

We are presently running a health and cooking series at Ilam with good attendance. There seems to be no doubt that Christchurch people are keen to seek out measures to aid in both improving their health and in preventing disease.

In this issue of **healthbites** we look at the growing concern of adult diseases becoming more common in children. Over the page is a quick look at the benefits of water and a power flu bomb recipe that will help you get through the winter chills!



Adult disease showing up all too early in life

In a recent article given me, I read with concern the heading "Kidney Stones in American Kids a Painful Trend." Kidney stones in children!? I then observed how recent this article was and it is dated 29 March 2009.

In my childhood in the 60's and early 70's kidney stones were only heard of in people of later years — and not too many cases either. Sure, it seemed that it was somewhat related to lifestyle and diet, but to now hear and read of this problem in children is indeed disturbing.

In fact, the article starts out a little more distressing than just kidney stones, it mentions general medical conditions. "American kids are getting more and more medical conditions once common only in middle-aged adults and the America diet is thought to be largely to blame. The latest, typically adult diagnosis making the rounds in pediatric wards across the nation is kidney stones."

A look at the figures.

In 2005, about 10 children each year were treated for kidney stones at Philadelphia's Children's hospital. Now about five are diagnosed each week!!!

Referrals regarding children with kidney stones has grown at Baltimore's John Hopkins Children Center from one or two a year 15 years ago, to new cases every week.

The number of children treated for kidney stones at the North Shore-Long Island Jewish Medical Center grew by 500% between 1994 and 2005, when 61 children were treated.

One pediatrician at Loyola University Medical Center near Chicago treated an 8-month-old girl after her mother found a pea-sized stone in her diaper.

Well, what are these dreaded kidney stones. Firstly they well known for producing excruciating pain, and as a rule they form as a result of excess calcium in the urine.

What's one method of helping this problem? "Parents have reported improvements in their children's health when salty foods such as cheeseburgers, fries, sausages, ramen noodles, canned goods, chicken nuggets, and pickles were removed from the diet" Dr. David Hatch, the pediatrician at Loyola who treated the 8-month-old baby recommends at least four cups of water every day for the average 10 year old, with the amount adjusted according the child's size. He also stresses water means water, not any other beverages a child may consume in addition to adequate water intake. But sometimes, there may be need for more serious measures to remove or dislodge the troublesome stones such a diuretics or even surgery.

Drink up friends. Drink up, it certainly is a good place to start to prevent a whole lot of trouble and pain.

Information taken from: <http://Medheadlines.com/2009/03/29>

Quote of the Month

Every generation has been growing weaker, and disease of every form visits the human race.

—E G White, 1858

healthbites

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little bites

Reduce Headaches with Regular Exercise

NaturalNews.com, 16 April, 2009

A recent Swedish study published in Headache: The Journal of Head and Face Pain showed that exercise does not seem to increase migraines. In fact, regular activity can reduce the number of migraines, the intensity of migraines and the need for pain medication.

Poor Kids' Stress Leads to Brain Impairment

Rob Stein, Washington Post Staff, 6 April, 2009

Chronic stress from growing up poor appears to have a direct impact on the brain, leaving children with impairment in at least one key area — working memory.

"It's critical for learning," said Gary W. Evans, a professor of human ecology at Cornell University in Ithaca, N.Y. "If you don't have good working memory, you can't do things like hold a phone number in your head or develop a vocabulary."

Powerlines linked to Alzheimers

NaturalNews.com, 7 April, 2009

Living near power lines may significantly increase a person's risk of death from Alzheimer's disease or senile dementia, according to a new study conducted by researchers from the University of Bern, Switzerland. The study is the first to definitively link exposure to low-frequency electromagnetic fields to elevated mortality from dementia.

1970s lifestyle protects planet

BBC News, 2 April, 2009

Getting back to the relatively slim, trim days of the 1970s would help to tackle climate change, researchers say.

The rising numbers of people who are overweight and obese in the UK means the nation uses 19% more food energy than 40 years ago, a study suggests.

A "normal" adult population, where only 3.5% are classed as obese, was compared with a population where 40% are obese.

www.whatscooking.co.nz

Benefits of Water

"Water, water everywhere and not a drop to drink." Remember this old adage that many of us grew up with. In New Zealand we have been blessed with good water to consume — as is with most other nations of the world. Yet how lightly we treat this absolutely essential ingredient for our existence. Most of us blush when asked how much water we drink. We all know the 6-8 glasses a day recommendation, but how many of us adhere to it. Yes, we do have water, water everywhere; just in our taps within arms reach, but not a drop to drink. We just don't get around in our busy day to put that glass under the tap.

Yet, water is such an important factor to our good health. Yes, it helps prevent kidney stones as in the article overleaf, but it also helps the whole body function. Simply put, "lack of water in the body — chronic dehydration — is the root cause of many painful degenerative diseases, asthma, allergies, hypertension, excess body weight, and some emotional problems including depression."¹

Water will help prevent and reverse premature aging and eliminate pains including heartburn, back pain, arthritis, colitis pain, angular pain, migraine headaches. It will also help asthma in a few days, help hypertension without diuretics or other medications. Water will also aid in losing weight effortlessly and naturally, without strict and perhaps harmful dieting.¹

So often when we feel thirst come upon us, we think we need food, but no, just give the body some tepid fresh water. It will invigorate the body and maintain buoyant health.

1. *Your Body's Many Cries for Water*, F.Batmanghelidj, M.D.



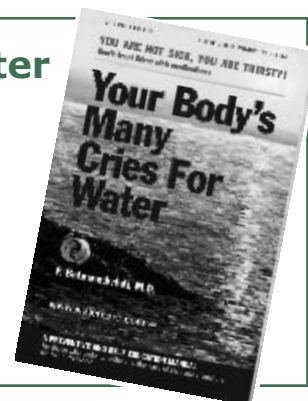
Your Body's Many Cries for Water

F. Batmanghelidj, M.D.

In this book that turns much of current medical practice on its head, the author explains that water itself is a power cure for many common ailments that we as a race are struggling to deal with.

It lays out the principles and also how to apply it. Very interesting reading.

189 pages, paperback **\$35.00**



Bragg Liquid Aminos

An all natural, all purpose seasoning from soy protein. A delicious, nutritious alternative to Tamari and Soy Sauce. No preservatives, not fermented, no alcohol. Made from pure soybeans and purified water only.

180ml Spray bottle **\$ 5.70**

473ml Plastic bottle **\$ 9.00**

946ml Plastic bottle **\$13.50**

Cold and Flu Season Bombs

Super Lung and Cough Formula

1c boiled honey

1/2 t Eucalyptus oil

1 T Liquorice Root powder

1/2 t Peppermint oil

1/2 t Clove oil

Pinch of Cayenne

Mix well. Use 1 teaspoon when needed.

