

Supplements May Not Contain What They Claim!

The Attorney General (AG) of New York has filed a criminal complaint against several distributors of nutritional supplements, claiming they are not what they claim to be. According to the NY AG, St. John's wort, Ginkgo biloba, Echinacea, Ginseng, and other supplements are nothing more than rice, wheat,

mustard, garlic and other common food products. This complaint confirms what many have suspected. Even if these are pure and unadulterated there is little proof they would be beneficial.⁶

PositiveTip: *Avoid illusions and rationally choose what you purchase and consume.*



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Role of Family Meals in Preventing Youth Obesity

by Gary Hopkins, MD, DrPH

Over the past decade and a half, the issue of adolescent obesity has become one of the most paramount concerns of health professionals and parents. Kids are getting heavier. Obesity is on the rise, and solutions to this problem seem to be scarce. Initially researchers felt that kids were eating more because they didn't know enough about what causes obesity but that notion has been dispelled over time. So, what can we do?

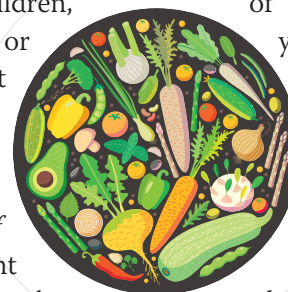
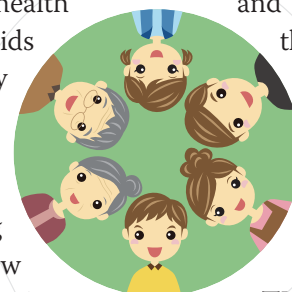
There are insights that show promise and one of these is to have meals one or more times per week with the entire family, including children, grandchildren, or other important youngsters.

An article published in the *Journal of Pediatrics* lent strong research support to the value of family meals. In this study the sample of adolescents were followed over

time. Over a ten year period the researchers measured their body weight along with other variables, and then compared the result between those who were living in a family that had family meals together or not. Family meals meant, no TV, no Internet, no distractions—just a family having meals where they ate, talked and interacted with each other.¹

Results revealed that family meals during adolescence were protective against the development of overweight and obesity in young adulthood. The benefit of family meals together was found when this practice was carried out at least once or twice per week!

Many years ago, Ellen G. White wrote, "*In the morning the family should gather about the table quietly...then either before or after the meal should come the* See "Family meals" on Page 3



Marijuana: Is It Really OK?

by Elvin Adams, MD, MPH

Marijuana smoking by adolescents 17 and younger has been found to have a detrimental effect on university level achievements in early adults up to the age of 30.³

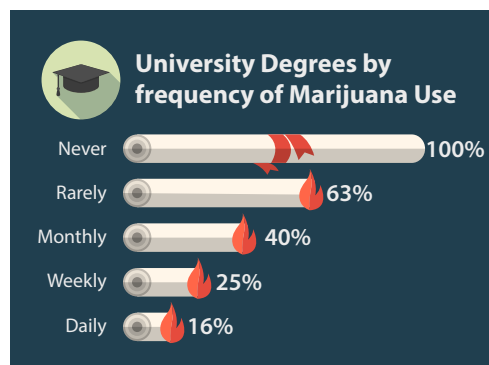
Adolescent marijuana smokers were divided into 4 categories: those who smoked marijuana less than once a month, those who smoked at least monthly, those who smoked weekly, and those who smoked daily. These were compared with those who never used marijuana.

As these adolescents grew into their 20's many saw an advantage in seeking an advanced university degree. The graph depicts the percentage of those who actually attended university and obtained a degree based on frequency of marijuana use during their teens.

The results are sobering: compared with those who never used marijuana, the more frequently teens used marijuana, the lower the likelihood they would reach their university goals.

Early marijuana use in adolescence while the brain is still developing, results in changes that prevent young adults from

adequately preparing themselves for adult life. Cognitive functions are permanently affected. Mental energy is reduced and initiative is impaired. You may want to go to college. You may see the need for additional, advanced education, but you are much less likely to achieve your educational goals if you have marijuana use in your background.



Ellen White, a 19th century health reformer, recognized there are many things that will hold back the development of the mind. She saw the mind would best develop when under the influence of the Holy Spirit. *“He who places himself unreservedly under the guidance of the Spirit of God will find that his mind expands and develops. He obtains an education in the service* See *“Succeed or weed” on Page 3*

The Weighty Impact of Working Mothers



Researchers investigating the links between a preschooler's weight and their mother's work schedule found sleep was a primary factor for weight regulation. Children of full time working mothers slept less and had higher BMI's than children whose mothers worked less than 20 hrs/week. Children's sleep patterns may mirror mom's by staying up later for quality time and rising when mom gets ready for work.⁵



PositiveTip: As you juggle home and work life, aim to allow 11-12 hours of sleep for your preschooler.

“Family meals” from Page 2
family worship. This should be a service in which the children can take some part. All should have their Bibles, each reading a verse or two...this invites Jesus as a welcome guest into your house and heart.”²

Gather round the table with your children, leave the distractions behind, and focus on joyful, quality interactions.

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“Succeed or weed” from Page 2
of God which is not one-sided and deficient, developing a one-sided character, but one which results in symmetry and completeness.”⁴

The Bible reminds us God tests the mind and every one's mind receives an imprint according to his or her habits and addictions, *“I, the Lord, search the heart; I test the mind, even to give every man according to his ways, according to the fruit of his doings.”* Jeremiah 17:10 (NKJV)

Young people should avoid marijuana to maximize their normal growth and development. Advanced degrees will be easier to achieve. Life will be easier to live.



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