



Be An Informed Health Consumer

Informational talks are **free** and open to the public. Talks are held at **NaturoMedic™.com** on Thursday evenings, starting at 7 PM.

Upcoming Events

Informational Talks begin at 7PM at **NaturoMedic™.com**

- **September 27 - Ideal Protein Weight Loss Program**
By Dr. Erin MacKimmie ND, RN, BNSc.
- **October 11 – Estrogen Wars: Mood Swings to Menopause**
By Dr. Erin MacKimmie ND, RN, BNSc.
- **October 18 – Prolotherapy: Spot Welding for Joints**
By Dr. Michael A. Prytula ND. **this talk will be given online*
- **October 25 – Ideal Protein and NaturoMedic.com’s Body Sculpting**
By Dr. Erin MacKimmie ND, RN, BNSc. and Dr. Michael A. Prytula ND
- **November 1 – Diabetes & Exercise: Conquering the Sugar Battle**
By Dr. Mike UM ND, HBSoc. and Dr. Michael A. Prytula ND
- **November 15 – Arthritis Treatment Innovation: a Barometer of Change**
By Dr. Mike UM ND, HBSoc. and Dr. Mary Magnotta ND, MSc., HBSoc.
**this talk will be given online*
- **November 29 – Ideal Protein Weight Loss Program**
By Dr. Erin MacKimmie ND, RN, BNSc
- **December 6 – R you Cold, Hot, Afraid of the Dark? See what BioClimate Reprogramming can do for you**
Dr. Michael A. Prytula ND and Dr. Mary Magnotta ND, MSc., HBSoc.

If you are interested in NaturoMedic.com Doctor giving a talk or writing an article for your place of business please contact us!



Giving Life to the Living!™

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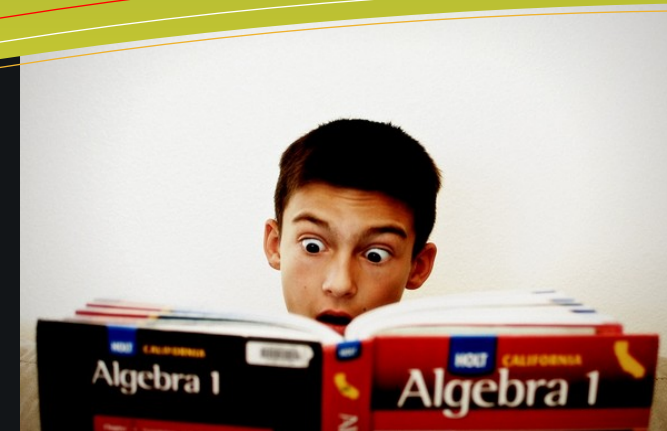
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ISSUE

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NAT NEWS



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Ragweed Season is Here

Ragweed season is here and the counts are expected to double over last year. The warm and dry weather for this region has made ideal conditions for airborne pollen. The season usually begins in mid August and continues to the first frost in October however this year the plants were two weeks early. For allergy sufferers, the following link will help you know the pollen forecast for your area.

http://www.theweathernetwork.com/index.php?product=pollenfx&pagecontent=candsp_pollenfxon_en#S

Tips for a Successful School Year

It is official; the new school year has already commenced. The transition from summer vacation to fall organization is an exciting time. For some parents this may be your child’s first year of school and for others your child may now be an adolescent or a young adult. Regardless of age, each school year is a new experience and preparing yourselves and your child for a fresh study regimen requires teamwork from the whole family. Here are some tips for a Successful School Year.

1. Breakfast is still the most important meal of the day. A good breakfast helps with growth, brain development, energy and alertness. Going for long periods without food can create many physical, intellectual and behavioural problems. Missing a meal, especially breakfast, can also make weight control more difficult. Breakfast skippers tend to nibble on high-calorie snacks and eat larger portions at the next meal. It is important to maintain a healthy diet throughout the day and not just breakfast in order to keep the immune system strong, nourish the body and brain and improve memory. (*refer to Healthy Lunch tips*)

2. Get a good night’s sleep. Sleep helps the brain commit new information to memory. When the body and brain are deprived of sleep concentration is altered, irritability increases, immune function decreases and weight gain may occur. Sleep is essential to metabolism and hormones that affect appetite.

