

Chatting with The Good Dr. Laura Shook  
August 2008

The eggplant and basil are flourishing in the recently turned warm summer weather. Personally I preferred the lingering spring like conditions but I'll take the heat if it means vine ripened tomatoes. It's hard to believe that it's August and school will be starting soon.

Here are some of my favorite "Start of the school year" reminders.

- 1) Cars, be on the look out for children they could pop out from just about anywhere.
- 2) Children, look both ways before crossing the street. Cars may not see you, assume they do not see you.

The laws of physics are powerful and momentum will prevail. If it comes down to -- Kid vs Car -- everyone loses.

- 3) Keep your hands clean and teach your young ones to wash their own hands. The start of the school year is one to the greatest annual "meet and greet" events of the cold germ community.

- 4) When it comes to book bags, back packs and growing bones, the load being carried should weigh no more than 10% of a child's body weight and never exceed 20%. That means that the backpack of an 80 pound child should not weigh more than 8 pounds and never exceed 16 pounds.

- 5) It is hot out and it could get hotter. Make sure you and your kids are drinking water and staying hydrated especially if you or they are involved in outdoor sports or work. You can review last month's *Chatting with The Good Dr. Laura Shook* for more information on the signs of heat exhaustion and heat stroke.

- 6) Eat breakfast – please eat breakfast -- There is nothing quite so disturbing as seeing children and teenagers munching chips and drinking diet pop for "breakfast". Remember that just because it is edible that does not mean it is food.

A quick minimally processed breakfast might be a sandwich on whole grain bread (peanut butter and jam or fruit), hard boiled eggs or an apple with cheese or peanut butter. Try making whole grain muffins with nuts, raisins and cranberries, add some powdered milk to the dry ingredients for an added boost of protein. Even leftover spaghetti is a better breakfast than donuts and 22oz of pop. It's true that you are what you eat.

Some recommended reading: \*

\**Food Rules* By Bill Haduch. This book offers the basic nuts and bolts of nutrition in an easy to understand style.

\**Improve Your Mood with Food* By Alexandra Massey with Anita Bean. This book explains how the food you eat really does affect mental clarity and focus.

\**The A.D.D. Nutrition Solution* by Marcia Zimmerman, C.N. This book explains the function of the brain and how it is affected, for better or worse, by diet.

Dr. Laura Shook is a chiropractor with an office located near down town Wichita KS. She can be reached at (316)267-6522 or email to [gooddr.laura@cox.net](mailto:gooddr.laura@cox.net)