

**CANTERBURY WELLNESS CENTER**

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## Canterbury Wellness Winter Tidbits

The holidays have passed and as we move forward into 2007 it's time to focus on healthy living for you and your entire family! We've found a couple of great resources for our patients, their friends, and families.

### Books to check out:

**Chew On This: Everything you don't want to know about fast food**, (by Eric Schlosser and Charles Wilson) is a book aimed to arm teenagers with the facts they should (but probably don't) know about the fast food industry of which they are such an integral part. This 304-page book is an easy read that speaks to kids-no lectures here about why they shouldn't be ordering extra value meals or considering French fries as a food group. Schlosser and Wilson provide information in an engaging way, a way in which the readers can't help but critically think about the choices they make on a regular basis when it comes to fast food. Throughout the book, the authors provide interesting nuggets that will amaze students and keep them thinking long after they learn facts like the following: "If you took the 13 billion hamburgers that Americans eat every year and put them in a straight line, they could circle the earth more than thirty-two times."

**Yoga Pretzels: 50 Fun Yoga Activities For Kids & Grownups (Cards)**, (by Tara Guber and Leah Kalish) brings a wonderful yoga resource to people of all ages. This fifty card deck is divided into nine sections: Breathe, featuring fun breathing exercises; Game, with both small and large group variations; Balance, to teach stability; Stand, to feel grounded; Forward Bend, to calm the mind; Back Bend, to be trustful and open; Twist and Stretch, to tone and unwind; Partner, to teach teamwork; and Time-In, children-focused meditation techniques. The cards provide easy step-by-step instructions for beginners of any age!

More information and reviews on these and other great books available from The Wellness Initiative (<http://www.wellnessinitiative.org>)

### Great websites for health information:

These websites are full of great information to keep you healthy. They include information on prescription, over-the-counter and alternative medications, comprehensive overviews of diseases and conditions, stress and depression self-assessment tools, explanation of medical tests and procedures, healthy recipes, as well as tips for weight loss and healthy living. These two websites were ranked best by Consumer Reports when comparing the 20 most-trafficked health sites on the Internet.

**The Mayo Clinic: Tools for healthier lives** - [www.MayoClinic.com](http://www.MayoClinic.com)

**Medicine Net: We bring doctors' knowledge to you** - [www.MedicineNet.com](http://www.MedicineNet.com)

***Elder Wisdom Circle*** is organized as a IRS 501(c)3 non-profit association comprised of the Elders (Cyber-Grandparents) who offer advice and the younger people who seek advice (Cyber-Grandkids). Most advice-seekers are 15-45 but we reply to everyone. We are based in the San Francisco Bay Area with Elders all over North America. The mission of our association is to promote and share elder know-how and accumulated wisdom. We also have a goal of elevating the perceived value and worth of our senior community. To seek advice, or volunteer as an Elder, visit: [www.ElderWisdomCircle.org](http://www.ElderWisdomCircle.org).

### **Medical Study to Participate in:**

Wanted: long-lived siblings. Are you or a family member over the age of 79, with a living sibling also older than 79? Your family may qualify for the National Institute on Aging's Long Life Family Study, a multicenter investigation into why some people live longer, healthier lives and avoid certain diseases and disabilities. To learn more, go to [www.longlifefamilystudy.org](http://www.longlifefamilystudy.org) or call 1-800-304-4317.

### **FEEDBACK:**

Do you have ideas for future newsletters, or general feedback about Canterbury Wellness? We would love to hear from you! E-mail us at: [mkoenig@canterburywellness.com](mailto:mkoenig@canterburywellness.com)

### ***Live Long, Live Strong***

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