3. Prepare the night before. Having everything ready the night before can make the mornings less stressful. Ensure lunches, clothes, assignments and backpacks are all arranged for the next day. Check the weather forecast the night before to have hats, sunscreen (see which sunscreens are safe <http://breakingnews.ewg.org/2012sunscreens/>) or

raingear organized ahead of time. Be mindful of the load of the back pack, a child should not carry more than 15 percent of his or her body weight in a back pack. Using both straps can help keep the weight centered and prevent structural damage to one side.

4. Stay Organized. Keep rooms, desks, bags and study area organized and free from clutter. Having less distractions around can help with focus, accomplishing goals faster, improving motivation and help with efficiency. Hang an erasable calendar on the wall and put important dates and assignments on it (either 1 month or 4 month calendar depending on preference). Knowing what is up and coming can help with time management and decrease the likelihood of forgetting. When an assignment is given, put it on the calendar right away.

5. Have a study routine. Extracurricular activities can push homework time later and later. Get into the habit of working on homework right after school. Starting homework in the evening when you are tired can make it difficult to concentrate and make you less likely to complete the work properly. It takes 21 days to make a habit so start now; when you come home from school have a healthy snack to nourish the brain with good fuel and then hit the books. Review notes at least 3 days before a test and not the night before. Cramming for a test does not allow time for the brain to process information and make critical connections, leading to confusion of facts during the test. Homework is also a great way for parents to get involved. Reviewing homework together is an opportunity to let parents know what the child is learning, give parents a reason to talk about what is happening at school and give teachers an opportunity to hear feedback from parents about learning objectives at future school events.



Giving Life to the Living!™

Principles & Philosophy

Tolle Totum

Heal the Whole Person

Health and disease result from a complexity of factors that affect the person as whole. Interactions from physical, mental, emotional, environmental, genetic, social, spiritual and other possibilities are constant in life and must be taken into consideration. The interrelationships of these factors with the body, mind and spirit are essential to prevention, treatment and recovery from disease. At NaturoMedic.com we believe that everyone is physiologically unique and an individual comprehensive approach of the whole person is required to optimize health.



of all the toxins and microorganisms appearing in the school supplies, building and water. The following guide will help in reducing your child's exposure and keeping them safe.

School Supplies

Backpacks, lunchboxes and binders often contain the toxic chemical phthalates; a substance that would be illegal if these products were toys. Phthalates are a class of chemical used to soften vinyl plastic (PVC, poly vinyl chloride). The toxin is hazardous even at low levels; in fact it is an endocrine disrupting chemical and has been linked to asthma, diabetes, ADHD and birth defects. A report from the Center for Health, Environment and Justice investigated 20 back-to-school items, 75% contained dangerous levels of PVC. Disney's Dora the Explorer Backpack contained levels over 69 times higher than the allowable limit in toys. The Amazing Spiderman Lunchbox contained 27 times the limit and Disney's Princess Lunchbox exceeded the limit by 29 times. Similar to toys, these school supplies are being used by children, who are just as vulnerable to chemical exposure.

Backpacks

Look for no PVC on the

label and ensure that the #3 (the symbol for PVC) is not listed. Nylon and polyester are better than PVC but natural fibers are the best.

Lunchboxes

These do contain food so non-toxic materials with no lead paint, PVC, BPA or antimicrobial chemicals are preferred. If you are heating up your lunch at school remember to heat in a glass container and not plastic, as the plastic can leach into your food during warming. Think of the environment, use reusable utensils and not disposable.

Notebooks and Binders

Plastic covers on binders and spiral notebooks are usually made from #3 plastic (PVC).

