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Healthy eating can help in the management of COPD

Healthy living is a priority for everyone—making good nutritional choices and maintaining a healthy body weight are important steps to living a healthy life.

For those who suffer from a chronic disease, such as chronic obstructive pulmonary disease (COPD), being healthy is an important element to the management of the disease.

COPD is a serious lung disease primarily caused by smoking and is currently the fourth leading cause of death in Canada. Activities that were once part of a daily routine can become almost impossible.

But eating a well-balanced diet nourishes the body and provides much-needed energy.

Taking the time to improve your diet can:

- Improve activity tolerance.
- Improve resistance to infections.
- Increase ability to prevent illness.
- Reduce hospitalizations.
- Improve general physical and emotional well-being.

Nutritionist Helene Charlebois advises COPD patients that “although diet can’t improve your COPD, it can help make your day-to-day life more productive, manageable, and most importantly, enjoyable.”

The following tips can help COPD patients when preparing and eating meals.

- Choose meals that are easy to prepare.
- Cook meals in large batches. Frozen dinners can be easily heated up and eaten on low energy days.
- Take time to eat without rushing.
- Instead of three big meals, try eating five to six smaller meals a day.
- Avoid extremely hot or extremely cold foods.

• Avoid gas forming foods such as raw onions, cabbage, Brussels sprouts, cauliflower, peppers, radishes.

• Avoid drinking with a straw as it can cause additional air-trapping in the lungs.

More information is available online at www.copdhelpp.ca.

—News Canada

Naked Chocolate author to speak at Mold-Masters

Best-selling author David Wolfe, a world authority on chocolate, raw-food nutrition, superfoods and herbal healing, will offer a presentation at the Mold-Masters SportsPlex from 7-9 p.m. Thursday, Nov. 22.

Wolfe will speak about his superfood diet in which people, with a simple blender, can get better nutrition while having fun.

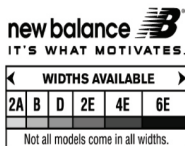
Wolfe, the author of *Eating for Beauty*, *The Sunfood Diet Success System* and his newest book, *Naked Chocolate*, will be available for questions and a book signing.

Cost is \$25 per person. Raw chocolate treats will be served and sold.

For more information contact Susan Wilson at healthnut@sympatico.ca or call 905-877-7697 or (cell) 905-693-2334.



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Back to school: Learn the ABCs of sleep

(NC)-A regular sleep routine is essential for a child's health and wellness. Along with nutritious meals and time for games and play, a restful night's sleep will ensure children are happy, alert and ready to learn at school. Here's what parents can do:

Adhere to a regular bedtime and evening routine to help children get a full night of quality sleep. To function at their best, school-aged children need at least nine hours of sleep every night.

Beware of candy, chocolate and caffeinated drinks, especially too close to bedtime. These stimulants have low nutritional value and inhibit children's ability to sleep.

Care for your child's mattress. Children's bodies grow quickly, so the mattress they had as a five year-old may not be appropriate for their pre-teen/teen years. Ensure they have enough comfort and support to fall asleep, stay asleep, and awake refreshed. A normal mattress' lifespan is 8 to 10 years, so handing one down to your child is not recommended.

For more great family sleep tips, visit www.bettersleep.ca.

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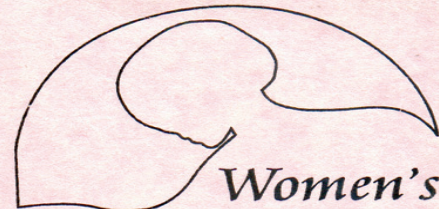
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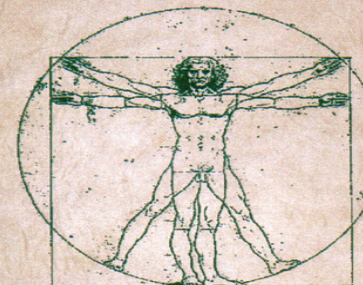
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