

LIFE EDITOR: META HEMENWAY-FORBES

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ASK MR. DAD

3-year-old too young to witness nature's cruelty

Q. My husband loves to watch "Big Cats Diary" (about cheetahs, lions and leopards in Africa) and similar clips on YouTube. He often shows our 3-year-old daughter TV and videos that contain chase and kill scenes. The other day they watched a 9-minute video of a killing scene involving a buffalo calf, a couple of lions, and a crocodile. I feel our child is too young for such cruel nature shows but her father thinks it's OK. I want to instill empathy into our daughter, and I feel my husband's attitude — "nature is cruel, that's life" — is a lesson I want her to learn, but later. What's your advice?



Armin Brott is the author of many best-selling books on fatherhood. E-mail him at armin@mrdad.com.

A. I understand and agree with your concern about whether a "Big Cats Diary"-type of program is appropriate for your young child. You're not alone. A lot of parents have trouble creating firm boundaries on subjects like violence, sex-education, drugs, crime and the like.

We'd all probably agree, though, that what's OK for adult viewing may be entirely unsuitable for children. Adults can separate reality from fantasy, real from fake, young children can't. So while your husband may find chase and kill scenes thrilling, your daughter may experience them as terrifying — even if she doesn't give overt signals like crying. Fictional depiction of animals being killed could have a lasting and disturbing impression on a young mind.

I'm sure your husband treasures the time he spends with your daughter. But I think there are plenty of much better — and more appropriate — activities than watching animals kill and eat each other. Children love and need Daddy time, but even a child as young as 3 might want to "please Dad" by cuddling in his lap even if she's a bit frightened by the subject matter. Although it's better for a child to watch violent imagery with a parent, rather than alone, I still question whether that material is appropriate for a 3-year-old.

Most researchers agree that children watch too much TV. So at the very least, you could insist that your husband cut back tube time and increase other activities. A far better way to teach your daughter about animals would be to go to a petting zoo, where she can actually feed, touch, and see gentle animals up close. Then, perhaps, replace some of the real-life animal adventures with more age-appropriate fare, such as "Charlotte's Web" or "Aesop's Fables" and "Finding Nemo."

The best parental rule of thumb regarding sensitive topics is: Expose kids when it's right for them — not when it's right for us. And when in doubt, choose moderation. The most important thing you and your husband can do for your daughter, though, is to talk together, understand and respect each other's differing feelings. Then, agree on what's appropriate for your child and, above all, present a unified front.



Eureka!
 Discovered by accident, supplement said to boost immune system

Photos by JESS LIPPOLD / Courier Staff Photographer

Mike and Vicky Goble take a walk on their property in rural Vinton. The couple say the dietary supplement EpiCor, taking walks and keeping up their 27-acre property are the main activities that keep them healthy.

By **KAYLA PORTER**
 Courier Staff Writer

WATERLOO — When workers at Cedar Rapids' animal feed supplier Diamond V Mills stopped taking sick days, researchers took note.

Intrigued by the company's low health care premiums and unusually healthy employees, Dr. Stuart Reeves investigated the phenomenon.

Reeves and his research team discovered plant workers were inhaling a yeast-based dust meant for animal feed — and it was greatly boosting their immune systems.

"Their immune systems seemed to be in better condition to combat disease," Reeves said.

Five years later, after numerous clinical trials, the dietary supplement EpiCor was born.

"In science, we have occasionally what you call a eureka moment, when suddenly everything makes sense," Reeves said. "We thought it should work, and when we looked at the blood results of the plant workers it was like, wow, it really does work!"

Using fermentation and drying technology with the same yeast used to make bread, EpiCor is a "complex product containing many natural substances working together to support immune health."

"We process it in a unique manner that makes the yeast produce a lot of compounds that we believe help keep the immune system in balance," said Reeves, who is now the director of research and development for Diamond V's offshoot, Embria Health Services, which produces EpiCor.

Mike Goble of Vinton was one of the original plant workers who unknowingly reaped the benefits of the substance.

