



## It's All About Health

This Month:

### Quick Apple Crisp

1/3 c graham cracker crumbs  
1/3 c quick oats  
2 tablespoons brown sugar  
1 teaspoon cinnamon  
2 pound apples (6 medium)  
1/2 c water  
1 tablespoon butter

Preheat oven to 375 F.

Topping: In a small bowl, mix graham cracker crumbs, oats and brown sugar.

Wash and peel apples.

Quarter them; cut out core and seeds. Slice apple quarters.

Spread apples in a 12x8 inch baking pan. Add 1/2 cup water to the pan. Sprinkle cinnamon and topping over apples. Dot with butter. Bake for about 45 minutes or until apples are soft and topping is browned.

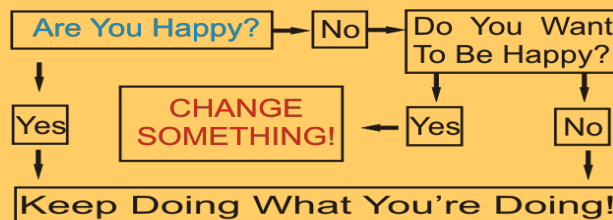
Makes six servings. Each contains about 134 calories, 1 gram protein, 3 grams fat, no cholesterol, 28 grams carbohydrate, 3 grams fiber and 44 milligrams sodium.

For more crunch, add 1/3 c chopped walnuts, which adds 38 calories, 1 gram protein, 4 fat grams, 1 gram carbohydrate and no cholesterol, fiber or sodium to each serving.



Dr. Gilbert

## Team Topic



### An APPLE a Day, Keeps the Doctor Away! *Remember the Old Saying...*

Research has shown that regular ingestion of fresh, raw apples reduces the risk of lung cancer. A study of 10,000 people over an unknown period of time demonstrated that lung cancer can be reduced by as much as 50 percent. Interestingly enough, apples can also be of great benefit to those who are trying to stop smoking. The pectin in a fresh, raw apple contains chemicals that fool the body into thinking it is getting a dose of nicotine.



[Read More at www.gilbertclinic.com](http://www.gilbertclinic.com)



### Pain in the Back...Pack

#### *Backpacks can Lead to Back Pain and Poor Posture*

Back pain is more frequent in school age children than ever before. While backpacks make a convenient way of carrying "stuff" back and forth to school, they could be doing more harm than you think.

Overloading or improperly carrying a backpack for an extended period of time, can cause the muscles to be strained or overused. This can also cause the child's body to lean forward to compensate for the weight of the bag, throwing the child's balance off. If your child is complaining of headaches, neck pain, tingling hands, shoulder pain and lower back pain, don't assume they are just growing pains! Take a look inside their backpack and see what and how much they are carrying.

To be on the safe side, a backpack should be no more than 10% of the child's body weight (a 60 pound child's bag can be up to 6 pounds). To help reduce the weight in the bag, remind your child to clean it out once a week, taking out any unnecessary items that may have accumulated. If the back pain continues, don't wait! Bring your child in for a check-up and ask the doctor for stretches and exercises to prevent further occurrences.

As always, **THANK YOU** for your referrals!