

# Valley

## Weddings & galas don't have to upset health & enjoyment

Dear Dr. George:

Our daughter, Jennifer, is going to be married three months from now. A big wedding is planned and there will be a number of showers, parties, etc.

We have always been careful about our diet, and junk food is a rarity. For this reason I am concerned about all the well-meaning party food and the risk of getting sick this entails especially during these important days of her life.

If Jennifer were your daughter, what kind of advice would you suggest?

L.R.

Dear L.R.:

What a good question. There are no statistics on how many prospective brides end up on antibiotics, pain pills and other drugs to control illnesses that occurred from their increased intake of pastries, cakes, desserts, sweets, alcohol, coffee, soft drinks and other beverages consumed at prenuptial showers and parties.

You can bet a lot more illnesses take place than we ever hear about as every effort is made by brides-to-be to minimize their symptoms and to hide their occurrence.

Everyone is aware of "coming down with the bug" at Christmas time, Easter holidays, and vacations, but few think that such breakdowns of health can strike the future bride and her attendants.

Your concern about how to control the "celebration" calories syndrome is not as far-fetched as most believe. How then can we minimize the stress brought on by all the numerous decision-making responsibilities and chores that must be attended to during the pre-wedding period that really compound the nu-



**Dr. George**

By George Meinig, DDS

tritional problem?

The key to keeping trouble at bay and energy levels on high is to strictly follow good nutritional practices during all the days that aren't involved in partying.

Our bodies are generally quite capable of handling the exceptional dietary dissipation that occur if it is fed well at other times. This time of joy should not be encumbered with overwrought concern about these party treats. At the same time, this doesn't call for an intemperate gluttonous fling.

Usually at every party there are choices of foods and beverages available that allow minimizing the effects of the calorie-loaded, nutrient-deficient foods customarily served. It is no sin to request smaller pieces of the goodies nor to leave some on one's plate. With all the excitement of these affairs, no one will blame the bride-to-be for not

being able to finish everything.

Countering these high living tasties calls for some extra vitamin C before and after the party. Upon arrival have one of your regular multiple vitamin-mineral supplements could be helpful, as could an acidophilus tablet to improve intestinal function and reduce the bloating and flatulence that often accompany the eating of such foods.

When more than just a little of the junk food items and beverages are consumed, a B complex supplement will help counter the vitamin B deficiencies that are so prevalent in these highly processed foods.

Fructose, found in great quantities in sweets, desserts and many beverages, rapidly depletes one's copper and manganese levels. While these two important elements are usually present in multiple vitamin-mineral supplements, because of the excessive and huge amounts of fructose used in foods, additional amounts of copper and manganese are often needed. They can be obtained by including raw unroasted nuts, organ meats, legumes, eggs and root vegetables during the regular, at home, meals and snacks.

If your diet usually includes fish, poultry, meat, eggs and a wide assortment of vegetables, weight gain will not take place. Drinking lots of pure water each day helps, and a glassful of water before meals cuts appetite. At parties there is no reason a glass of water or cup of hot water instead of the usual beverages, can't be requested and enjoyed.

It would be well to have Jennifer read this article and do tell her not to race her motor about this nutrition business. With her excellent home dietary background, she will remember the salient points. Any prodding or reminders will only be counter productive and upsetting.

These affairs are given to honor her! The best thing she can do is to be herself and to enjoy every minute of each event as it takes place.

Everyone has questions about nutrition. Send yours to Dr. George, c/o Ojai Valley News, Box 277, Ojai, CA 93024.

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