

Coconut Oil, Car Seats, and Tanning

April 12, 2011

Rather than have 1 big story this month, there were 3 smaller stories that warrant attention:

Coconut Oil: No Longer A Villain

I have been promoting the [health benefits of Coconut oil for years](#), Now the mainstream media has [finally realized admit its' health value](#), mostly because of a fat called Lauric Acid:

"Any number of health claims have been made for lauric acid. According to proponents, it's a wonder substance with possible antibacterial, antimicrobial, antiviral properties that could also, in theory, combat H.I.V., clear up acne and speed up your metabolism."

New Car Seat Recommendations for Infants

For years it has been recommended to face your car seat forward once your child turns 1. Now [new recommendations suggest waiting another year](#):

The advice from the American Academy of Pediatrics is based primarily on a 2007 study finding that children under 2 are 75 percent less likely to suffer severe or fatal injuries in a crash if they are facing the rear."

According to researchers, "A baby's head is relatively large in proportion to the rest of his body. If he's rear-facing, his entire body is better supported by the shell of the car seat. When he's forward-facing, his shoulders and trunk may be well restrained, but in a violent crash, his head and neck can fly forward."

For an excellent 5-minute video, [click here](#).

Doctors Urge A Ban on Tanning Beds for Teenagers

It is estimated that more than 1 million teenagers each day make a visit to a tanning salon. Now the American Academy of Pediatrics has published a report on the [health dangers of tanning beds](#):

The risk of skin cancer increases when people overexpose themselves to sun and intentionally expose themselves to artificial sources of Ultra-violet Radiation. Yet, people continue to sunburn, and teenagers and adults alike remain frequent visitors to tanning parlors. Adolescents should be strongly discouraged from visiting tanning parlors."



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and recommend that states make it [illegal for teenagers to use tanning beds](#):

More than 30 states regulate indoor tanning by minors, with some banning children younger than 14 or requiring parental permission. Illinois and New York are among states considering bills barring anyone under 18 from indoor tanning.

NOW Foods Articles by Dr. Arnold

[Vitamin D Supplementation for Cell Health Does Not Cause Toxicity](#) - 4.5.11

[Magnesium: A Complementary Treatment For Common Elbow Injury In Athletes?](#) - 3.9.11

[Quercetin Helps Cell Health In Those With Sarcoidosis](#) - 3.29.11

[CoQ10 Helps Maintain Healthy LDL Cholesterol Levels](#) - 3.22.11

[Fish Oil Helps With Lung Cancer Treatment](#) - 3.22.11

[Study Finds Link Between Magnesium, Kidney Health, and Blood Sugar](#) - 3.15.11