

Keeping sickness at bay.

Preventing Sickness:

An ounce of prevention is better
than a pound of cure.

Keeping your child's body healthy is a simple and effective way to keep infections and sickness at a minimum. Here are some ways to help avert sickness before it starts:

Eat natural fast foods for fitness.

Encourage her to eat nature's own 'fast food' throughout the day at snack time and meals: Fresh fruit and vegetables. Carrot sticks, apples, bananas, oranges, celery and cucumber are full of minerals and vitamins that help sustain a body's immune system. They also contain roughage needed for a healthy digestive track. Fruit contains natural sugars for energy.

Drink water. Your child needs six to eight glasses of water each day to replace body fluids.

Water:

- ☼ helps keep his body cool
- ☼ keeps his organs running efficiently.
- ☼ gives clear skin and sparkling eyes.

If he's low on water he may be listless and whiny, and develop headaches. Juice and soda can be part of his water intake, but they include sugar and sometimes caffeine. Nurture the habit of quenching thirst with plain water instead. It's more satisfying and doesn't carry extra calories.

Exercise in fresh air every day.

Go for a brisk 20 minute walk with her. It will pump plenty of oxygen into your blood, energizing your bodies. It also improves circulation and helps reduce the risk of heart disease.

Keep up with immunizations:

There are six vaccinations controlling 11 diseases that the Center for Disease Control and Prevention recommends for children. Vaccinations prevent people from becoming infected with diseases, some of which are life threatening. They are usually given in several doses over a period of time. Some children react to some vaccinations so check these out with your health care provider.

Hib: Haemophilus influenzae type b is a bacteria capable of causing illnesses such as meningitis, epiglottitis, and arthritis in young children.

DTP: Diphtheria affects throat, nose and skin, and can lead to paralysis. Tetanus symptoms include muscle spasms, often the neck and jaw, with a 40 percent mortality rate. Diphtheria, or whooping cough, causes long and severe bouts of coughing, with a high mortality rate among infants.

Hepatitis B: An infection of the liver causing jaundice, nausea and weakness.

Polio: A viral infection that causes paralysis.

MMR: Measles causes a rash and high temperature, but has potential complications of brain infection, pneumonia, blindness. Mumps causes swelling salivary glands, but can lead to sterility. Rubella (German measles) causes a mild rash and fever, but is extremely risky to a developing fetus.

Chickenpox: This causes a rash and slight fever but can lead to arthritis and meningitis.