



Feeling hot-hot-hot!

Summer is here with a vengeance; gardeners & farmers are praying for rain, while kids are restless for the end of school. Big or small, if you're playing in the outdoors use healthy sun protection and stay well-hydrated (see Health shop ☺). Also use natural bug repellent or cover up. So, enjoy the sun...I heard vitamin D is good for you. ☺

Hope to see you soon, your Roberts Centre team.

EXECUTIVE GORP → Travel & Nutrition. ☺

The first in a series of articles on healthy travel by Neil Hornsby.

I'm not a nutritionist nor a personal trainer, however, I am a guy who has been traveling on business about 1-2 weeks a month for the past 7 years. Initially I fell into the same rut that many people do when traveling on business; I didn't exercise (*who has time with meetings, time zone changes...*), I ate and drank more than usual (*all under the guise of 'entertaining' clients*) and I ate all sorts of foods (*which fell under the 'convenience' column instead of 'healthy'*). As a result I gained over 20 pounds in the first year and felt tired all the time. I was out of control and had to find a better - *healthier* way. ☺

Eating healthy at home requires planning and preparation. Out on the road, even more so. 'Planes, trains or automobiles' healthy eating starts before you leave home. Since many flights these days don't provide 'real' food, it's sensible to pack a fruit, some **gorp** (*mix of seeds, good nuts, dried fruit*), and a healthy energy bar.

Continued over ☺

The shift back to CLOTH DIAPERS by Krista Vetter

Cloth diapers have changed dramatically over the years, it's now possible to find unbleached cotton pre-folds to fitted pocket all-in-ones with cute animal prints. The decision to use cloth diapers is a personal one, but consider the following.

Cloth diapers were the norm until 1961 when Pampers were introduced. By the 1970's, serious environmental concerns had begun to surface: live-vaccine-viruses had been found in feces in disposable diapers from landfills, flushing diapers could damage sewage treatment plants, and only commercial incinerators can safely burn disposables.

Other studies found that disposables use 20x more raw materials, 3x more energy, 2x more water and make 60x more waste. It takes over 300 pounds of wood to produce disposable diapers for one baby per year and each diaper takes between 250-500 years to decompose. That's a lot of waste for one little *tushie*.

Just in case the environment doesn't tweak your conscience, consider your baby's health. Disposables contain traces of Dioxin, a carcinogenic by-product of the paper-bleaching process used in manufacturing.

Sodium polyacrylate, a superabsorbent polymer (SAP) that can absorb up to 100 times its weight in liquid used in ultra absorbent diapers can cause skin irritations and severe allergic reactions including vomiting, staph infections and fever. SAP's were removed from tampons due to an increased risk of toxic shock syndrome.

Continued over ☺

SUMMER EVENTS

Call 746-0770 for more info or to reserve your spot, also see www.rhealth.ca.

- ♦ Yoga 6:30-7:30pm, starts Mon. July 16th, 8wks.
- ♦ Breast Thermography Oct 19th 2007. View article summer '06
- ♦ Home Electric field testing: EMF, RFS. www.safelivingtechnologies.ca
- ♦ Classes: Healthy Cooking, Belly Dancing, Pilates & Tai Chi

Prenatal & Parenting EVENTS

- ♦ Prenatal Yoga 5:30-6:30pm, starts Mon. July 16th, 8wks
- ♦ Fit Bellies (Prenatal fitness class) Thrus. 6-7:30pm, call for start dates.
- ♦ Sign Language class for Babies/Toddlers 6-7pm, starts Wed. July 25th. FREE Info Session Wed. July 18th from 6-7pm,
- ♦ Baby Massage Classes 12:30-1:30, starts Tues. June 12th, 4 weeks
- ♦ Prenatal Childbirth, 2 days class, 9:30am-4:30pm, Sat. July 7 & 14th.
- ♦ The Nesting Network: 10-11:45am, starts Wed. June 13th, 4 weeks.
- ♦ The Happiest Baby on the Block: 9:30-11:30am, starts Fri. June 15th
- ♦ Bodhi daSilva: Thai massage & Infant Workshop Retreat in late Sept.
- ♦ Mom & Baby Yoga starts in September.

We welcome a new Naturopath and our friend, Krista Vetter. After 2 years of practice in Calgary, Krista, her 1 year-old son, and family have settled in nearby Guelph. Krista specializes in Women's health, prenatal & pediatrics. Her compassion and experience resonates well with our team



NEW 2007 Canadian Food Guide... veggies time to shine!

Well, look who's coming to dinner... finally, yet surprisingly strong, was the government's and "scientific" community's shift to the middle from the far right (heavily lobbied by food-manufacturers & other boards). Check-out: www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e

The 'Reports on foods and chronic disease risk' show evidence on the relationships between consumption of:

- 1) vegetables & fruit and reduced risk of cardiovascular disease and cancer;
- 2) whole grains & reduced risk of cardiovascular disease;
- 3) milk products & reduced risk of osteoporosis; and
- 4) fish, particularly fatty fish, & reduced risk of cardiovascular disease.

