



Good Health News

January/February • 2012
Volume 5 Number 1

Off to a great start for 2012

Health in Motion director Natan Gendelman gives his advice on health and wellness for the new year

In This Issue

Off to a great start for 2012
.....Page 1

Starting the year off
with a splash
.....Page 2

A tasty start to the
new year
.....Page 2

Environment and genetics
the key to autism?
.....Page 2

Child development
.....Page 3

Interactive Workshop
for Parents
.....Page 3

Here's What People Have
to Say About LIFE
.....Page 4

Good morning everyone and Happy New Year! I hope you've all enjoyed a warm and restful winter break. Now that 2011 has come to a close, many are eager to get back to leading healthy, active lifestyles for the new year. As a result, here are a few tips on staying well in the months to come.



Get as much fresh air as possible. Whether it's in the car, bus, workplace or home, we spend a great deal of our time inside closed facilities. In these spaces, it is easy for viruses to circulate so it's best to go outside and get as much fresh air as you can. Try going for a walk, jogging, going to the park or even taking a 15 minute trip outside during your lunch hour. You will also be able to concentrate better as a result of your increased oxygen intake.

Choose seasonal, locally grown foods. At this time of year, diets are popular since many people try to lose weight after the holidays. However, it's important to remember that what a person eats should reflect what is locally available. As Canadians, trying to adapt to different lifestyles and eating habits throws off our natural biological rhythms, which are meant to help us match with our environmental conditions. In the winter for example, green leafy salads, tomatoes, cucumbers and other vegetables are considered to be out-of-season. Instead, opt for long-lasting selections meant for the wintertime such as carrots, beets, apples and potatoes. By choosing these foods, your natural biological rhythm will be kept on track and you will be healthier and happier in the months to come.

Avoid eating junk food. Junk foods, which are high in saturated and trans fats, sugar and salt have already been linked to hyperactivity, lack of concentration, irritability and difficulties communicating. When cooking your family's next meal, follow this easy rule: the simpler it is, the better. As well, cooking foods for long periods of time will cause them to lose large amounts of vitamins and minerals, so whenever possible try to serve foods that are fresh or lightly cooked.

Keep a constant body temperature. With Canada's hot summers and frigid winters, it's important to keep a constant body temperature in order to stay healthy. Many people come back sick from their vacation since their bodies are unable to take the drastic change in temperature. For this reason, I advise you to go somewhere with a similar climate so that you won't have to adjust as much.

By keeping these tips in mind, you will make a healthier and happier start to the new year. If you have any questions or comments, feel free to email me at natan@healthrehab.ca. Thank you, and all the best for the months to come! :)

General Health

► A tasty start to the new year

For more information, visit www.foodland.gov.on.ca.

► Starting the year off with a splash

On Monday January 8th, 2012,

Natan and his polar bears made the news as they started the new year off with a splash! Every weekend, the group goes up to Lake Wilcox for a dip—even during the wintertime. We would like to thank everyone who watched and joined us for this event.

For more information, please contact Rana Mansour at: (647) 786-1904.



With the onset of the new year, now is the perfect time to incorporate healthy and nutritious foods into your meals as a part of a balanced diet. Here are a few of our best winter picks.

Apples. A good source of Vitamin C and fibre, apples are a popular and convenient choice for snacktime and the lunchbox. While great fresh, apples are also delicious when baked, included in various desserts or incorporated into various sweet and savoury recipes.



Onions. Originating from Asia, onions are a great source of fibre and Vitamin C. An easy way to add flavour to a dish, they have long been used for their medicinal properties to help with digestion and coughs. They are also eaten to reduce the risk of suffering a heart attack.

Rutabagas. Low in calories and a good source of Vitamin C, folacin and fibre, rutabagas are a versatile winter vegetable. They are great when mashed, added to soups and stews, glazed, baked and even incorporated into your next batch of muffins or cake.

Leeks. Rich in Vitamin C and high in iron and fibre, leeks are a staple ingredient in many northern European and Middle Eastern dishes. They are wonderful in sauces, soups, casseroles, and stir fries. Try them today!

► Environment and genetics the key to autism?

