

Springboard

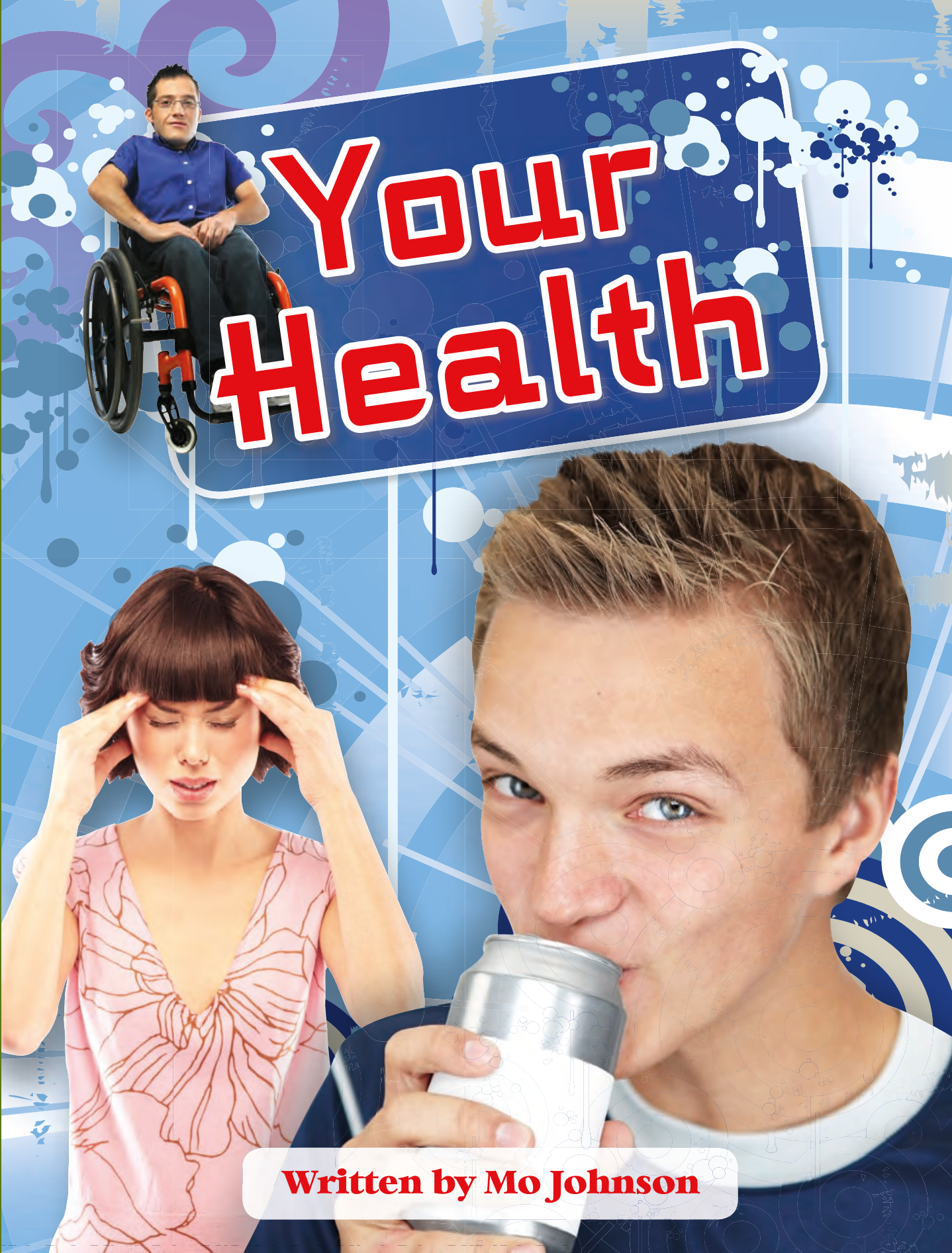
into
Comprehension
6

Main Idea	Letters from the Goldfields The History of Looking Cool
Compare and Contrast	In the Public Eye Two Mines, Two Rescues
Fact and Opinion	Let There Be Rock! Snake on the Loose
Cause and Effect	Rainforests at Risk The Gallipoli Campaign
Bias and Prejudice	Women's Rights Animal Issues
Figurative Language	Your Health Smythe's Department Store

RA 12.5+



Description



Written by Mo Johnson

Your Health

Contents

Bumper Birthday Edition	2
Your Say	4
Fuel Stop	5
Ps and Qs Quiz	8
Food for Thought	10
Fact or Fiction?	12
Focus on...Asthma	14
Skin Deep	18
Real Reader	20
What Kind of Potato Are You?	22
Glossary and Index	24

Written by Mo Johnson

Your Health

Bumper Birthday Edition



Hi guys

Welcome to our first bumper birthday edition of Your Health. Thanks to all you fanatical fans, we've reached a major milestone this week and we promise you an unreal issue.

Dietician Fabian Zubraski fills us in on the facts about the chemical sweetener, called **aspartame**, used in diet drinks, sugar-free gum, and thousands of other products. He also outlines the debate among medical experts about what **aspartame** does to our health. Furthermore, he wants to discover if you **know** your Ps and Qs – peas and cucumbers, that is. Take this colossal challenge and see if you can name some everyday fruits and vegetables.

