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**Menopause, Andropause And Other Hormone Imbalances**  
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**Is Technology Robbing our Kids of Good Health?**

**By Larry M. Glicken**

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Is Technology Robbing our Kids of Good Health?

Today's kids are technologically smarter than we were at their age, but in some homes technology seems to have taken control of our children's lives. Many parents don't realize the underlying effect it's having on their children's health.

Hardly a day goes by that we don't hear a news report on childhood obesity. With our children coming home from school, sitting in front of the computer or spending time playing video games it's no wonder obesity is on the rise. This being said, there is another problem that many parents may be overlooking.

Each year, reports pertaining to the number of bone fractures in children are made public. Each year, those numbers rise. Some reports attribute the increase in broken bones to an overload of sugar from too much soda. This may indeed be a contributing factor, but I believe improper calcium balance may be the real cause.

Calcium balance is particularly important in our childhood years when we are growing. Over 98% of the calcium is found in our bones and teeth. Our bodies rely on vitamin D and weight bearing exercise to help keep calcium levels intact. Weight bearing exercise includes any activity in which your feet and legs carry your own weight. Some good examples include:

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- \* Walking
- \* Running
- \* Jumping Rope
- \* Dancing
- \* Climbing Stairs
- \* Jogging
- \* Aerobic Dancing
- \* Hiking
- \* Inline Skating/ice skating
- \* Racquet sports
- \* Team Sports such as soccer, Basketball, field hockey, volleyball and softball or baseball.

These are a few of the exercises that can help to build strong bones. Staying in the house and playing video baseball, instead of hitting a real Little League home run, is robbing our children of sunlight.

Remember that vitamin D is manufactured in the body as a result of sunlight on the skin. It is the messenger molecule that is responsible for getting calcium to the parts of the body where it is most needed. Without proper weight bearing exercise and Vitamin D, the calcium balance is seriously disrupted. You may think that your children get plenty of vitamin D and calcium from the milk they drink, but did you know that the human body absorbs only 20–30% of the calcium in cow's milk. The American Journal of Clinical Nutrition found that the body absorbs calcium from kale easier than the calcium in cow's milk.

In addition, many studies have linked the consumption of cow's milk to multiple health problems, but that's a story for a later time.

Should you feed your child kale instead of milk? Maybe, but it's time for us as parents to insist that our kids get outside and play again. There simply is no better way to get the proper amount of vitamin D than to be in sunlight.

If you are afraid to pull the video game plug and are considering giving Junior a vitamin D supplement instead, you should know that of all vitamins, vitamin D has the highest level of potential toxicity. Some of the better D supplement choices would be Cholecalciferol (Animal origin) and Ergocalciferol (yeast origin.)

I'm not saying the kids should never be on the computer, but I am

strongly suggesting you consider limiting their time.

When children spend time outside, they get the chance to soak up the sunlight thus enabling the skin to produce vitamin D – naturally. More than likely, their outdoor activities will include some good weight bearing exercise, which will allow even more vitamin D to be produced. The increased activity may also lead to weight loss and better overall health.

Vitamin–D:

Helpers– Sufficient exposure to sunlight

Robbers– Lack of sunshine and Fried foods.

Larry M. Glicken

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Larry Glicken is a Nutritional Consultant and owner of Complete Life Nutrition.com. Dedicated to helping people stay healthy. Visit [www.completelifenutrition.com](http://www.completelifenutrition.com)  
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## **Seventeen Reasons To Homeschool Your Kids**

**By Rudy Silva**

Homeschooling was once a rare educational method. Today it is well known and an accepted way to education your kids.

Most parents thinking of homeschooling have a difficult time deciding whether to do it or not. The following is a list 17 reasons why other parents are homeschooling their kids. And, there is one important question you must answer correctly if you expect to succeed in homeschooling. This will be given to you at the end of this article.

- Private school is too expensive
- Their children have problems learning in school or have a hard time getting along with other kids
- They have special health needs
- They are unhappy with the public school curriculum
- They want their kids to have a better education
- They enjoy homeschooling and being with their children
- They don't want their kids to be badly influenced by other kids and learn their bad behaviors

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- They want their kids to learn the skills they need to succeed in life
- They want their kids to receive an education that caters to their interests, ability level and aspirations
- They move around, following husbands work, and this is a way to keep the family together
- Their kids would get the individual attention they really needed
- It gives the kids a chance to become who they really are by giving them more freedom to express themselves than public schools would allow.
- They want to see their kid grow and turn into wonderful, capable, loving person.
- They want a way of life that allows the whole family to be together
- They feel they are releasing their kids to strangers to raise them and this is not what they want to do
  
- Their own educational philosophy greatly differs with the public school education.

So how do you decide whether to homeschool or not. Well, you're going to need a lot of information. You need to learn about,

- academic research
- legal homeschool rulings
- homeschooling practicals
- schooling materials
- how much it will cost
- how to evaluate what you are doing

One more important thing you will need to find out. You need to know what it feels like to homeschool your kids day in and day out.

Finally, the most important question you have to answer if you are planning to homeschool your kids is:

Do you really enjoy being and spending time with your kids? The question is, if you enjoy spending a lot of time with your kids every day. You must like being with your kids most of the time and if you don't then most likely, homeschooling is not for you.

For more tips and information about homeschooling and a special email course on homeschooling go to:

Rudy Silva has a BA Physics degree and is a Natural Nutritional trainer, teaching people how to gain good health.

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