

## The Choking Game?

It's not a game at all - just an act of suffocating on purpose.

Adolescents cut off the flow of blood to the brain, in exchange for a few seconds of feeling lightheaded.

When the release the pressure, blood that was blocked up floods the brain all at once. This sets off a warm and fuzzy feeling, which is just the brain dying, thousands of cells at a time.

Other names for the Choking Game include:

**ROULETTE**  
**RISING SUN**  
**SPACE MONKEY**  
**CALIFORNIA HIGH**  
**AIRPLANING**  
**SPACE COWBOY**  
**AMERICAN DREAM**  
**FUNKY CHICKEN**  
**TINGLING**  
**GASP**  
**PASSOUT**  
**SUFFOCATION**  
**BLACKOUT**  
**FLATLINER**

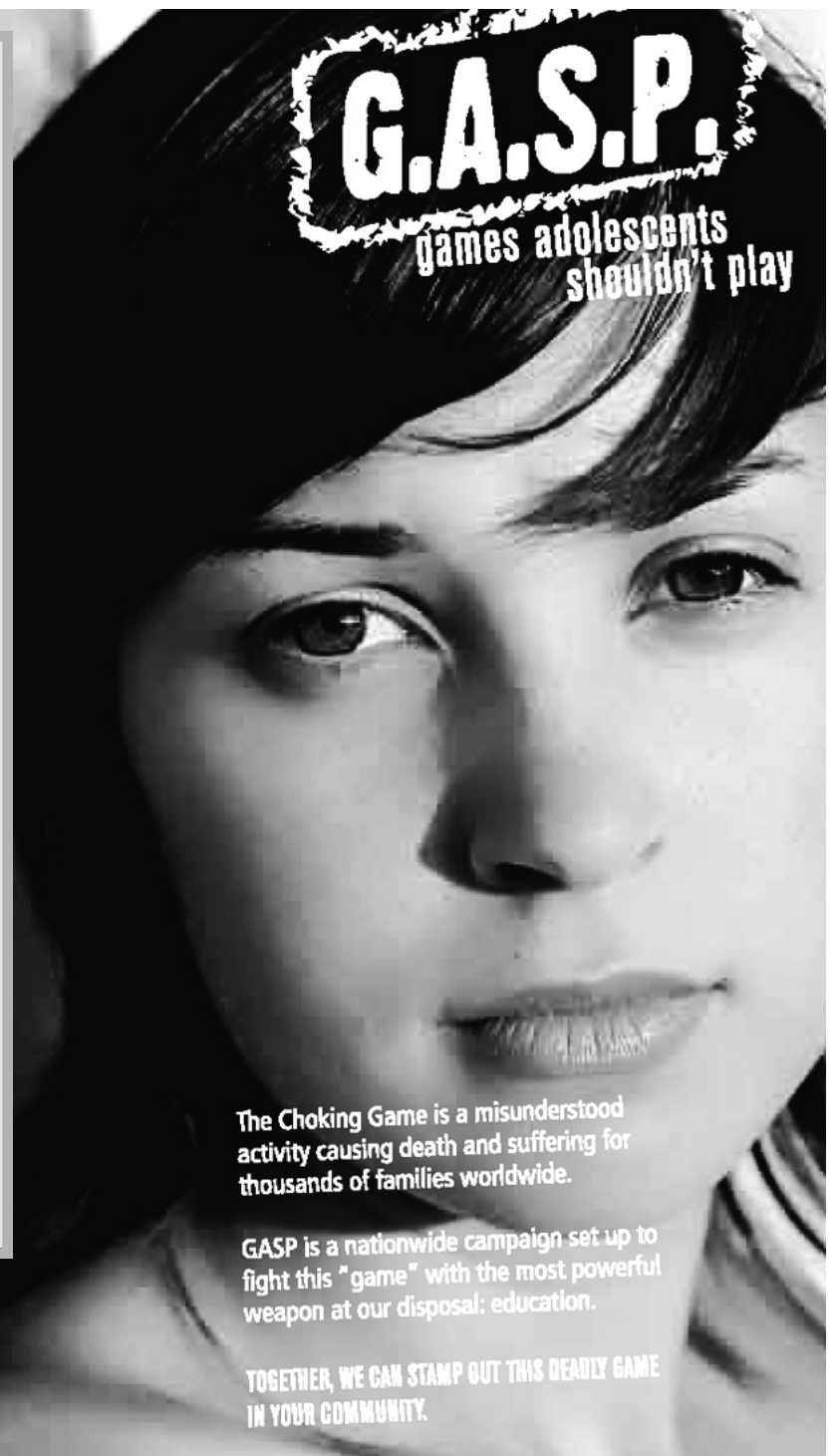
Most people have no idea how dangerous the Choking Game is until someone close to them dies or suffers permanent damage. The only way to stop the suffering is to publicize the danger as we do with drugs and alcohol.

