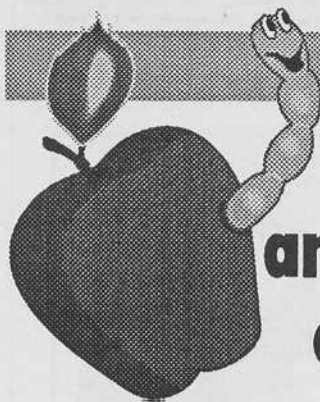
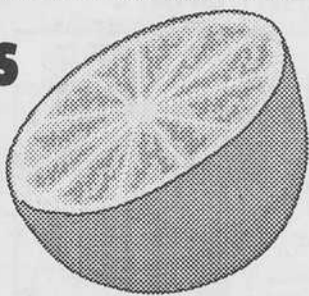


HEALTH



The apples and oranges of health



Special to Sentinel-Voice
Baylor College of Medicine
 Q. What is a nutritional comparison of apple and orange juice?

A. An 8-ounce glass of orange juice provides your child with more than 100 percent of the National Research Council's Recommended Dietary Allowance for Vitamin C. It is also a good source of potassium, folic acid and Vitamin A.

Although unsweetened apple juice contains approximately the same number of calories as orange juice, its nutritional contributions are limited unless it is fortified with Vitamin C. However, giving children apple juice is better than giving them sodas or other drinks loaded with sugar.

Q. I have been told not to give my two-year-old girl popcorn because she could choke. Are there other foods that could cause a child to choke?

A. A number of foods are hard for a toddler to chew and could become lodged in the throat or windpipe. Here are some things that children under the age of 5 should not be given:

- Apple chunks and slices
- Grapes
- Hot dogs
- Peanuts
- Round candies
- Chunks of uncooked vegetables like carrot sticks.

Children should never walk around or lie down while eating. They should also never be left unsupervised during meals or snacks.

Q. I want to pump breast milk so my husband can feed our week-old daughter while I am at school. However, after pumping for 15 minutes, I only produce 2 ounces of milk. What should I do?

A. Store those two ounces and celebrate! That is a lot of milk to pump at one time when your baby is seven-days old. If you nurse on demand, your milk will increase naturally over the next two to three weeks. Most breast feeding mothers produce 25 ounces of milk a day by the time their babies are four-weeks old. If you pump once a day, your daily production will increase faster and you will have more than enough milk in your freezer within a couple of weeks.

A good time to pump is early morning when your

breasts are full. Nurse on one side, then pump the other. Let your baby nurse on the pumped side when you finish to increase your milk supply even more.

After you return to school, the milk you pump in the morning can be refrigerated and fed to your baby later in the day. If you run out of stored milk, you can use formula as a backup for a day or two until you increase your milk supply by pumping more often and by relaxing and nursing very frequently on the weekends. Be aware that if you give your baby formula and do not increase your pumping and nursing frequency, your milk production will go down even more.

Q. My six-year-old son has become a finicky eater. He has narrowed his food choices to about 20 items (peanut butter, cheese, vegetable soup, apples, oranges and bread) just to name a few. I am concerned about his growth and how he

will do when he starts school. What should I do?

A. It is not uncommon for children to go on food jags. Fortunately, many of your son's choices are healthy ones and represent all of the food groups.

If you expect your son to try new foods, make sure you set a good example and eat a variety of foods. Help him by offering small portions of new delicacies at each meal. Be patient, but consistent.

Involve your son in meal planning, grocery shopping and other food planning tasks. He will be more likely to eat foods he helped prepare. Let him help pack his own school lunch. Include a few of his favorites and throw in a couple of new items each time, if he eats at the school.

You should have your child's growth monitored by your pediatrician. He or she will let you know if there are any problems.

Hearing loss affects sufferers, family

Special to Sentinel-Voice

Spouses and children of people with profound hearing loss are often "the forgotten family."

"Hearing loss affects the whole family," said Robert L. Beck, an associate professor of psychiatry at Baylor college of Medicine in Houston. "As with any family issue, good

communication is the key."

Often, someone who is losing their hearing is so focused on their own fears and anxieties, that they are unaware of how their hearing loss is affecting their loved ones.

"Family members may feel helpless and sometimes even hopeless in not being able to communicate satisfactorily

with the hard-of-hearing person," Beck said. "Frustrations are seldom expressed for fear they might hurt the hard-of-hearing person."

Beck said that, if not expressed, these frustrations may be turned inward and place additional stresses on the relationship.

For hearing members of the family, Beck suggests you:

- Express your feelings. Tell the hard-of-hearing family member how you feel about their hearing loss. Are you frightened, concerned about the family's future, or even angry at the hearing loss? Share it, do not keep it to yourself.
- Do not tiptoe around the

hearing loss. Avoiding talking about the hearing loss can lead to more discomfort. It could also lead the hard-of-hearing family member to think that you do not care.

• If you are the hearing parent, do not serve as a "gatekeeper" between your hard-of-hearing spouse and

(See Hearing, Page 12)

Doctors say arthritis sufferers need organic sulfur

Special to Sentinel-Voice

Arthritis is as American as apple pie. Arthritis - which means inflammation of a joint - affects more U.S. families than any other illness. Some 250,000 children and forty percent of the age 65-plus population have it. Its most common and serious forms of arthritis are often found in young active adults. One million new patients develop arthritis each year.

Organic Sulfur, the body's fourth most abundant material, could be the answer to the problem. The human body has a natural defense system that manufactures a special sulfur compound which makes the cell permeable. Thus, water can flow freely through the cell wall, removing toxins out and gaining the nutrients needed to spur healing.

"The problem is Americans presently don't receive this essential sulfur," says Dr. Earl Mindell, Ph.D., R.Ph. Mindell, a respected nutritionist and the world's leading expert on vitamins, dietary supplements and nutrition, authored the *Vitamin Bible*.

Your cell is like a balloon full of water. When the membrane around that cell is leathery, the cell will expand because of fluid and toxin build up.

This creates internal pressure inside the

cell, which causes the cells to inflate. When the cell inflates it is called inflammation. Inflammation or swelling to soft tissue puts pressure onto the nerves and this can create intense pain.

Dr. Stanley Jacob, Gerlinger Professor at the Department of Surgery at Oregon Health Sciences said Methsulfonmethane (MSM) provides the necessary sulfur for arthritis sufferers.

"MSM is a fascinating life-enhancing agent. I've studied a number of individuals who have taken MSM that have degenerate

or rheumaty arthritis, disc problems in their back, acute injuries, tendonitis, bursitis and the like," he said. "It (MSM) is certainly an important adjunct that gave lost-lasting relief."

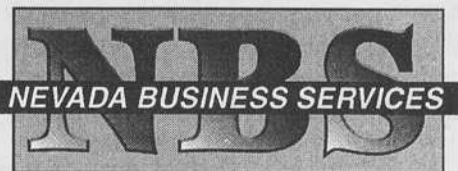
Clinical evidence on arthritic patients using MSM show a significant decrease in pain, stiffness, swelling and inflammation. Even muscle pain associated with multiple sclerosis responded very favorably to MSM.

Reagan State Science professor Dr. Herschler also found that MSM has reduced the incidence of, or entirely eliminated, muscle, leg and back cramps.

One of the most effective means to get organic sulfur is to apply a lotion that contains MSM.

Arthritis is as American as apple pie.

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