



“Make the most you can of the Indian Hemp seed and sow it everywhere.”

~ George Washington

WELCOME TO A NEW WORLD IN HEALTH CARE.

September is here! The summer is almost over but that doesn't mean that there isn't fun and adventure to be found. With the weather cooling down and the days shorter now it the time to find that adventure before the summer is over.

This month in our MMJPR newsletter we have some amazing tips for your next doctor's visit and some great advice on some back to school backpacking!



Back To School Safe Backpacking

Children and young adults who carry heavy bags containing all the books and other equipment that they need for the day in school may be putting excessive strain on their spines. Not only can this result in short-term problems such as aches and pains, it may also have implications for back health later in life.

A recent study found that some children regularly carry as much as 60 percent of their body weight on their backs. While this figure is clearly unacceptable there is no definitive answer as to how much is safe. As a guide the American Academy of Pediatrics (AAP) recommends that backpacks should weigh less than 15 percent of a child's weight and never more than 20 percent. Other measures to prevent excessive strain include:

- Using both straps: Habitually carrying a bag over one shoulder places uneven weight on your child's spine and can cause your child to lean over to one side to compensate.
- Finding the right bag: Look for a backpack with wide, padded straps that can be adjusted for comfort—the pack should hang just below the shoulders and rest against the base of the spine. Try to find one with padding against the lower back and separate compartments so that your child can distribute the contents more evenly around the bag.
- Using lockers: Parents take heed, children are less likely to carry heavy bags around between lessons if the school provides lockers to store books and other needed items. Encourage them to use their lockers more frequently.



9 Tricks for Getting the Most Out of Medical Exams and Visits to Your Doctors

1. Get the first appointment of the day. What is it with doctors that they think their time is more valuable than yours, leaving you to cool your heels in the waiting room for an hour or more past your scheduled appointment? One way to get around this is to make sure you get the first appointment of the day or the first appointment after lunch. No one will have tied up the doctor or staff before you, and everyone will be more refreshed and less rushed.

2. Do your homework on your condition. These days, you have to be an active participant in your health care. In order to do so, you need to learn about your condition and the best way to treat it. Thanks to the Internet, you should be able to accomplish this easily. If not, ask a friend who is research savvy. Your knowledge will help to make discussions with your physician more informed.



3. Ask to sample a drug first. When your doctor prescribes a brand-name medication, ask if you can have samples. Drug company representatives often give doctors free samples, and it will cost your doctor nothing to pass them along to you. You'll get a "free ride" for several days, and if you have a bad reaction to the medicine, you'll find out without having paid a cent. You may actually end up giving that pharmaceutical company less of your cash for a change. One caveat: Check the expiration date on the drugs first.

4. Tell your doctor what you can afford. Studies find that doctors won't ask you if you can afford your medication, but if you tell them you can't, they'll come up with strategies, so you can get your drugs and still have money to pay the rent and eat. Some options: writing prescriptions for generics instead of brand names, reducing dosages, stopping some medications, teaching you how to split pills, and referring you to pharmaceutical assistance programs. So forget the "don't ask, don't tell" policy on income when it comes to your health.

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5. Schedule your skin checkup for winter. If you call your dermatologist in June and ask for an appointment for your annual skin check in August, is the receptionist going to say, “Why don’t you wait until December when you don’t have a tan and it’s easier to see any irregularities?” No, most likely she will go right ahead and make your appointment without passing along this vital information. But now you know, so hold off on that exam until winter.

6. Time your Pap test. This is just for the ladies. Before you schedule that annual Pap test, check your calendar. The best time for the test is the week before or after you ovulate, usually the first or third week of your menstrual cycle. This is when the cervical opening is widest, so it’s easier to get a sample, and the cervical mucus is thinnest, increasing the accuracy of the test.

7. Time your mammogram. Another one for the ladies. Ladies, whether anyone talks about it or not, having your breasts squeezed between two glass plates in a futile attempt to make them as flat as a pancake hurt. But it must be done (every year or two from age 40 onward). To

reduce the pain, time your mammogram for the week after your period. Your breasts are less tender and, a major study found mammograms taken during this time are more accurate. They’re less likely to result in false positives, while mammograms taken during the second half of your menstrual cycle are twice as likely to miss a cancer.



8. Eat only liquids before a colonoscopy. Just the thought of it gives us the shivers, but once you turn 50, a colonoscopy should be as much a part of that passage as a midlife crisis. You can make the whole thing easier on yourself by following a liquid diet for two days before the procedure so during the pre-procedure “clean-out” you don’t have the, ahem, “matter” to clean out.

9. Ask for a warm blanket for that PET scan. No one likes lying on the cold metal bed of a positron emission tomography (PET) scanner waiting to learn if he has cancer. But if you’re covered with a warm blanket, the test will not only be more comfortable, but more accurate. That’s because special tissue called “brown fat,” the kind that keeps you warm, also tends to absorb the radioactive tracer used in a PET scan to identify cancers, misleading doctors into thinking the fat cells are cancer cells or even hiding actual cancer cells. The warm blanket, however, can reduce the amount of tracer the fat takes in by 62 percent. Other ways to ensure an accurate PET scan include abstaining from strenuous activity and caffeinated beverages before the scan.

Flaxseeds

Teeny-tiny, shiny brown flaxseeds are a miracle worker for both your blood sugar and your heart. The many merits of flaxseeds and flaxseed oil have propelled this ancient seed (which was cultivated as early as 4000 BCE) into the nutritional spotlight.

Flaxseeds are known to protect against inflammation, including inflammatory conditions such as rheumatoid arthritis, asthma, Crohn's Disease, eczema and psoriasis. The omega-3 fats in flaxseed help prevent and even treat breast cancer, thanks to hormone-like plant compounds called lignans. And, like fish, flaxseeds may offer protection from Alzheimer's and depression.

\ They also have a pleasant, nutty flavour.

What's In Them

Alpha-linolenic acid (ALA): Because our bodies cannot manufacture this essential fatty acid, we must consume it in foods. Important for regulating blood pressure and for cell membrane health, ALA may have a wide range of beneficial health effects, including the ability to prevent heart disease by reducing the production of hormone-like substances that lead to blood clotting. ALA makes flaxseed oil healthy, though it should be noted that fibre and lignans are lost when the flaxseeds are processed into oil.

Insoluble fibre: This type of fibre keeps your digestive system running smoothly and helps to prevent constipation.

Lignans: Also referred to as phytoestrogens, lignans have mild estrogenic properties. Lignans may also play a protective role against autoimmune disorders such as systemic lupus erythematosus and rheumatoid arthritis, as well as fibrocystic breasts and some hormone-related cancers (such as breast, endometrial and prostate).

Soluble fibre: The soluble fibre in flaxseeds forms a gel in the intestine, helping trap and usher out harmful LDL or "bad" cholesterol particles..

Try this!

Make a pesto with fresh basil, garlic, ground flaxseeds (instead of nuts), flaxseed oil and grated Parmesan cheese. Do not heat; Just toss with hot pasta. Trust us—it'll be delicious! Maximizing the benefits to get the most out of flaxseeds, grind them in a coffee grinder or mini food processor. Unless the seeds are well-chewed or ground, they simply pass through the body, and you won't reap their health benefits. You also shouldn't heat flaxseed oil—heat destroys its alpha-linolenic content and makes the oil taste unpleasant.