For more information, visit thechart.blogs.cnn.com and www.healthland.time.com

The large increase in children diagnosed with autism may be connected not only to genetic factors, but also to changes in the environment. Based on a study published in the journal *Archives of General Psychiatry*, researchers in California suggest that environmental factors play a larger role in triggering autism. Scientists at Stanford University in Palo Alto, California identified 192 pairs of twins (54 identical and 138 fraternal) in which at least one had a form of autism. Scientists found that the genes twins share can increase the risk of getting autism by 38%, while the environment that twins share in the womb and after birth may increase the risk by an estimated 58%. Despite being estimates, these findings indicate

how the environment plays a large role then previously thought.

Hallmayer, a principal investigator for *A California Population-Based Twin Study of Autism*, emphasizes that environmental factors have been underestimated in the past because fraternal twins only share half their genes with their sibling. If both are diagnosed with the same or at least some form of ASD, then additional factors would have to be affecting the twins' brain development. Some possible triggers for fraternal twins may include the mother's womb, bacteria and viruses (after birth and at the hospital) and shared breast milk.



By establishing an overall view of autism and its genetic and non-genetic factors, more clues may arise which can help identify ways to treat and lower the risk of autism.

ENABLED Kids
www.enabledkids.ca

▶ Child development

For more information, visit www.mychildwithoutlimits.org

Enabled Kids is a resource web site for parents, teachers, caregivers and fellow therapists. Be sure to check it out for the latest in news, special needs resources and valuable blogs and articles from our experts!



As a child grows, he learns essential skills such as rolling, sitting up, crawling and then walking. These skills are known as developmental milestones, since they are used to keep track of a child's development. **Developmental delay** refers to a condition in which the process of development is significantly delayed.

Children with developmental delay may be behind in certain skills including language, cognitive, social, emotional and/or motor (fine and gross) development. A child may experience delays in one or more of these areas. Should this be the case, it is best to start treatment as soon as possible. Without such special intervention, it is difficult for a child to attain normal developmental milestones.

There can be several causes to developmental delay, such as genetics (Down syndrome), complications during pregnancy and/or birth, or unknown causes. It is important to be aware of your child's developmental milestones and whether he is reaching them within the appropriate time frame. Certain causes may be overcome if discovered early on. If you are unsure or feel your child is delayed in reaching his developmental milestones, do your research and consult a pediatrician and/or child neurology expert regarding your child's condition.



WORKSHOP FOR PARENTS OF SPECIAL NEEDS KIDS

For: Parents of children with CP, developmental delay, ABI, stroke and autistic spectrum disorders
When: **Saturday February 25, 2012**
 11:30 AM to 12:30 PM
Location: **North Thornhill Community Centre**
 300 Pleasant Ridge Avenue L4L 1A7
 Activity Room B
Cost: **Free**



Join us for an interactive workshop where you can learn how to develop your child into independency following the LIFE approach. Space is limited.

Please RSVP by calling **(416) 250-1904**. *We look forward to hearing from you!*

About the Presenter: Natan Gendelman, D.O.M.P

Natan Gendelman is licensed as a physical therapist in Russia and Israel, and is certified as a kinesiologist and osteopathy manual practitioner in Canada. Natan has more than 20 years of experience providing treatment for conditions such as cerebral palsy, developmental delay, Down syndrome, pediatric stroke, ASDs and ABIs.



Learning Independent Function Everyday. That's LIFE.

- ▶ Here's what people have to say about our LIFE Program:

Mini Program

For: kids 0-12 & 12-15 with CP, ABI, or stroke
Frequency: 1-3 times a week, 2-3 hours/day
Duration: Ongoing as needed

Maxi Program

For: kids 0-12 & 12-15 with CP, ABI or stroke
Frequency: 5 times a week, 3-5 hours/day
Duration: 4 weeks

Contact us if you are interested in booking for **2012**. Limited spots available. Call or email us for information about our adult LIFE Program.

For more information, visit our website:
www.healthinmotionrehab.com.

"We came here looking for a missing link and I think we found it ... We have learned how to work harder for better quality of each and every movement. We appreciate trunk rotation and separation of body parts in carrying out some task and we hope that will help us in achieving our ultimate goal, 'walking.' We would like to thank each and everyone at HIM for making us feel at home, loved and welcomed. We believe our relationship will definitely last forever."

Jolene Mankoe

Polokwane, South Africa

"Just wanted to let you know that Jordan is doing fantastic— running, climbing, kicking a ball, and doing everything a 17 month old should be. We hope all of the families you work with get their own miracles this holiday season."

Rachel

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 GHN 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 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, or a copy of past issues, feel free to contact us. We hope you enjoyed this issue! **-The Health in Motion Team**

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