

# Vibrant *living*

YOUR GUIDE TO VIBRANT LIVING THROUGH FITNESS AND NUTRITION

## Latest on Cough Medication for Kids

*Robin Walsh BAsC, ND*

An article in the New England Journal of Medicine has recommended that the US FDA remove all pediatric pharmaceutical cold and cough syrups from the market. The study states that there isn't a lot of support that they had any positive effects, and quite the contrary have the potential to cause injury and even death in children.

What to do...go back to the basics:

1. When a cough presents, put a warm air vapourizer in your child's room at night with either eucalyptus or Friars Balsam. These are both know to cut the mucous and help your child to expectorate
2. Grandma was right...use honey. In a recent study a spoonful of honey before bed worked better than a cough syrup with dextromethorphan and a placebo (not recommended for children under 1 year old)
3. Give your child a steam bath and put a couple of drops of eucalyptus oil in the bath water to help them breathe easier.
4. Epsom salts added to the bath water can help with aches and pains caused by the flu
5. There are many natural cough herbs and supports that work to help your child to expectorate or get mucous out



instead of suppressing the cough.

If you or your family get sick this winter, and require more specifics please call the office for safe and effective solutions.

## Another Reason to Shed Those Pounds

*American Institute for Cancer Research*

In a few years, obesity will replace smoking as the number one preventable cause of many common cancers, according to Professor Jeffrey M. P. Holly, Ph.D from the

American Institute for Cancer Research.

Obesity results from a long-term energy imbalance that increases a person's storage of fat and circulating levels of fatty acids. These higher levels of fatty acids can cause resistance to insulin, which is a hormone essential to regulating the body's metabolism. Insulin resistance has been associated with the development of diabetes, heart disease and certain cancers.

IGFs work in the body in a similar way to

insulin. More recent research has shown that IGFs may be an important risk factor for colon, prostate and premenopausal breast cancer. It appears that obesity increases cancer risk through effects upon secretion and action of insulin and IGFs.

# How to Leave the Holiday Season The Same Weight as You Went In - 5 Important Tips!

Robin Walsh BAsC, ND

1. Make sure you know your outcome before you go to a party or get together. If you have multiple parties in a row, mentally prepare yourself for how many alcoholic drinks, snacks, and chocolate treats that you are going to have. You will be more likely to not overindulge if you set a goal for yourself before getting the event
2. Indulge in moderation. There is nothing wrong with indulging and experiencing what great tastes life has to offer...just do this in moderation
3. Keep up with your exercise. A great way to burn off some of those calories is to keep up with your exercise, take the family for a walk to see the lights after dinner. Waterloo park or Victoria Park are beautiful at this time of year.
4. Have a snack before going to the party so your eyes aren't bigger than your stomach
5. Moderate the Alcohol. Since alcohol affects your judgement, a little too much to drink can really cause you to overeat (and the cravings after too much Christmas cheer do not usually involve celery and cucumbers if you know what I mean!!) not to mention the empty calories that are found in alcohol. Best tip is to make sure that between drinks you are drinking a glass of water, and again know your outcome before the party

## Health Retreat Update

Robin Walsh BAsC, ND

Our 2<sup>nd</sup> retreat at Kimbrecote farms was a success!! To learn more about upcoming retreats, or see pictures and comments from past participants please log into my website at <http://www.robinwalshnd.com/retreat>.

### Next Retreat - March 14-16, 2007

Topic – Spring Cleansing, details to follow

Thank you all for making 2007 a great year! The great part about my job is that I get to interact with so many motivated and inspiring individuals. I commend every one of you for your efforts this year towards achieving optimal health.

As my gift to you, please bring this newsletter in to receive 10% off your next supplement purchase.

Robin.

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