Chris

Christopher Patterson
(Editor)

In “Food for Thought,” we examine mental health and how watching the evening news can tear you up and stress you out. Is staying informed about the world taking a toll on your health? If zits are getting you down, our informative article on skin care might shed some light on your issues.



Are your grandmother's tall tales about health true? Does chewing gum really stick to your insides if you swallow it? Does getting wet give you a cold? Dive into “Fact or Fiction?” and find out!



Our “Focus On...” this month about asthma may help answer the million and one questions about this debilitating condition that you have been asking on our website.



Our “Real Reader” this month is Timothy O'Reilly from Australia, recently turned 14. His life is an open book as he responds to our questions about his health and lifestyle.



YOUR SAY

Thanks for the thought-provoking article on bottled water versus tap water last month. My parents always told me fluoride was good for my teeth, but I was blown away to read that some medical practitioners disagree. I will definitely do some more investigative research before coming to any conclusions.



Charlene Maynard

Congratulations on a fabulous mag! Your article about medical personnel working overseas for Médecins Sans Frontières, or Doctors Without Borders, was super informative. Everyone forgets that seemingly harmless diseases like measles are still killing heaps of children in the developing world, so your story freaked me out.



Antwan Johnson

Your article on Xtreme Sports in the last edition of Your Health really ticked me off. I don't think quad biking should have been included, because it's way safer than some of those other nerdy sports you mentioned. My friends and I have been riding quad bikes since we were in Year 4 and we've never had an accident. Last week, my sister broke her ankle playing netball, so you should have listed that as an Xtreme sport instead.



Sammy Chin

FUEL STOP

As usual, dietician Fabian Zubraski gives us something to think about...



The Great Aspartame Debate

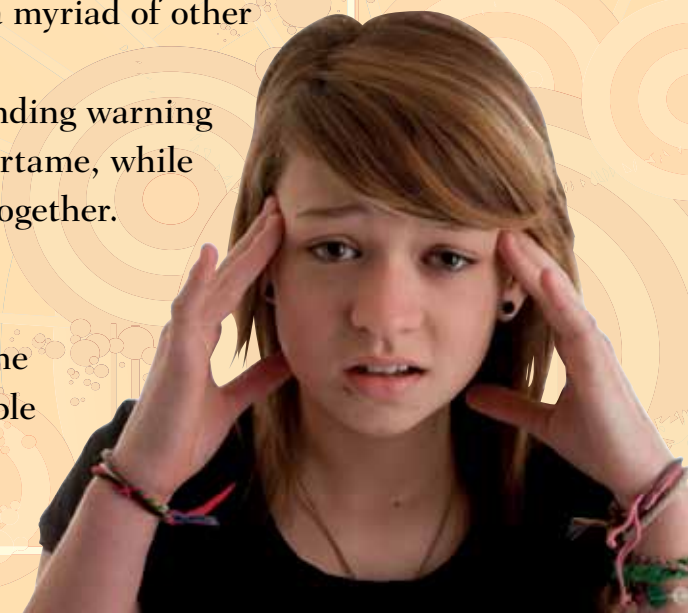
Millions of people around the world consume the chemical sweetener aspartame, which is found in more than 6,000 products, and never give it a second thought. Aspartame was discovered in 1965 and has been on the market in more than 100 countries since the 1980s.

However, for decades, it has been the subject of ongoing controversy, with many people claiming that aspartame is the concealed cause of more than 90 nasty symptoms. These include the inability to sleep, or **insomnia**, dizziness, leg cramps, nausea, hearing loss, and a myriad of other health problems.

In some countries, people are demanding warning labels on any products containing aspartame, while elsewhere people want it prohibited altogether. There are many websites dedicated to the dangers of this popular product. One of our own readers is convinced the harmless-looking powder was responsible for a multitude of health problems she suffered. She shared her story with us.



Aspartame is found in most diet drinks.



One Reader's Story

For years, Paola Bianco suffered from a long list of scary symptoms including constant headaches, blurred vision, and dizziness, but no doctor could put a finger on her problem and none of the medication she was prescribed helped. Paola watched her weight, so she drank diet drinks, used aspartame instead of sugar in her tea, and frequently bought diet foods. One day, her mother informed her about some intriguing websites she had read about aspartame. Paola cut out all the diet products and within weeks, she felt as good as new and is now, thankfully, entirely symptom-free.

Numerous medical experts around the world even suggest that diet drinks and foods containing aspartame can actually *cause* people to put on the pounds, rather than lose them, because aspartame is up to 200 times sweeter than sugar, so it makes the body crave calorie-rich foods.



Many people have been ditching diet drinks after reading about cases such as Paola's. However, there are other medical professionals who say that as long as people do not consume excessive quantities, diet drinks are safe – unless you are allergic to aspartame.

Many health experts argue that sugary soft drinks are one of the primary causes of obesity, so banning aspartame could impact calamitously on society's health. They think it would be virtually jumping from the frying pan into the fire.

There are definitely two sides to this ongoing debate. Are you cool with a daily dose of aspartame to satisfy your sweet tooth, or should you give your body a break from the chemical crutch? Perhaps you'll decide that, like birthday cake, having only a little bit occasionally won't cause instant insomnia and can't do you overly much harm.

