

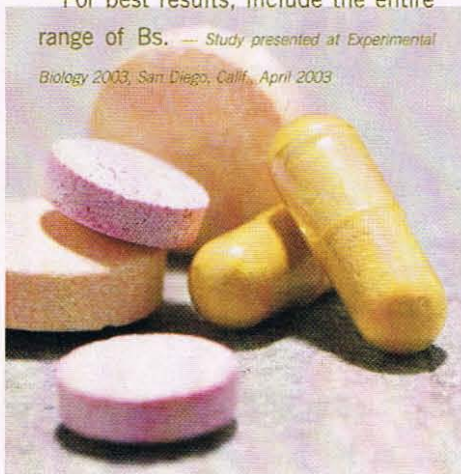
B VITAMINS EASE CHRONIC PAIN

NEARLY 90 MILLION AMERICANS are affected by chronic pain, costing our economy close to \$100 billion each year. Commonly recommended treatments, such as nonsteroidal anti-inflammatory drugs (NSAIDs), can have serious side effects, especially when taken on a long-term basis. B vitamins may be a better solution, say a group of Texas researchers.

In animal studies at Dallas' Parker Research Institute, scientists found that supplements of vitamins B1, B6 and B12, when taken alone or in combination, relieved pain caused by nervous system damage, which is responsible for sciatica, lumbago, facial paralysis and other conditions.

For best results, include the entire range of Bs. — Study presented at Experimental

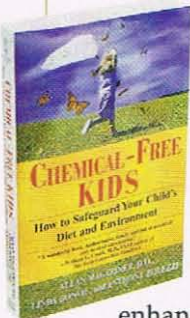
Biology 2003, San Diego, Calif., April 2003



bookshelf

Chemical-Free Kids: How to Safeguard Your Child's Diet and Environment (Twin Streams/Kensington Publishing, 2003)

BY ALLAN MAGAZINER, D.O., LINDA BONVIE AND ANTHONY ZOLEZZI



EVERY PARENT WANTS HEALTHY CHILDREN. Yet, today that seems more difficult than ever, with everything from asthma, allergies and autism to diabetes and learning difficulties reaching epidemic proportions. Arguing that low-nutrition, processed foods and environmental toxins are to blame, three experts in *Chemical-Free Kids* offer practical, livable solutions that any parent can implement.

Although most of us know that we should eat nutritious foods, few people are certain about what that actually means. So, the authors provide a thorough explanation. First, watch out for "fake and toxic foods," including the flavor enhancer monosodium glutamate (MSG), artificial sweeteners such as aspartame, trans fat-loaded partially hydrogenated vegetable oils, bovine growth hormone, and artificial colors and preservatives. All have been linked to various medical problems, and some have been identified as carcinogenic in animal studies.

Second, protect children by eliminating toxic cleaning products, such as drain cleaners, oven cleaners and acid-based toilet bowl cleaners, from the home. As the authors note, there are plenty of alternatives available today. A number of companies now make environmentally friendly cleaning products, and the authors explain how you can make your own with everyday ingredients, such as borax, white vinegar, baking soda and salt.

Third, avoid using traditional pesticides and herbicides, which contain poisons that can cause everything from rashes to cancer and brain and nervous system damage. Instead, the authors recommend safe and effective alternatives, such as a few spritzes of vinegar to kill weeds and pest plants.

With dozens of simple, tasty recipes and plenty of resource information, including sources for organic food, *Chemical-Free Kids* is a book that can improve the lives of today's children, and their parents, while making future generations healthier as well.

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www.HealthyConnections.com

THE NUMBER OF PEOPLE WITH AGE-RELATED HEARING LOSS IS LIKELY TO SOAR AS BABY Boomers achieve senior status, say experts. Antioxidants, such as vitamins C and E and alpha-lipoic acid (ALA), have been found helpful in restoring lost hearing, but many people are unaware that their hearing has changed. Although hearing tests have traditionally been conducted in a doctor's office, the experts at the respected House Ear Institute, Los Angeles, have developed an online test that helps determine if an individual is having trouble understanding speech when background noise is occurring, such as conversations in a busy restaurant. The test is accurate regardless of computer speaker quality. Simply surf to www.HealthyConnections.com and click on "Take our free online hearing test." If the results show hearing loss has occurred, the site also provides a directory of hearing specialists who can conduct a full audiological evaluation and make recommendations for treatment.