

## Health Tips for Students Young and Old



Whether it's your first day of school or you are training for a new skill, these health tips will optimize learning.

1. **Eat Breakfast**—Starting the day with protein and whole grains ensures that your blood sugar will not fluctuate. That means better concentration and productivity.
2. **Don't skip lunch**—Kids of all ages need a mix of protein, carbohydrates and fats for optimal health. The brain is fueled by carbohydrates, so no Atkins diets at school.
3. **Stay hydrated**—Drink pure water and avoid sugary drinks that can contribute to metabolic syndrome.
4. **Get a good night's sleep**—Even if you are cramming for tomorrow's test, your grades will be better if you hit the sack on time.
5. **Fish oils**—Omega 3 oils from fish are concentrated with DHA, a major structural component of brain tissue. Studies show that kids taking fish oil attained higher scores than those taking olive oil.
6. **Exercise**—Turn off the computer and get your blood pumping. Physical activity will prevent childhood obesity.
7. **Get outside**—Sunlight is needed to improve mood and form Vitamin D.

## Snacking 101

Snacking is important to keep energy levels high and blood sugar balanced, but you have to choose the right foods. Unhealthy choices can cause weight gain, health risks, and encourage food cravings. Try these snacks next time you need a pick-me-up:

- Celery stalks with nut butter and raisins
- Fruit, granola & yogurt
- Protein shake/smoothie
- Smoked salmon with rye crisp crackers
- Toasted pumpernickel bread with hummus
- Tuna salad with low-fat mayonnaise on apple slices
- 1 hard boiled egg
- Protein bars containing 15-20 grams protein

### Top 10 Antioxidant Foods

- BLACKBERRIES
- WALNUTS
- STRAWBERRIES
- ARTICHOKEs
- CRANBERRIES & JUICE
- RASPBERRIES
- BLUEBERRIES
- CLOVES
- UNSWEETENED GRAPE JUICE
- POMEGRANATE JUICE

### Principles of Naturopathic Medicine

- FIRST, DO NO HARM
- IDENTIFY AND TREAT THE CAUSE
- TREAT THE WHOLE PERSON
- SUPPORT THE HEALING POWER OF THE BODY
- DOCTOR AS TEACHER
- EMPHASIZE PREVENTION

## Promoting health and awareness in our community

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VITAMIN D  
SUPPLEMENTATION  
CAN DECREASE  
THE RISK OF  
CANCER,  
OSTEOPOROSIS  
AND EVEN THE  
FLU!

### In the News

In consultation with their healthcare provider, the Canadian Cancer Society is recommending that:

- Adults living in Canada should consider vitamin D supplementation of 1000 IU/day during fall and winter.
- Adults who are older, who have dark skin,

who don't go outside often, and who wear clothing that covers the skin should take 1000 IU vitamin D all year round.

Recent studies have found that vitamin D supplementation reduces the risk for colorectal, breast and prostate cancers.

Researchers are also linking low vitamin D status to other ailments including multiple sclerosis, juvenile diabetes, flu, osteoporosis and bone fractures. Although vitamin D can be made in the sun, increasing sun exposure can increase the risk of skin cancer, so do wear sun protection.

### Breakfast Smoothie Recipe

Protein smoothies are a great way to get protein, fruit, fish oil and supplements in your morning. I use the Magic Bullet for convenience.

Ingredients:

- 3/4 cup frozen berries
- 2 tbsp ground flax seeds
- 1 cup rice/soy milk

- 2 scoops protein powder (choose one without artificial sweeteners)
- 1 tsp fish oil
- Any powdered supplements recommended by your ND

Directions: Combine all ingredients and blend.

Change the ingredients day to day so that you enjoy a different

smoothie each day.

Other options:

- 1/2 banana
- Soft ripe fruit
- Ice
- Fruit juice
- Fresh berries
- Ground pumpkin and sunflower seeds



Protein smoothies stabilize blood sugar and boost metabolism.

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*The greatest compliment you can give us is referring our services to your family and friends. Please mention us when people in your life are having health concerns and are looking for a safe, natural, and effective choice in healthcare.*