

Nurse's News

WOW THERAPY FOR HEADACHES

I wish I could take credit for this but this came from school nurse Earlene Watson.

It is called WOW Therapy for Headaches.

W water: 10 gulps of water at a fountain are about 8 ounces of water

O oxygen: take ten slow, deep breaths

W wait: give it about 30 minutes and see if your headache is gone

She had her teachers as well as students use it. If the student's headache continued then the teacher would send for an assessment by the school nurse. I find it very useful and it prevents the unnecessary use of medication. I feel we over medicate in our society and this is a palliative treatment that gives positive results.

TOP 10 HEALTHIEST FOODS FOR KIDS

By Leanne Ely, C.N.C.



*Optional **Oatmeal**: A fabulous breakfast food, full of B vitamins, iron, zinc and calcium. Old-fashioned oatmeal offers quick energy for busy kids with its carb load and fiber count.

*Egg 'em On: **Eggs** are a great source of protein and a host of other nutrients, including the B vitamins, vitamin E, and zinc to name a few. The American Heart Association's Guidelines have changed and an egg a day (for adults) is okay now. For kids? Well, they didn't say so use your own good judgment.

*Nuttin Better: **Nut butters** are great fast foods for kids. Kids need the fat (it's a good fat if it doesn't have hydrogenated oils mixed in it) and they need the protein. And while peanuts can be problematic and even life threatening to allergic kids, other nut butters may be okay (but definitely check with your doctor first). Almond butter is a personal favorite.

*Culture Club: Kick your child's milk consumption up a notch and include **yogurt** on the menu. A great source of calcium, yogurt is easier to digest than regular milk and the cultures (check the label to make sure they're in there!) are very beneficial to good colon health . . . especially if your child has been on antibiotics. Watch it on the sugar content, though. A better idea is to buy plain yogurt and sweeten it yourself with fresh fruit.

*Mmmm, Mmmm Melons!: My personal choice would be **cantaloupe** in the melon department. Vitamin C, beta-carotene, bits and pieces of B vitamins and trace minerals and calcium fill every juicy bite. Melons are not to be missed when they're plentiful and in season.

*Tree Cheers!: Kids like to call **broccoli** trees and sometimes you can get picky kids to eat trees rather than broccoli. Broccoli is one of the best vegetables for anyone, especially growing kids due to its calcium content and a whole host of other nutrients, such as potassium, beta-carotene, and B vitamins.

*Terrific Tubers: **Sweet potatoes** contain 30mg beta-carotene per cup. It would take 23 cups of broccoli to get that same amount! And with 3 grams of fiber per serving, sweet potatoes deserve a place at the table.

*Protein Power: One size does not fit all when it comes to protein. The fact is growing kids need protein to keep growing. How you're going to give it to them can vary widely, according to your preferences. Good choices include **legumes, beans** (combined with a grain to make a complete protein), **soy products like tofu, or meat, fish, or poultry.**

*The Whole Truth: the best nutrition is found in the whole grain. **Brown rice and whole wheat bread** are a quantum leap over their white counterparts and offer necessary fiber, minerals and vitamins. Don't shortchange your kids with the white stuff.

*OJ is OK: Kids drink too much juice -- I mentioned that in my last column. However, that doesn't mean they should never drink juice. Just don't give it to them in place of water. **Orange juice** is full of vitamin C, vitamin E, potassium, folate and zinc. You can buy calcium-fortified orange juice, too -- it's great stuff in moderations.

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Leanne Ely, C.N.C. is the author of "Healthy Foods: An Irreverent Guide to Understanding Nutrition and Feeding Your Family Well" (Champion Press) plus two age-appropriate unit studies for kids designed to teach children about responsible nutrition. She is also the author of Menu-Mailer. Menu-Mailer answers the perplexing question, "What's for Dinner?" by sending you menus, recipes and a shopping list for the week! Mail to: leanneely@aol.com for more information.