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Brick 732.903.7700	Marlboro 732.536.2027	Oakhurst 732.663.0222	Brooklyn 718.998.8898	Cedarhurst 516.569.6400
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KIDZ EYE VIEW ... ON PEE, POOP AND PORES

I've been wearing braces for a few years now; can't wait to get them off. It takes a lot of work to take care of them. Every time I go to the orthodontist—and I do mean *every time*, Dr. Isaacson reminds me how important it is to not only brush my teeth after every meal, but to stay away from sugar-y foods and liquids like I don't hear this from my mom a zillion times! Dr. Isaacson says that by eating well, staying away from sugary and sticky stuff, my braces will remain in good condition for a long time. I know this is the way we kids should eat even without braces but getting braces happens, usually, at a time in a our lives when our bodies have changes going on, inside and out, and eating right is really important. Know why? It's the Pee, Poop and Pores rule. My mom started telling about that rule when I was 7. Every single thing we eat or drink has to come out in some way, right? It can't stay inside us forever. So how does all that stuff get out?

If you drink water all day, you'll urinate regularly all day long and eventually you'll see that your urine is no longer yellow. That's good.

If you eat right all day long, and that includes fruits and vegetables because they're high in fiber, you'll poop every day too and your movements won't be hard. That's good too.

And if you drink water a lot and eat right all day every day, the nicer your skin will be because your outside reacts to what you put inside ... and that's where the pores come in. Kids, tweens and teens have to be really careful of what comes out of our pores. The junkier we eat, the more fatty and fried foods that we eat, the easier it is to get pimples. Sometimes pimples go away; and sometimes they don't ... sometimes they turn into acne, which can be painful and even though a doctor can treat it, sometimes they can leave scars.

So remember, kids ... what you eat and drink comes out through your pee, poop and pores, so be careful what goes in.

Until next time ...