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Unplug the Tube for Family Memories

The summer's dog-days are now upon us. The forecast for the month of August is hot throughout the evenings and hotter during the days. Temps over a 100 degrees with 100% humidity are common. We are all blessed that we have been given enough rain over the recent past to run our sprinklers for our children to dance through.

Back a year or so we were all worried about enough drinking water because the Army Corps of Engineers needed our drinking water for the muscles and clams in the Apalachicola Bay. Crazy. Not so crazy is that at the Children's center we prescribe ice-cream for surviving our dog-days of summer. Vanilla, chocolate, butter-pecan ... it is all great. The home-made variety, with the old-fashioned hand-crank, is the best of all.

Before you gather on a warm summer afternoon to turn-out home-made ice-cream, and feast on the results be prepared to answer those calorie cranks who swarm on us this time of year abuzz to guilt-away our fun. Our Nation is so abundant in our food supply that the US produces and exports food that by its own harvest prevents world starvation. Our blessed abundance of inexpensive food fosters obesity and related health problems. Better obesity than malnutrition any day. An obsession with our weight promotes nutritional neurosis with its own health problems that are, literally, bone-deep. Adult specialty doctors have clinics treating thin and weak bones ... known in med-speak as osteoporosis. Women are at risk.

In pediatrics, rickets may result from insufficient calcium and fat soluble vitamin D. Contributing in

these diseases may be an excessive fat phobia and curtailing cows' milk from our young, along with other fad diets.

Today's anti-fat religionists could benefit from the wisdom of Solomon that has been recorded in both the Bible and Columbia Records. The Book reads (and the Byrds sing) "a time to (this)..., a time to (that)..., a time to BUILD UP! ..., a time to" The only time to build up a life-time of bone-calcium is before your eighteenth birthday. Back when I was a kid, ice-cream was considered good-for-you.

My opinion has not changed. Women and all people under eighteen years old, toss the guilt and enjoy those summer ice-cream cones. Make the stuff at home, on a warm summer afternoon, with the whole family, and build bones and wonderful memories. Enjoy the ice-cream and skip the French fries. What have the French done for us anyway. Make a memory while you are fighting the summer heat. Get out that hand-crank ice cream maker this weekend, and have some old-fashioned family fun, and leave the TV unplugged.

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