



Good Health News

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Winter is here, so enjoy the cold weather

Health in Motion director Natan Gendelman offers his advice on making the most of the holiday season



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Good morning everyone! Now that winter is upon us, it's time to prepare for celebrating the holidays with our with friends and family. With so many special treats and decadent foods to enjoy, remember that maintaining good health and staying well are very important for the start of the new year.

So what is happening to our bodies as the weather gets colder? In the winter months, many people find that they aren't suffering from the flu or colds as often as before. This is due to the stability of both the temperature and weather conditions, which do not allow the viruses to survive. However, despite it being the end of the cold and flu season, it is still important to take precautions to reduce your chances of getting sick.

I know that the holidays are a hectic time where we often put everyone else first, and ourselves second. Many use supplements to try to make up for the deficiencies in their diets. When using these products, I advise you to be careful with their consumption and to take them only when necessary. In my personal opinion, supplements should be treated like medication, for anything that has been encapsulated has undergone a chemical treatment. People should know that the pure forms of vitamins do not exist in Mother Nature. Even foods themselves contain something called provitamins, which are then synthesized in the body in order to become vitamins. When we talk about what things are "natural" and good for you, what we are really speaking of are fresh, organic foods such as beets, apples and cucumbers. What we consume has a big effect on our bodies and how they are able to function, so take the time to eat a healthy and balanced diet whenever possible.

As well, since we spend a lot of time in closed facilities, I suggest going outside for at least half an hour per day, in any weather, to enjoy the fresh air. Some time ago, someone told me that Canadians typically suffer from vitamin D deficiency, which he said led to the high number multiple sclerosis and cancer cases that occur each year. I asked him, "Was your family born in Canada?" That person said yes. I then went on to pose the question: "As a fourth generation Canadian, are you saying that there was more sun in Canada back then in comparison to today?" Needless to say, he had no answer to that question.

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Winter is here ...*Continued from page 1*



In the last 20 years, there has been a large increase in the number of disorders affecting our population. However, what have really changed in that period are our lifestyles and how we perform everyday functions. Essentially, we've achieved the American Dream; we all have cars instead of walking where we need to go. Every day, we eat meat and canned, processed foods. Our families spend several hours a day in front of the TV, computers, and videogames, and that is the real source of our dilemma.

It is not a deficiency of vitamin D that lies at the root of the problem, but our lack of fresh air and how disconnected we've become from Mother Nature. Many disorders are a consequence of what we as a people are doing to ourselves. The weather is beautiful, so just get out for a change.

I personally invite you to join me and my family every Sunday, where we go swimming in Lake Wilcox located in Richmond Hill. While taking a dip in the wintertime might be a bit extreme for some, we'd love to have you come out, bring the kids for a walk, and just enjoy the weather. Give us a call at the clinic from 9 am - 9 pm Monday to Friday to ask, and we would be happy to have you

accompany us for a day in the outdoors.

My final advice to everyone for these winter months is to try to stay healthy and keep active. Take the time to visit family and friends. Share some laughs and good times along the way. Overall, I would like to wish you a wonderful holiday season, and if I don't see you at the lake — Happy and Healthy New Year!

Walking reduces brain decline: study

According to a study performed by the University of California, walking may reduce the rate of cognitive decline in adults with Alzheimer's disease or mild cognitive impairment. By comparing brain volume, mental function and examinations measuring decline rates, the ongoing 20-year study drew a correlation between greater amounts of walking and lower brain decline rates.

With participants walking between 0-300 blocks per week, the study found that those who experience cognitive impairment should walk at least 58 city blocks per week to reduce declines in brain volume. Walking also has a positive effect on healthy adults, who should walk approximately 72 city blocks a week to maintain optimal cognitive health (CNN.com).

Having a balanced and active lifestyle is very important for maintaining good health. So get out there and start walking—your body will thank you.

Celebrate the Holidays With Us!

To our dear friends,

Take a break from the holiday rush and share the Christmas Hanukkah spirit with **Health in Motion Rehabilitation**. Come and enjoy a variety of delicious appetizers, and share some laughs with old and new friends.

Date: Wednesday December 15, 2010

Time: 7:00 PM to 9:00 PM

Place: Health in Motion Rehabilitation

4256 Bathurst Street Suite 204, Toronto, ON

(Bathurst Medical Centre on Bathurst St.

just one light south of Sheppard)

Please RSVP to Irit or Elmira at:
(416) 250-1904.

