

HEALTH NEWS AND FEATURES

Are Your Kids Eating the Right Foods?

by Carolyn Guilford
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Carolyn Guilford

Are your kids driving you up the wall? Are you looking at your children and wondering what is wrong with this kid? They won't listen, can't be still, and can't concentrate for more than a second, and it's impossible to get homework done!

You say Johnny won't behave, and his grades are not what you expect.

Annie's running around and seems out of control? When you talk to them they seem to be looking for the next thing to get in to, and not hearing you, at all?

Well Parents, (and Teachers) these kids may be nutrient deprived. And not only that, but also over stimulated by artificial chemicals.

The proper diet can solve many behavior problems in children, (and in adults). Research shows us more and more that the foods we feed our kids can worsen problems like attention deficit hyperactivity, poor concentration, impatience, and distraction. This, in the classroom leads to: Failure to complete projects, Inability to listen to the whole story, Inability to follow directions. Poor Grades and Poor self esteem.

This Child's future is in jeopardy. We know that kids who are poor learners tend to loose interest in school, have low self esteem, drop out of school, tend to join gangs, and have few or no job skills; all of which too often leads to criminal behaviors and on to the justice system.

By monitoring what

your child is eating you can resolve these learning and behavior problems so that he can have success now, and increase the future success of the child.

Ongoing studies since the 70's have shown consistently that when certain chemicals, sugars, food dyes, preservatives and caffeine, and in some cases milk and wheat - which typically cause food allergies in children - are removed, children diagnosed with behavioral problems are totally changed. Concentration, along with attentiveness is dramatically improved. The child is less distracted, less impulsive, and learning and grades are greatly improved.

Equally as important as avoiding bad foods is adding more good - for - you foods, like salmon and flax seeds which are high in omega-3 fatty acids. And do a great job nourishing the brain. Plus, more fresh vegetables. You knew I was going to say that.

In studies where the diet was managed carefully, and vitamins and minerals were given faithfully, kids grew stronger, excelled in sports and in academics, and

teachers were amazed at the turn around and the success of these students.

When this routine was applied to kids with food allergies, the results were just as dramatic and lead scientists to believe that food allergies may be the root of some behavior problems in many persons, children and adults.

Some of the things you want to watch out for and avoid giving your children are: meats with nitrates (luncheon & deli meats), fried foods, foods with preservatives and food coloring (dyes), MSG, artificial sweeteners, sodas, junk foods (chips, crackers, cookies), High Fructose Corn Syrup, refined carbohydrates (packaged and processed foods), hydrogenated fats and sugar.

If you love a child who has problems listening, learning, and cooperating, give this idea a try. A new diet. It could be the best thing you do to insure a change in the short term, and a brighter future in the long term. Read the labels, the ingredients, when you buy any commercially made product. And feed you child for a great future.

"Health is Wealth"

If you have any comments or questions about health issues we've covered in this column, or an issue you'd like addressed, please call or write to:

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"How Much Longer Can She Stay at Home Alone?"

"How much longer can she stay at home alone?" This is the question that many families ask during family gatherings during the holiday season. Anyone with concerns about dementia causing illnesses is invited to attend an Alzheimer's Association support group to

meet others with similar concerns. One group meets the first Monday of each month from 10:30-12:00 noon at Skidaway Island United Methodist Church, 54 Diamond Causeway, Savannah. Topics to be discussed during the December 1 meeting include: driving,

living alone, nutrition, health issues, problems with communication and disorientation.

For more information about Alzheimer's dementia, call the regional office at 1-800-272-3900, for directions to the church, call 912- 598-8460.

SSU to Observe World AIDS Day

Savannah State University will observe "World AIDS Day" featuring performances by Macon rapper Todd "Sixx Nine" Williams, HIV/AIDS testing and a candlelight vigil on December 1. The shows will start at 11 a.m. and 7 p.m. in the ballroom of the King-Frazier Student Center, with the vigil following the evening performance at SSU's Alexis Circle. HIV testing will be conducted by the Chatham County Health Department, 8:30 a.m.-4:30 p.m., in the Harris- McDew Student Health Center. All events are free and open to the public.

