

# HEALTHY Lifestyles

## A Cup of Tea a Day May Keep the Doctor Away *by Sara Marsala, owner, Tempest in a Teapot*



Sara Marsala

For centuries, tea has been enjoyed by people worldwide as a soothing and refreshing beverage, but there has, for some time now, been scientific research to indicate we should be drinking this brew for more reasons than just pleasure.

Yes, a cuppa may help keep the doctor away. The health benefits of tea have been studied for a number of years, and researchers have found that tea leaves, unusually rich in natural compounds called polyphenols, contain anti-oxidant properties. What are anti-oxidants? Anti-

oxidants work to neutralize the assault by reactive oxygen molecules and free radicals (known as oxidants) and to prevent cell damage that can contribute to aging and more than 50 degenerative diseases including cancer and heart disease. A common misconception is that anti-oxidants are only found in green tea. Black, green and oolong teas all come from the same plant, *Camellia sinensis*, and all contain polyphenols. Antioxidant-rich foods may play a role in reducing the risk of certain cancers and heart disease, and a

new study finds that tea boosts the body's defense against infection and contains a substance that might be turned into a drug to protect against disease. Researchers say that coffee does not have the same effect.

A component called L-theanine, naturally present in black tea was found in laboratory experiments to help the immune system to attack invading bacteria, viruses and fungi, according to a study in the "Proceedings of the National Academy of Sciences". A second study,

using human volunteers, showed that immune system blood cells from tea drinkers responded five times faster to germs than did the blood cells of coffee drinkers.

Dr. Jack Bukowski, a researcher at Brigham and Women's Hospital in Boston and Harvard Medical School, who led the study, says the results give clear proof that five cups of tea a day sharpened the body's defense against diseases. Put the kettle on, it's tea time!

## Weightlifting Benefits All Ages *by Bruce Connell, owner/trainer, The Pulse Total Fitness Centre*



Bruce Connell

At one time only athletes in contact sports used weights to improve their performance. But now most all people involved in any sport, recreational or professional are using weight training to maximize their potential.

Recent research is proving that resistance exercise such as weight training is effective in controlling heart disease and is helpful in managing other health problems including osteoporosis and diabetes. Also recent studies have shown that weight training using a

weight that a person can perform 10 reps and train the full body for just 30 minutes can elevate their resting metabolic rate by 20% for 48 hours versus an aerobic exercise which elevates metabolic rate for one hour to 12 hours. This of course varies with the type and intensity of the exercise. So in other words all the time we thought that weight training was only good for muscle size and strength, it is now being proven to be beneficial for the general health of the entire body.

A combination of cardio and weight training, better known as cross training, has given great results. Every person has different abilities and needs. All ages will benefit. From teenagers who want to improve in their sport or even to feel and look better to seniors who just want to have

every day activities to become easier and most importantly help manage health issues.

When looking for a health club, choose one that does not generalize, but treats each member as an individual. Each member should receive recommendations based on an interview. They

should discuss your goals, diet and what is the program that would be best suited to your individual needs. Their personal trainers should have years of experience working with people of all ages, including professional athletes.

**These 2 Sisters Succeeded....**

**Now it's YOUR turn!**

reach your weight loss goal for **ONLY \$1/lb!**  
(excludes product, based on full program)

call today for a free consultation ...

**905-642-6906**

6162 Main St., Unit 3  
(West side of GO Station)

buy any 2 products & get the 3rd @ **HALF PRICE!**

**250 Centres Canada-Wide**

**25% Weight Loss Starter Kit\***

exclusive herbal blends for consistent weight loss

vitamins & minerals for vitality

Magic Cuisine™ Low-Cal Recipe Book

\*based on full program

**Q.U.I.T.™**

**Buy 2 & Get 3rd @ 1/2 Price!**

you can become smoke-free in just 7-21 days!

minimize withdrawal symptoms & cravings!

**herbal remedies**

energy, stress & tension, migraines, smoking addiction, sexual drive, snoring, arthritis, sports injuries, strength training, cold & flu ...

**weight control**

personalized weight programs, lose up to 7 lbs. per week, stabilization & maintenance

Jackie lost 40 lbs. & 57"

before

Tanya lost 60 lbs. & 52"

**Herbal Magic**

Weight Management and Nutrition Centres

www.herbalmagic.ca

### The Oral Health Corner

#### How Do I Contribute to My Child's Oral Health

The overall objectives of a child's oral health are not too dissimilar than that of an adults. However, while children's teeth are in the process of development, they are faced with their own unique potential problems that need to be monitored for.

**When Should I Bring My Child In For Their First Exam?**

In general the average child's baby teeth will start coming in at about 7 months, and be completed at about 24 months of age. Although not a steadfast rule, I usually recommend to my patients that they bring their children in at this time, when the baby teeth have all come in. At this early stage of development, my primary goal is to establish a positive association with dentistry for the child. This appointment is usually non-invasive, involving counting of the teeth, checking for their proper development, and introducing the child to some of the dental equipment.

**Monitoring For Cavities**

Compared to an adults teeth, a child's teeth may be more prone to decay, when one considers the fact that: A) The enamel on baby teeth are softer than on adult teeth; B) Children are diminished in their understanding of what brushing is for, and also diminished in the manual dexterity necessary for proper brushing. This is why as a parent it is very important to at least monitor your child's brushing, but best if you do their brushing and flossing for them. Yes, a child should also floss, especially if their baby teeth are in contact.

**What If The Dentist Diagnoses Cavities On My Child?**

I encounter a minority of parents that believe that the cavity doesn't need any treatment because it is on a baby tooth that will eventually fall out. Certainly if the tooth has a relatively small cavity, is very loose, and an ex-ray demonstrates close proximity of the adult tooth, monitoring and waiting for the loss of the baby tooth is acceptable. However, in many instances the adult tooth is years away from erupting, and therefore the baby tooth must function for that length of time. In this instance a filling must be done. Leaving the cavity can lead to further enlargement, and potentially a painful abscess that will need either root canal treatment or extraction.

**How Can I Ensure My Child Will Not Need Braces?**

Simply put, you can't 100% of the time. However, through regular dental visits, your dentist can anticipate potential crowding of your child's adult teeth and implement early proactive steps, including but not limited to early sequenced extractions, early referral to an orthodontist, and trimming the width of teeth. The objective is to eliminate crowding in the adult teeth, but more often achieves the result of limiting the extent and duration of future orthodontics (braces). As a general rule of thumb, if your child's baby teeth are either non-spaced or crowded, their adult teeth will be crowded.

**Advice: Baby Bottle Tooth Decay**

Try not to put your children to bed with a bottle of milk, juice, or even a soother dipped in a sweetener like honey. The various sugars in these products will lay stagnant in your child's mouth while they sleep. And when combined with the mouths bacterial flora, will contribute to quite extensive and destructive cavities in your child's mouth.

**Advice: Discouraging Oral Habits Like Finger Sucking**

Prolonged finger sucking can become destructive to your child's development, especially if it persists while the adult teeth are erupting/present. The presence of a finger in the child's mouth causes tipping forces on the teeth, and the abnormally high and narrow growth of the upper jaw. This can contribute to an abnormal bite, chewing abnormalities, and potential speech problems. If not extinguished early enough, correction will involve orthodontics with a potential surgical component to correct the altered anatomy of the upper jaw. Your dentist can assist you and your child with this problem.

Taking care of your oral health...I'm Dr. James Kim.

**Park Drive Dental Centre**  
12 Park Drive South (905) 640-6688

Any questions or comments?  
E-mail: oralhealthcorner@hotmail.com