"I noticed I was less suscepti-



Vicky, at left, and Mike Goble harness two of their horses on their property in rural Vinton. In addition to riding horses, Mike swims and runs on a treadmill in the mornings.

ble to colds in the winter," said Goble, Diamond V vice president of operations. "One of the things that made me see that is that my wife works in an emergency room and while she builds immunity to illnesses, she brings them home. But after working for Diamond V for a couple years, I didn't get sick either."

Now that Goble can take EpiCor in 500-milligram capsules instead of inhaling trace amounts meant for animals, he's seen an even bigger difference in his health.

"The one thing I noticed most about EpiCor is my balanced immune system," Goble said.

Goble travels to China up to five times a year. Before he began taking EpiCor, he was constantly sick on his trips.

"My travels have been the same, but I noticed my recovery time from jet-lag is shorter," Goble said. "There's not really anything else like it."

Cedar Rapids' ProActive Health Products is Iowa's only EpiCor distributor. Proactive Health Product's Kristine DeKlotz said once folks caught on to EpiCor's effects, she's had a hard time keeping the supplement in stock.

"We're the only Iowa distributor, that in itself is huge. We've had a huge number of calls from northeast Iowa," DeKlotz said. "People have ordered and reordered — it's an Iowa-based product from an Iowa-based company. Iowans like to support Iowans."

DeKlotz, who has suffered from severe allergies since she

was 5, said before she began taking EpiCor, she "was like a walking textbook case of being a mess."

Though it took about three months for the supplements to kick in, she said the wait was worth it.

"My allergy symptoms have diminished significantly and my quality of life has improved significantly," DeKlotz said. "It's not like an aspirin where you have a symptom and take a pill. It's really something you need to take and let your body balance your immune system out."

Studies have shown EpiCor may be beneficial for helping bodies adjust to seasonal, environmental and dietary changes. EpiCor also contains high amounts of antioxidants, delivering three times the

Where to get it

A month's supply of EpiCor runs between \$20 to \$30 and is available from ProActive Health Products at (319) 294-9155 or online at www.4greathealth.com.

antioxidant power of any known fruit.

"We've had a huge number of anecdotal stories. As a scientist I try not to believe them because there's no real evidence," Reeves said. "However, the health insurance is solid evidence and the big trial we did on winter infections was a randomized double-blind placebo."

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LIFE LINES

Beat the heat

Hot summer days can make the sick sicker

Most people know that extreme heat can make us sick. But we may think of heat-related illness as something that only affects people who are overdoing it — like overheated marathon runners, professional athletes or new recruits doing drills on military bases.

Heat stroke occurs when the body is unable to regulate its temperature. The body's temperature rises rapidly, the sweating mechanism fails and the body is unable to cool down.

But most people who die from heat stroke in the U.S. — about 400 every year, and possibly more — don't get it from overexerting themselves on a muggy day. They often are people who have certain medical conditions or who take some medications to treat those



conditions. People with high blood pressure, heart disease or diabetes and people who are obese are at a greater risk of having problems in hot weather.

"Any chronic disease lowers your threshold to heat injury," says Dr. James Knochel of the Presbyterian Hospital of Dallas. "There's no question that people with medical conditions are at higher risk, although they may not know it."

Source: WebMD.com

Mental mojo

Get your thinker going with this pick-me-up

Mentally challenging tasks require you to be "on." When your brain is stuck on "off," here's what to do:

Skip the trip to the local java joint. Just get moving instead. Walk, run, skip, skate, jump rope, or dance a jig for 30 minutes. The benefits: You'll think more quickly and experience less frustration when you return to your work.

Double-shot espressos aside, there's nothing like a little cha-cha to get your brain going rah-rah-rah! But exercise goes one better by helping you burn calories, too. Exercise boosts brain function by ramping up blood flow, so oxygen and nutrients get around to all parts of your body better, including your brain. It also stimulates the release of mood-boosting endorphins and eases anxiety and depression. It can help improve your sleep, too, so you're less drowsy and irritable.

Source: RealAge.com

