

John 3: 2 “Beloved, I pray that in all respects, You may prosper & Be in good health, just as your soul prospers.



CALLING ALL PARISHIONERS!

This newsletter is going to start providing information that will be meaningful to individuals and diverse groups in the parish.

We want there to be “something for everyone,” every month.

HEALTH FAIR, April 22, 9-12. Methamphetamine Alert, Blood Drive, Wt/BP/Body Mass Index and Much More!

TEENS & TWEENS NEED CALCIUM NOW MORE THAN EVER

Did you know? 6:10 preteens & at least 7:10 teens fall short in dietary calcium
90% of adult bone mass is established by age 17

(February, 2006, issue of *Pediatrics Journal*)

Pediatricians believe increase in arm fractures in kids due to ↓decreased milk, increased soda

Childhood and adolescent years are a “window of opportunity” to build strong bones.

Did you know? Dairy foods offer the most naturally-occurring form of calcium/serving.



Studies show that moms who drink milk more often tend to have kids who drink milk more and consume fewer soft drinks.

Low fat and fat free varieties of milk, yogurt & cheese provide amounts of calcium equal to full-fat versions.

Pediatricians recommend children consume 3, & adolescents 4 servings/day.

[8 oz milk * 1-1/2 oz of hard (not processed)cheese * 6-8 oz container of yogurt = serving]

Food on the run: low-fat pudding, string cheese, or Ca-enriched juice boxes

Physical activity, mostly weight-bearing exercise such as running or jumping, are essential to an overall healthy bone program. Keep Kids Active!

Did you know? ► **Phosphorus compounds are 2nd only to salt as a food additive in U.S.**

Excess Phosphorus causes bone demineralization and bone loss.

How? Chemically, when phosphate levels are high, calcium levels are low. Calcium is literally robbed out of the bones!

Major Culprit: **Soda pop:** US ranks 1st among countries in soft drink consumption per capita—in excess of 150 Qts per year or 3 Qts per week.

Soda pop is the #1 source of phosphorus in American diets.

Others: bacon, ham, sausage, hot dogs, and instant mashed potatoes

Solid Advice: **Avoid buying foods with ingredients; they are highly processed. This is one case of less being better.**

Tip For Families: Try not to compare what your child does with what other children do.

Look for & appreciate your child's unique strengths & contributions.

Strengths can be very small but important things.

ANCORA IMPARO

I am still learning.....

ALZHEIMER QUIZ: Diagnostic Clues

HOW MUCH DO YOU KNOW?

1. Which of the following is NOT an indicator of Alzheimer's?
A. Getting lost in familiar places B. Forgetting names of casual acquaintances
C. Having trouble balancing a checkbook D. Coping poorly with unexpected events
2. Which of the following may increase your risk of Alzheimer's?
A. Head Injury B. History of Depression C. Low levels of education D. All of preceding
3. No other age-related problem results in dementia. TRUE FALSE
4. Which of the following has been connected to Alzheimer's disease?
A. High blood pressure B. Low blood pressure C. Both D. Neither
5. Family history plan NO role in your risk of developing Alzheimer's. TRUE FALSE
6. A simple blood test can confirm an Alzheimer's diagnosis. TRUE FALSE
7. Besides Alzheimer's, which of the following also can cause memory loss and confusion?
A. Thyroid problems B. Drug intoxication C. Depression D. All of preceding
8. Though a definite diagnosis of Alzheimer's disease is possible only by autopsy, doctors can usually identify the disease by ruling out other causes of dementia. TRUE FALSE
9. Early diagnosis provides no benefits in Alzheimer's disease. TRUE FALSE

Mental Tune-up: Researchers found that heart patients who exercised to music did twice as well on a test of cognitive ability as they had done after exercising in silence. Exercise alone causes changes in the nervous system, and adding music may stimulate different pathways in the BRAIN. I wonder what happens if you "sing along?" :) 🎵

Candy may be Dandy, but honey boosts body levels of disease-fighting antioxidants.



Researchers at the University of California/Davis, recently found that adding 4 tablespoons of honey to subjects' daily diets increased blood levels of compounds that squelch the cell-damaging action of free-radical molecules. For the best boost, choose dark honey such as buckwheat; its color indicates a higher antioxidant content. **Green Tea offers protection similar to honey.** [Palestine is often referred to as "a land flowing with milk & honey." (EXODUS 3:8)]

"Pleasant words are as a honeycomb, sweet to the soul, and health to the bones." (Pro 16:24)

Cholesterol:HDL (high-density lipoproteins) protect the vascular system: unsaturated fat
LDL (low-density lipoproteins) harms the vascular system: saturated fat

Read Food Labels: Use Daily Values to help you evaluate how a certain food fits into your daily meal plan. DVs are average levels of nutrients for a person eating 2000 calories a day. Total fat includes saturated, poly- & monounsaturated fat; Limit to 100% DV or less per day.

Prayer: Dear Lord, renew the Power of Hope among those suffering in body, mind or spirit. Amen.