



ACTIVE LIFESTYLES CHIROPRACTIC & physical therapy

Invest in your Kids (Newsletter Sept 2008)

Now that our children are back to school and things are back to a schedule of some sort, we (as parents, grand-parents, teachers and healthcare providers) can focus on how to enrich our kids' lives and their futures for this current school year. While most parents do a great job at helping their kids manage everyday tasks such as afterschool sports and homework, most tend to forget that all this work can have less than optimal benefits if their kids don't nourish their bodies adequately to repair and grow both physically and mentally.

There is strong evidence in the medical literature that behavioral disorders as well as attention deficit disorders can be helped with a strong nutritional program. We tend to forget that a child's nutritional needs (not necessarily caloric needs) are often times greater than adult needs as they are growing while at the same time functioning. We also forget that they also need more sleep than the average adult. While most school lunch menus include some vegetables and fruit, if the kids are not trained to eat vegetables and fruit at home, the tendency will be to skip it altogether at lunchtime when they are minimally supervised.

I recently read a book entitled "Please Don't Eat the Wallpaper! (The Teenager's Guide to Avoiding Trans Fats, Enriched Wheat and High Fructose Corn Syrup) by Nancy Irven (DC) and I also had the opportunity to meet her in person a few weeks ago. She studied the food intake of teenagers and was surprised to find out what teenagers considered a healthy meal. Most of their diets were laden with trans fats, enriched wheat and high fructose corn syrup which are known to contribute to premature degenerative diseases such as diabetes and heart disease. The conclusion was that if we could avoid these 3 major offenders altogether, we would be a healthier nation. What we sometimes don't realize is that trans fats are usually disguised in our foods as hydrogenated fats/ oils and the manufacturers sometimes label it as 0 mgs on the package. If we examine the portion size associated with this 0mgs of trans fats, we soon realize that the portion is much smaller than we would normally ingest. Legally they can label any package as having 0 mg of trans fats if the quantity is less than 0.5 mg per serving. How is that for deception!

Regardless of food choices, I usually recommend that all children take a Whole Food Multi-Vitamin (not a synthetic vitamin!), a good Omega-3 supplement for brain health and development, and a Trace Mineral supplement to ensure that all nutritional bases are met. Here, at Active Lifestyles Chiropractic, we use Standard Process products as they are among the best in the industry. In comparison, the quality of the supplements we recommend are generally superior to those found at discount pharmacies or health food stores. What makes them more effective is Standard Process' commitment to produce whole food supplements of pharmaceutical grade and standards. What is labeled on the bottle is what you get unlike some other supplements and it is packaged with all its essential co-factors and minerals for maximum potency and bioavailability.

For general questions regarding your health and nutrition, email me at activelifestyles@bellsouth.net. For a nutritional program specific for your child or your needs, please schedule an appointment at the number below.

Best in Health,
Dr. Giorgio Res.
Chiropractor, Physical Therapist and Nutrition Diplomate Candidate.

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