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Alarming Content of Sugar in Children's Lunchboxes

*Kids learn to prepare their own lunches and do junk food experiments
as part of innovative weight loss program*

The rising rate of childhood obesity has driven some parents to desperate solutions like gastric bypass surgery and children's diet pills. But chiropractor and nutrition expert, Dr. Channing Bolick, says these measures fail to deal with the fundamental causes of weight gain.

To keep your kids at optimum weight, Dr. Bolick suggests:

1. Make a "food contract". Outline which fresh vegetables, fibers, unprocessed oils and proteins your children must eat for a week to be rewarded with a meal of THEIR choice.
2. Allow educational "experiments" with bad foods. Forbidding junk food only creates more desire for it. Allow children some sugary snacks, but ask them to observe what happens after eating these foods. If they tell you ice cream makes them hyperactive, give them credit for their self- discovery of "cause and effect".
3. Involve children in family meal preparation, but teach nutrition as you go. As your child is chopping spinach, say, "spinach has lots of vitamin B6, which makes red blood cells. That's why we like it." Of course, this involves nutritional homework on your part.
4. Let children prepare their own school lunches. Children's food preferences change often, so be sure to offer plenty of options. Celery sticks or a small salad topped with nuts and fruit is a great starter. Add chicken breast, fish, or lean beef for protein.
5. Save Carbs for PM, not AM. Train overweight children to cut out cereals and toaster treats in the morning, and instead choose eggs and a protein shake. Dr. Bolick recommends food allergy testing which he can often do in one office visit to reduce the potential of allergic food reactions.
6. Teach good health habits by example. If your exercise consists of sitting in front of the TV eating ice cream, your children will grow up doing the same thing. But if you eat well and exercise regularly, chances are your children will, too.

SAMPLE INTERVIEW QUESTIONS:

1. One part of your weight loss program consists of testing for food allergies. What role do food allergies play in childhood obesity?
2. Your program encourages kids to get involved in their own menu planning and food program, tell us about these steps.
3. What are the most common foods that trigger big weight gain in kids?
4. How long does it take before kids notice improvement in their weight what kind of results can children and parents expect from your program, weekly, monthly and overall?

ABOUT DR. CHANNING BOLICK

About Dr. Channing Bolick, D.C. (pronounced BOWE-lik)

Dr. Channing Bolick's general family practice is centrally located in Maitland where he and his staff specialize in treating chronic health issues with drugless, natural therapies. Dr. Bolick is a licensed Doctor of Chiropractic (D.C.) and holds a degree in acupuncture from the International Academy of Medical Acupuncture. He is a member of several chiropractic associations and is active in the Maitland Rotary Club.

For more information about Dr. Bolick's Weight Loss Program and his drugless therapies for resolving pain, contact Dr. Bolick at 407-629-5333. The Bolick Clinic is located at 500 E. Horatio Ave. Maitland, FL 32751. Web site: www.bolickclinic.com