

# Building Strong Bones

Osteoporosis, a bone-thinning disease, has been called “a pediatric disease with a geriatric outcome,” because bone mass gained or lost during childhood and adolescence greatly determines lifelong bone health. Youth is the best time to invest in your child’s bones through nutrition and physical activity.

Nutrition for healthy bones means eating foods rich in calcium and vitamin D. If your kids are lactose intolerant or just don’t like drinking milk, don’t despair. They can receive calcium from foods such as kale, bok choy, broccoli and almonds, or from calcium-fortified orange juice, cereals, or breads.

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# Kids, TV and Obesity

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## **Calories or Carb?**

Gary Heavin, founder and CEO of Curves International, observes that some women do well on a particular diet, while other women on the same diet not only don't lose weight, but actually gain weight. He attributes this to varied metabolisms and because some women are carbohydrate-sensitive and others are calorie-sensitive.

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## **Are You Sensitive to Carbs or**

# Calories?

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In general, calorie-sensitive women are less than 25 pounds overweight, didn't have weight problems when they were younger, but have slowly gained weight since turning 30, have a normal appetite and few food cravings.

Some women have identifying factors in each group. Heavin recommends that these women start by watching carbs, and if they do not lose weight after two weeks, they should switch to a calorie-sensitive diet.

If results are not seen after trying both approaches, Heavin says these women's metabolism may need a period of recovery before they can lose weight. More information is available in his book *Curves* (Perigee).

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## **2 Body Shapes That Are Dangerous for Your Health**

When it comes to your health, it is important to be aware of

and manage your weight. But according to Don Colbert, M.D., author of the Bible Cure series (Siloam), you should also be aware of how you're overweight. Where is your body's excess fat located? This is critically important when it comes to evaluating your risk of developing certain health conditions.

**Apple-shaped.** Do you have a few love handles on your tummy, abdomen and back? If you have abdominal obesity, or central obesity, you are considered "apple-shaped."

"If you are apple-shaped, you are much more likely to develop high blood pressure, diabetes, strokes and coronary artery disease," says Colbert in his book *The Bible Cure for High Blood Pressure*. He explains that when your fat is mainly in your abdomen, it tends to accumulate in your arteries, leading to vascular disease.

People who are apple-shaped also tend to be insulin resistant, Colbert says. This can lead to diabetes and elevated cholesterol and triglyceride levels.

**Pear-shaped.** If your extra fat is stored in your thighs, buttocks and hips, you are "pear-shaped." According to Colbert, "This body shape is not nearly as dangerous as apple-shaped obesity."

Colbert offers a quick way to determine which shape you have. Measure the narrowest area around your waist and the widest area around your hips. Divide your waist measurement by your hip measurement. If this number is greater than in men or greater than 0.8 in women, then you have an apple shape.

To prevent insulin resistance and lower your weight, which in turn will lower your blood pressure and risk for other diseases, Colbert recommends choosing a diet of low-glycemic, high-fiber foods, such as vegetables, whole grains and legumes.

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# Body Shape Linked to Disease

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# Chicken Soup for the...Nose?

We've heard of chicken soup for the soul, but for the nose? It's true, according to family doctor Don Colbert. "Chicken soup can help a cold or flu," he writes in The Bible Cure for Colds, Flu and Sinus Infections. "Hot chicken soup will actually help increase the flow of mucus and help clear out your sinuses."

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Hot herbal teas and vegetable broths are also good for nasal congestion, Colbert says. But he advises that some foods can result in a buildup of mucus and should be avoided during a head cold or sinus infection. These include cold drinks, frozen treats, eggs, chocolate and food additives.

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## **Eat Your Broccoli**

Why? It's one of the most effective anti-cancer foods you can buy! Researchers at Johns Hopkins University School of Medicine discovered that broccoli contains a natural compound that helps the body fight cancer by causing it to produce protective enzymes. These enzymes detoxify the carcinogens that could potentially lead to cell mutations. If you want to

get the highest concentration of the compound, choose young broccoli sprouts—and the fresher, the better.