That is why Club TNT has joined with the Dane County Sheriff's Department to host a presentation on G.A.S.P. - Games Adolescents Shouldn't Play as part of our series:  
 Facing Issues that Impact Community.

Please join us  
 Tuesday, November 18, 2008  
 At the WISC-TV studios  
 7025 Raymond Road  
 6:45 to 9:00 pm

Presenters: Dane County Deputies Cindy Holmes, Leslie Fox and Josalyn Longley

This presentation is free and open to all adults. For more information call: Jeanne at 608-770-2049



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## Special to VOICES to Celebrate Good Nutrition Month - Proteins, Vitamins, Minerals and Fats?- What Really is "Brain Food"?

by Jeanne Erickson

As the human species has changed over the span of time, so have the dietary habits that shape our brains. A Stone Age diet consisted of 65% fruits, vegetables, nuts, legumes and honey and 35% lean game, wild fowl, eggs fish and shellfish. What we eat today looks very different with "new foods" of cereal, grains, sugar, sweeteners, milk, milk products, separated fats and alcohol; 28% fatty meat, poultry, eggs, fish and shellfish; and 17% fruits, vegetables; legumes and nuts.



### So what are "Brain Foods?"

#### Protein

Protein is found in meat, fish, milk and cheese. Protein provides the building blocks for most of the body's tissues, nerves, and internal organs including brain and heart. Proteins are used to make neurotransmitters, the 'messengers' carrying messages from brain cell to brain cell. They are made from amino acids found in protein foods, e.g., meat, fish and cheese, milk products, beans, nuts and soy products. Three to four ounces of protein will help you to feel energized, more alert and more assertive.



Deficiencies in protein can also result in Protein Energy Malnutrition, which could lead to poor school per-

formance in the early childhood years.

#### Carbohydrates

Grains, fruits and vegetables are key sources of carbohydrates. Digestion causes the breakdown of carbohydrates into glucose (sugar) which is the brain's primary source of energy and fuel. Frequent changes glucose "sugar" levels, may cause periods of mental confusion, slurred speech, dizziness and if severe, convulsions and loss of consciousness.

#### Fats

The brain is more than 60% fat and it is important to the function and protection of the brain cells. Omega-3 fatty acids are essential to the optimum performance of your brain. Lack of omega-3 fats in your diet can lead to depression, poor memory, low IQ, learning disabilities, dyslexia, ADD and many more mental disorders. To ensure that your diet is rich in omega-3 fats, ensure that you eat plenty of oily fish like salmon, sardines, trout, tuna, herring, mackerel and anchovies. However according to the Food and Drug Administration no one should eat more than 2- 7 ounce cans of tuna per week, due to the mercury content that is often found in tuna.

Another source of omega 3 are nuts. Open your minds eye for a moment and picture a shelled walnut. Now crack the shell open, and what do you see? If you saw an image of a

brain, you are correct! Walnuts are another rich source for the important omega 3 fats.

For young children, esp. under the age of four, it is important to have good fat intake as well. Whenever possible avoid using skim or 1% milk with children under 4, unless necessary for medical conditions. For infants and very young toddlers, breast milk is the richest source of DHA / Omega 3 fatty acids. Fortified formulas also contain DHA, so be sure to check the labels or ask about fortified formulas.

#### Vitamins and Minerals

Vitamins and minerals are necessary for the growth and working of the brain. The 'B' complex vitamins are particularly important for the brain and play a vital role in producing energy. Vitamins A, C and E are powerful antioxidants and promote and preserve memory in the elderly. Minerals are also critical to mental functioning and performance. Magnesium and manganese are needed for brain energy. Sodium, potassium and calcium are important in the thinking process and they facilitate the transmission of messages. Vitamins and minerals also work together to help produce important brain chemicals.

The three key 'brain foods' required to keep your brain healthy

and your mental processes operating effectively are nutritious food, water and oxygen.

Here are 6 simple tips for brain friendly and healthy diets:

- 1. Balance your glucose** - it provides fuel for your brain. Try to eat carbohydrate foods in the evening as it promotes relaxation and sleep.
- 2. Eat essential fats** - ensure your diet is rich in omega-3 fats found in oily fish.
- 3. Include plenty of protein rich foods in your diet.** Proteins are essential to make neurotransmitters, which are vital for the thinking process. Try to eat a protein-based lunch to optimize your mental performance and alertness throughout the day.
- 4. Eat foods rich in vitamins and minerals - 'fine tune' your mind.**



- 5. Drink 1.5 to 2 liters of water** a day to keep your brain well hydrated.

- 6. Oxygenate your brain by exercising and eating little and often.** Eat your main meal before 7 pm.

And don't forget the importance of exercise! Our Stone age ancestors took in about 3000 calories per day and burned them off with physical exercise and activity. Most individuals today consume 2000 to 2500 calories per day. **Exercise your body and you exercise your brain!**