Hip-hop artist Sixx Nine suffered through the death of his mother, who was killed when he was a toddler, and

was adopted at age six. Raised in public housing in Macon, Ga., he later turned to a gang for self-preservation from being harassed. After serving his country in the U.S. Army, he graduated from Georgia College (now Georgia College and State University) with a degree in biology. Now, Sixx Nine is a successful recording artist who draws inspiration from his childhood. One of his goals is to positively influence the young by using his life as an example through hip hop. Having performed with Run DMC, Lil' Wayne and Young Jeezy, Sixx Nine's popular songs tell of self respect, belief, encouragement and alternatives to joining a gang or pursuing a life of crime. Sixx Nine released

a new album October 31, "Last of a Dying Breed," and now works as director of the lab at Urology Specialists in Macon.

SSU's celebration of World Aids Day is made possible through the "Get In the Know" HIV/AIDS/Substance Abuse and Hepatitis Awareness program. The project was started at Savannah State University in 2005 with Johnnie Dumas Myers, Ph.D., as writer of the proposal and principal investigator. The grant is funded by the Center for Substance Abuse Prevention, an agency of the United States Health and Human Services Department, and is administered by McFarland and Associates of Washington, D.C.

November is National Diabetes Month

Painful Joints: An "Unspoken" Barrier To Combating Chronic Health Conditions For African-Americans (WARSAW, IN) - The statistics are alarming:

- Almost four million African-Americans have diabetes.
- One in four African-American women over 55 years of age are diabetic .
- There is an estimate

that 80% of black women and 60% of black men are overweight or obese (which contributes to diabetes, heart disease, certain cancers, high blood pressure, among other chronic health conditions) . Keeping weight under control plays a critical role in managing these health issues. However, many African-Americans face a major hurdle: they are living with chronic joint pain.

"Every warning from governmental and non-profit health organizations implores our community to "get moving" because of the positive impact it has on combating these conditions, "explains Verona Brewton, Director of Minority Initiatives, Zimmer. "But we have failed to make the direct link between painful movement and poor health."

A November 2006 Centers For Disease Control (CDC) report revealed that the knee is the joint that causes the most pain. Additionally, the CDC reported that African-Americans cite arthritis as the leading condition that limits their daily activities. Arthritis is the third most common problem among African-Americans , and arthritis-attributable work limitation disproportionately affects minority groups . In a May 2007 report, the CDC projected a nationwide surge in arthritis prevalence, which caused the Arthritis Foundation to warn Americans to take action now to limit future disability .

According to Jean Pompey, Zimmer's Back in the Groove™ program representative, "coping with diabetes and arthritis seemed to be an uphill battle." Before Pompey's double knee replacements, she was not able to exercise.

"I needed to exercise to lose weight, but I was in so much pain, I couldn't exercise. Zimmer's Back In The Groove program gave me important information about the link between painful movement and poor health, and the wide range of options to eliminate joint pain," explains Pompey.

Early intervention is key as there are a wide range of options to alleviating joint pain. The onset of knee or hip discomfort should not be dismissed as one of the natural signs of aging without discussing it with a primary care physician.

VOTE FOR CHANGE!



Get Out and Vote

DECEMBER 2, 2008

We are encouraging everyone to get out and vote on Tuesday, December 2, 2008. Even if you did not vote in the General Election, you can still cast your vote in the runoff. You can also do Advance Voting at the Savannah Civic Center, November 24-26, 2008, 9am-4pm. A Vote for Jim Martin is another vote for Barack Obama. Jim Powell is also on the Run-Off Ballot for Public Service Commissioner.

Volunteers are needed for canvassing and telephone banking. Please contact Warren Hickman, Volunteer Field Team Organizing Director at (912) 790-8683 or come by the Chatham County Democratic Headquarters, 109 West Victory Drive in Savannah.

Paid for by the Chatham County Democratic Committee.

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Published weekly by **The Savannah Tribune, Inc.**
Deadlines for news releases and advertisements:
Fridays 12:00 noon

SUBSCRIPTION RATES
One Year.....\$55.00
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Third class postage paid at Savannah, Georgia
Member:
National Newspaper Publishers Association
NNPA - Washington, D.C.

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