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May 2000

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# Ask Susie

Our health expert and nutritional therapist, Susie Perry (BSc Dip ION) delivers some practical solutions and sensible advice

## Hyperactive handful

**Q** We have recently been asked to look after our grandson but he has been diagnosed with ADHD and his hyperactivity makes him a real handful. Is there anything you can suggest?

Delia, Hayward's Heath

**A** ADHD is strongly linked to dietary factors. Dr Feingold, an allergist in 1973 found that these children have a heightened sensitivity to the synthetic food dyes of red, orange, yellow and blue. He also noted a reaction to salicylic acid and MSG. Since then caffeine and sugar have been added to the list of foods to avoid if you want to calm children down. So for easy baby sitting don't give him any foods that contain these artificial

ingredients. Stick to fresh cooked foods and cut our sugar snacks, treats and soft drinks plus any tea or coffee. Use diluted fruit juices or water as replacements. Hopefully this way you will have a relatively stress free and enjoyable day.

## Snap, crackle and pop

**Q** I am only 45 and my joints have started cracking and popping, I don't get and pain or inflammation but I sound like an old lady. What can I do to help prevent this from getting any worse?

June, Lewis

**A** Cracking joints is a sign that your cartilage is suffering from decay. This can be brought about by dehydration or general toxicity making the

fluid that fills your cartilage in-between your bones more rigid. This means that your joints can't slide as easily over each other when you move. The solution is to drink more water and take a supplement called 'glucosamine sulphate' which helps to restore the fluidity to the cartilage and prevent further damage.

## Your view

If you have diet concerns and you would like Susie's advice, then please send your question to us at: Sussex Life Health, 28 Teville Road, Worthing, West Sussex BN11 1UG or email: [health@sussexlife.co.uk](mailto:health@sussexlife.co.uk)

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