

DR. MICHAEL WALD'S



HOW TO KEEP YOUR KIDS HEALTHY

1. True or False: Decreasing the intake of refined and processed sugar during childhood decreases the risk of chronic diseases later in life?

ANSWER: True. Poor quality nutrition during childhood, particularly during the first ten years, sets the stage for developing cavities, fatigue, difficulty concentrating and headaches now, and chronic diseases such as heart disease, cancer, osteoporosis, and diabetes later in life.

2. True or False: Restriction of fats intake during childhood contributes to optimal growth and reduces the risk of obesity in adulthood?

ANSWER: True and False. Saturated fats should not exceed 5% of the total diet; the remainder containing roughly equal amounts of mono- and polyunsaturated fats. Fats are needed for brain function and development, tissue growth, hormone production and disease protection. Best sources are mercury free omega 3 oils from fish, flax and algae (high DHA) and unprocessed grains for omega 6 oils.

3. What minerals are often lacking in the diets of children and adolescents?

- A. Copper, manganese, magnesium
- B. Iron, calcium, zinc
- C. Selenium, iron, chromium
- D. Zinc, potassium, sodium

ANSWER: B. Iron, calcium, zinc: low iron can contribute to learning disabilities, fatigue and "growing pains"; calcium is needed for bone growth, blood clotting and nervous system health; zinc is required for thinking, tissue repair and immunity.

4. Requirements for which vitamins peak during adolescent and teenage years?

- A. Biotin, folic acid, vitamin K, B5
- B. Vitamin C, vitamin A, B6, Niacin
- C. Thiamin, biotin, vitamin A, B12
- D. Folic acid, B6, B12, vitamin C

ANSWER: D. Requirements for B vitamins increase with increasing energy needs for growth and mental function. A diet containing a variety of fruits and vegetables should be consumed. Furthermore, a balanced supplement containing a mixture of these vitamins are important, especially for a child who eats poorly (i.e., juicing of fruits and/or vegetables with dehydrated powdered supplements added for optimal nutrition).

5. Keeping your kids healthy consists of?

- A. Adequate sleep
- B. Adequate water intake
- C. Reduce processed/junk food
- D. Develop good eating habits
- E. Relaxation and a manageable schedule
- F. All of the above

ANSWER: E. All of the above.



TAKE AWAY: Working towards and maintaining healthy eating and lifestyle habits helps kids grow into healthy adults. The more they know the better their health choices will be. Nutritional supplements should always be determined based on laboratory work and need by a trained Blood Detective.

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QUESTIONS ABOUT YOUR HEALTH?

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