

ASHBY ADVISOR

Forty-eighth edition
May/June 2010

Vitamin D study of the month: A new study from the Medical University of South Carolina: Pregnant women should be taking 4000 IU's of Vitamin D through their pregnancy. Lower risk of complications with higher D levels and infants had better D levels as well. No adverse reactions were noted in the study related to D supplementation. We'll see when the Obstetrics Boards come aboard with this one. Baseline blood-work should determine the correct amount to take per month.

Processed meats (hot dogs, bacon, deli meats...) have been linked to a 40% higher risk of heart disease. The Journal Circulation found that 2 slices of deli meat or 1 hot dog per day was all it took to elevate the risk.

We have an interesting dichotomy in this country in regards to physical activity. We have most kids that have become much too sedentary and then we have a group that is much too active. Both have serious health consequences. The overactive kids are those that will for example, play a sport year round, sometimes competing in two leagues at the same time. They will then have practice everyday or a game to play. Rest days are rare. Sometimes they compete in two different sports with overlapping seasons. Or they are into competitive cheer or dance. Overuse injuries (chronic tendon damage, stress fractures, arthritis in the joints) are becoming common in these kids.

Recommendations: Put in rest days. This is when the body recovers. Eat a well balanced diet that avoids fast food. The pediatric council recommends that they play on one team a season and take a break of two to three months from a sport each year. Get help for injuries quickly. Don't keep playing through the pain. I also find kids with numerous structural/muscular weakness and imbalances that contribute quickly to breakdown from competitive sports. Let's check it out before the next season starts. Rehab is much easier to do in an off season. Prevention is also easier.

Kids need to be active, they need to rest also.

*** Coming soon...information on Chiropractic friendly Medical doctors
from Integrative Health Systems***

Quote of the email "Life is like an ever-shifting kaleidoscope –
a slight change, and all patterns alter."