Continued over ☺

News Bites

1. A new study shows a **school gardening** (planting, weeding, harvesting) and **cooking** program inspires children to eat more fruits and vegetable, resulting in an increase of fibre, and vitamins A and C .
2. **Breast-feeding** for 18 months or longer was associated with decreased risk for ovarian cancer.
3. An observational study; **Chest compression** without ventilation is better than standard CPR for adults with **out-of-hospital cardiac arrest**.
4. Chlorpyrifos (trade name Dursban), a **pesticide** used in agriculture and household insecticides, **negatively affects child mental and psychomotor** development, in a study investigating **prenatal exposure**.

New to our Health Shop

Cell Phone ear buds - stops EMFs

Sun Screen

Druide baby products.

Electrolyte powders

Infant & Child organic T-shirts

Give us a call (746-0770) to order, or drop-by.**Cloth diapers (continued)**

In 1955, 100% of American babies wore cloth diapers and 7% experienced diaper rash. In 1991, 90% of American babies wore disposables and 78% experienced diaper rash.

A study on mice exposed to disposable diapers suffered eye, nose and throat irritations, including bronchoconstriction similar to that involved in an asthma attack. Another study found that scrotal temperature was higher with the use of disposable diapers versus cotton and that prolonged use of plastic lined disposable diapers may be linked to male infertility and testicular cancer.

If the health & environmental benefits don't have you singing the praises of cloth, consider the cost savings. In the first 2 years a baby requires approximately 6500 diapers. At \$0.30 per disposable diaper that's \$1950. Add to that \$350 for disposable wipes. That's a whopping \$2300 for only one baby!

Cloth diapers vary in price from pre-folds at \$18 per dozen to fancy pocket or all-in-ones for \$180 per dozen. Add in \$30 for re-usable cloth wipes and that's \$66 or \$390 for 2 dozen diapers, substantial savings! The best part is that for baby #2 the cost is \$0.

Washing and drying the diapers at home will cost about \$232 (\$0.95 per load x 244 loads over 2 years if washing 1 load every 3 days) - still a substantial savings.

Cloth diapering is very simple and the choices nowadays make it convenient. All you need is a couple of dozen diapers, some cloth wipes and a pail to store the diapers between washings. If you haven't done so already give them a try.
By Krista Vetter ND

(continued) The new guide recommends the following:

Canada's Food Guide

- "Eat at least 1 dark green and 1 orange vegetable daily"
- "Have vegetables & fruit more often than juice"
- "Make at least 1/2 of your grain products whole grain each day"
- "Drink skim, 1% or 2% milk each day" (*we say: organic & moderate amounts*)
- "Include a small amount: 2 to 3 Tbsp of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine, and mayonnaise"
- "Choose foods lower in salt & sodium."
- "Select lean meat and alternatives prepared with little or no added fat or salt."
- "Have meat alternatives: beans, lentils & tofu often."

Jen's Fruit Yogurt Popsicles recipe

Ingredients: 3cups plain water as needed to blend,
yoghurt, 2cups frozen or pour into popsicle molds &
fresh blueberries & fruit, 1 freeze.
banana, 2tbsp.maple syrup,

Executive Gorp (continued)

Sure, there's still the 'tree-huggin' stigma attached to gorp, but they'll catch-on when you're full of energy and they're feeling lethargic. Fiber, whole grains, protein and whole (*unprocessed*) foods help stabilize blood sugar levels, giving you more energy through the day. So pack yourself healthy snacks and a meal if need be.

Hotel breakfast usually consists of high sugar cereals, Danish pastries, and sweetened juices. So take advantage of the mini-bars in your room ... to store healthy foods! Find a local grocery (*or health food*) store and stock up on foods & snacks. When I travel I usually buy (*organic if possible*) apples, bananas, dry bulk cereal, rice-milk or yogurt, and almonds. This covers breakfasts and some snacks. Believe me when you've been sitting in a meeting room for 3 hours and they roll in the coffee break loaded with high-fat, high-sugar, low-quality snacks you'll feel better grabbing a handful of gorp or crunching on an apple.

An alternative for breakfast is to bring some protein powder with a shaker cup, buy some juice and mix this up in the morning. Another trick is bringing oatmeal and using hot water from your room's coffee maker to make a hot breakfast. Add some gorp and you have a *European executive's* breakfast that will get you through to lunch.

What about those restaurant meals, lunch & dinner? Again, a little self-discipline can help. You don't have to eat an appetizer, entrée & dessert, not all the bread (*i'm getting better*). Ask yourself: "have I had my greens today?" If not, consider a salad (*no, not the Caesar*). Choose seafood and vegetarian choices more often than red meat. Ask about portion sizes, most restaurants give you way too much food and it's okay to leave food on your plate (*Mom's not there*). If you eat until you feel full, then you've eaten too much. With practice you can learn to stop eating before you feel full (*your brain needs around 15 minutes to catch up with your stomach*).

Drinks. Common sense tells us that we shouldn't have a drink everyday (I see eyebrows being raised). Just because restaurant offers you a wine list doesn't mean you have to buy any. One last word - WATER... drink lots of it at least 1 liter a day.

So, a little pre-planning and self-discipline can go a long way to keep you healthy on the road.

By Neil Hornsby

Next article will address: 'Y' exercise on the road.

"Sure, I eat junk food. But I do it intentionally, while other people obviously just lack self-control."

funny files



Questions, submissions & sponsorship, contact the editor:
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