servings: 8

Ingredients: 6 cups water | 3 carrots, chopped | 2 green bell peppers, chopped | 2 stalks celery, sliced | 3 medium beets, skinned and chopped | 2 fresh tomatoes | 3 potatoes, chopped | 1/3 cup butter | 1 cup chopped onions | 3 cups chopped cabbage | 3-4 sprigs fresh dill, chopped | salt and freshly ground pepper, to taste

Directions:

1. Place water and a couple pinches salt in a large stock pan or dutch oven over high heat. Add carrots, pepper, celery, beets, and potatoes and bring to a boil.
2. Melt 1/3 cup butter in a separate skillet over medium heat. Sauté onions in butter until tender (approximately 5 minutes). Stir in tomatoes, reduce heat to medium low, and simmer for 15 minutes. Stir cabbage into the skillet with remaining sauce, and continue simmering until tender. Add onion-tomato mixture to the stock pot.
3. Reduce heat and simmer about 10-15 minutes. Serve with a good hearty sourdough bread and fresh dill sprinkled otop.



► How a child's lifestyle is a part of his therapy

As we've mentioned before, neurological disorders are complex conditions which are influenced by several different factors. Often, parents may bring their child to attend various therapies in hopes of improving their social, cognitive and motor function. However, therapy isn't something that should occur only once or twice a week. Instead, it is an ongoing process happening all the time. What a child does, what he eats, and how he interacts with his surroundings all work to influence whether a child is able to accomplish his goals and achieve independence in his everyday life.

The importance of healthy eating

As one of the first things affecting a child's behaviour, food plays a major role in his ability to succeed. Depending on what he has eaten, he may seem sluggish and unable to concentrate. In this blog, I cannot give an exact recipe of what a child should and should not eat to help him since every child is different. However, here are a couple guidelines that I think are important to follow:

No processed foods. The less processed food that a child eats, the better. This means nothing that comes from a can, box, or is prepackaged. They contain little to no nutritional value, and the excessive amounts of refined sugar will make your child hyper and unable to focus.

Choose local, seasonally available foods. Fresh, locally sourced fruits and vegetables contain many nutrients which are important for a child's growth and development. They are well-absorbed by the body, and seasonally available foods are great because our bodies are regulated to the seasons as well.

Eat a solid breakfast, a good lunch and a light dinner.

Today, we may often skip breakfast, have time for only a light lunch, then make up for it with a heavy dinner. However, when any child has a heavy dinner, he will not be rested because his digestive system will be working hard all night



in order to digest the food. Instead, make sure to give your child a solid breakfast, a good lunch and a light dinner.

Proper sleep is essential

In addition to getting the nutrients he needs, sleep is also an important part of child development. Any child has to be in bed by 9 to 9:30 pm at the latest. To be able to function properly, he will have to have between 8 to 12 hours of sleep a day and stick to a regular sleep schedule. If he is not well rested, it will be difficult for him to concentrate on learning new tasks at school, at home and at his therapy sessions.

Changing daily activity

After addressing a child's nutrition and sleep patterns, the next step is to look at his daily activities. Many children today are obsessed with electronics. Unfortunately, these activities are very distracting and negatively affect their attention spans. As a result, it is best to remove as many of these electronics as possible, allowing him to perform better in his daily life.

As an alternative, I recommend bringing your child outside every day for a bit of fresh air and exercise. The additional oxygen will allow him to concentrate better, improving his ability to learn and apply his knowledge. Walk with him to the park, play in the playground and introduce him to new things. Together, these lifestyle changes work to positively influence a child's growth and development.

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: Tadgh's journey

When he was 10 months old, Tadgh was diagnosed with cerebral palsy. Concerned when he did not reach his milestones, Tadgh's parents became worried about his development and whether he would be able to function independently. It was at this time that they contacted Health in Motion, after seeing Natan's unique philosophy regarding treatment on the clinic's website.

After making arrangements to come to Toronto, Tadgh was enrolled in Health in Motion's intensive therapy program (LIFE), which included functional rehabilitation, massage therapy and communication skills. Tadgh's parents soon discovered changes to every aspect of his development--his eating improved, he became more aware, and his understanding and ability to communicate developed rapidly. As he learned new functions, his parents continued Tadgh's treatment at home. As a result, there was no disruption between what Tadgh was learning in the treatment room and his daily life.

Today, Tadgh has met and surpassed his family's expectations. Having learned alongside their son, his parents are now confident that they can assist Tadgh in gaining independence in his daily life. We're proud of Tadgh's accomplishments and what he has achieved here at Health in Motion. As a result, we wish him all the best for the future!



The LIFE Program

Health in Motion is proud to offer its LIFE Program for children ages 3-6 with **cerebral palsy, brain injury and pediatric stroke.**

To find out more about our section starting **June 6, 2011** please visit our website or call us. We look forward to hearing from you!

Our Friends



Our friend **Susie Bennett**, who was born with cerebral palsy, has a book out called **The Sky's the Limit.** Check it out!

You can order it here:
www.livingwithcerebralpalsy.com

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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.

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