We look forward to seeing you!

*-Natan Gendelman, Director
and the Health in Motion staff*



The Stages of Child Development: A Guide

There are certain milestones that a child should reach as he develops. If this does not occur, it is possible that a child may have a neurological disorder or developmental delay. However, some of these conditions are preventable. With early detection and the proper treatment and care, a child may be able to overcome his condition and continue to progress like any child.

Here is a basic guide of what to look for in your child's progress, and what to watch out for as he grows older and interacts with the world around him.

At one month old, a child should be: turning his or her head towards a hand that is stroking the child's cheek or mouth; bringing both hands towards his or her mouth; turning towards familiar voices and sounds; suckling the breast and touching it with his or her hands.

Warning signs at one month: Poor suckling at the breast or refusing to suckle; little movement of the arms and legs; little or no reaction to loud sounds or bright lights; crying for long periods of time for no apparent reason; vomiting and diarrhea

At six months old, a child should be: Raising the head and chest when lying on the stomach; reaching for dangling objects; grasping

Warning signs at six months: Stiffness or difficulty moving limbs; constant moving of the head; little or no response to sounds or familiar faces; refusing the breast or other foods



At 12 months old, a child should be: Sitting without support; crawling on his or her hands and knees and pulling up to stand; taking steps while holding onto support; trying to imitate words and sounds and responding to simple requests; enjoying playing and clapping; repeating sounds and gestures for attention; picking objects up with thumb and one finger; starting to hold objects such as a spoon or cup and attempt at self-feeding

If your child begins to show any of these warning signs, make sure to contact your physician and discuss his condition. The earlier your child begins treatment, the better his chances are in minimizing the effects. In some cases, you may need to consult more than one expert in child development.

For more information on specific therapies and our LIFE Program, visit www.healthinmotionrehab.com.

How to Use Thieves' Oil

To use, dab a drop of thieves' oil on your chest and massage it into your skin. As well, the essential oil mix can be diluted with massage oil and used for a stimulating massage. You can also diffuse the oil in the air by boiling a pot of water with 2-3 drops of thieves' oil mixed in.

Please Note:

Thieves' oil should not be ingested, since ingredients such as cinnamon oil are toxic. When undiluted, the mixture may cause irritation for people with sensitive skin. Should you have any questions or health concerns, make sure to consult a health professional before use.

Natan's Remedies

Recipes to heal your body and soul

Homemade Thieves' Oil

This mixture of essential oils gets its name from thieves who used it to prevent themselves from contracting the plague. Multipurpose and easy to make, its antibacterial qualities keep the flu, colds and viruses away.

Materials: 1 cup jojoba oil, or another carrier oil | 1 tsp clove oil | 1 tsp lemon oil | 2 ½ tsp cinnamon oil | 2 tsp eucalyptus oil | 2 tsp rosemary oil

In a clean glass container, measure out a cup of the carrier oil. Although other oils such as grapeseed oil can be used, jojoba oil lasts the longest. Add in the other oils and mix thoroughly. Measure out into glass bottles, and keep the mixture out of direct sunlight.





Have You Heard About Our LIFE Program?

At Health in Motion, we believe that every child is special and has a different set of needs. That is why we started our program called LIFE (Learning Independent Function Everyday). Conceived and developed by Health in Motion director Natan Gendelman, the program was designed as a system of education for children with cerebral palsy, pediatric stroke, child developmental delay, brain injury, autism spectrum disorders and Down syndrome.

Our program successfully addresses current problems with dependency and encourages the performance of normal tasks with little to no assistance. By closely integrating therapy with one's daily living, Health in Motion aptly ensures that there is no barrier between a child's improvement in the treatment room and their success at home.

Learn More

To learn more about our LIFE program, visit our web site. If you have any questions or are wondering if our program is right for your child, call Health in Motion today at: (416) 250-1904 or email us at: info@healthinmotionrehab.com.

We look forward to hearing from you!

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Newsletter designed by Winnie Chang

Visit our blog!

ENABLEDKids

Our blog, 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.

Visit us at www.enabledkids.ca.

Did you know?

Natan is a Guest Advisor over at Down Syndrome Centre. Check it out at: www.downsyndromecentre.ie/advisorypanel/

 www.twitter.com/EnabledKids
 Health in Motion Rehabilitation

-The Health in Motion Team