Art Supplies

Paints should be water-based and colored with natural, non-metal pigments. Polymer clays that stay soft or can be hardened in a home oven are made from PVC. If the label says "conforms to ASTM D-4236", it does not indicate that it is safe, it simply means the product is labeled as required. Plastic-encased crayons or scented markers encourage kids to sniff and the chemicals used to produce the fragrance are not listed on the label. Extra-strong or instant adhesives and super glues contain toxic solvents. Glue sticks and white/yellow/clear school glue are actually the safer options.

Protect your child: Hidden toxins in the school

As parents you work very hard to keep your child safe, monitoring their television programs, what they surf on the internet, who they talk to and what they take to stay healthy. Unfortunately, you are exposed to hazardous items daily, some items you have control over and others you do not. You expect the school environment to be a safe place however, you may not be aware

The Building

In some ways, the problems associated with a school's location are not always in your control. Certain boundaries and geographical zoning restrictions may already predetermine which school your child may attend.

There are a few health hazards to keep in mind in regards to the school's location and age. First, is the school close to power lines, large transformers, golf courses, farms or vineyards? Exposure to electromagnetic frequency and radiation has been shown to increase the frequency of abnormal cell growth. Pesticides are no longer sprayed on school grounds however recreational areas still use these chemicals. Second, how old is the school? Older buildings should be checked for asbestos, lead and mold, all of which can lead to serious health concerns and respiratory difficulties. Third, is the class in a portable? Older portables do have a risk for increased mold while newer portables can contain formaldehyde. The formaldehyde is often inhaled while the new material off gasses. Concern about the school location, the building and proper ventilation is a difficult job. There may not be items you can change about the school however

the above may be reasons to request permission to attend another school.

The Water

School water fountains are not only a breeding ground for the cold and flu virus, but you may also notice a different taste. A 2007 study of Ontario schools revealed that school water systems can contain high lead levels. 28% of samples taken in the study were well above the Canadian drinking water guidelines of 10ug/L. Lead can leach into the water most commonly from the plumbing within the municipal water distribution system or from inside the school building itself. If you are not sure about the water in your



school then bring your own filtered water to school in a reusable bottle made from BPA-free plastic, BPA-free aluminum or stainless steel (such as Klean Kanteen).

A parent's job is not easy, nor is it ever done. Protecting your child is a natural instinct and something you will always strive to do. For more information on toxins in the school supplies please refer to the Center for Health, Environment and Justice PVC free guide for 2012: http://www.chej.org/publications/PVCFree2012_1.pdf

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- [3. http://www.ewg.org/healthyhome/ps/backtoschool](http://www.ewg.org/healthyhome/ps/backtoschool)
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Healthy Lunch Tips

Water Instead of Milk and Juice: Juice is a high source of sugar even in fresh juices. 200 ml of Tropicana OJ (less than 1 cup) has 4 tsp of sugar. Milk contains numerous contaminants including herbicides, pesticides and antibiotics that can actually weaken the immune system, increase allergies and lead to further health conditions. Keep a water bottle on the desk.

Fresh Vegetables and Fruit: Fruit cups are made with sugar and high fructose corn syrup. Keep it raw and simple

No Mystery Meat or Packaged Foods: Lunchables, hotdogs and deli-meats contain preservatives and are high in sodium, elevating blood pressure and exposure to nitrites. Nitrite consumption has been shown to cause an increased risk for childhood cancer.

Healthy Brain Food to Improve Concentration:

Blueberries protect the brain from oxidative stress. Wild salmon contains omega 3's and is essential to brain function. Nuts and seeds are a good source of Vitamin E and prevent cognitive decline. Beans help stabilize blood sugar. Whole grains help with blood flow. Avocados are a healthy fat for the blood and are a goldmine of good nutrients for the brain.



Quotes

"If there were no schools to take the children away from home part of the time, the insane asylums would be filled with mothers.

- Edgar W. Howe."

"Education is not preparation for life; education is life itself.

- John Dewey."

"What we want is to see the child in pursuit of knowledge, and not knowledge in pursuit of the child.

- George Bernard Shaw."

Links

It's Elementary My Dear Watson

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The Cost of Long-term Health:

<http://www.naturomedic.com/articles/bid/146178/The-Cost-of-Getting-Long-Term-Health>