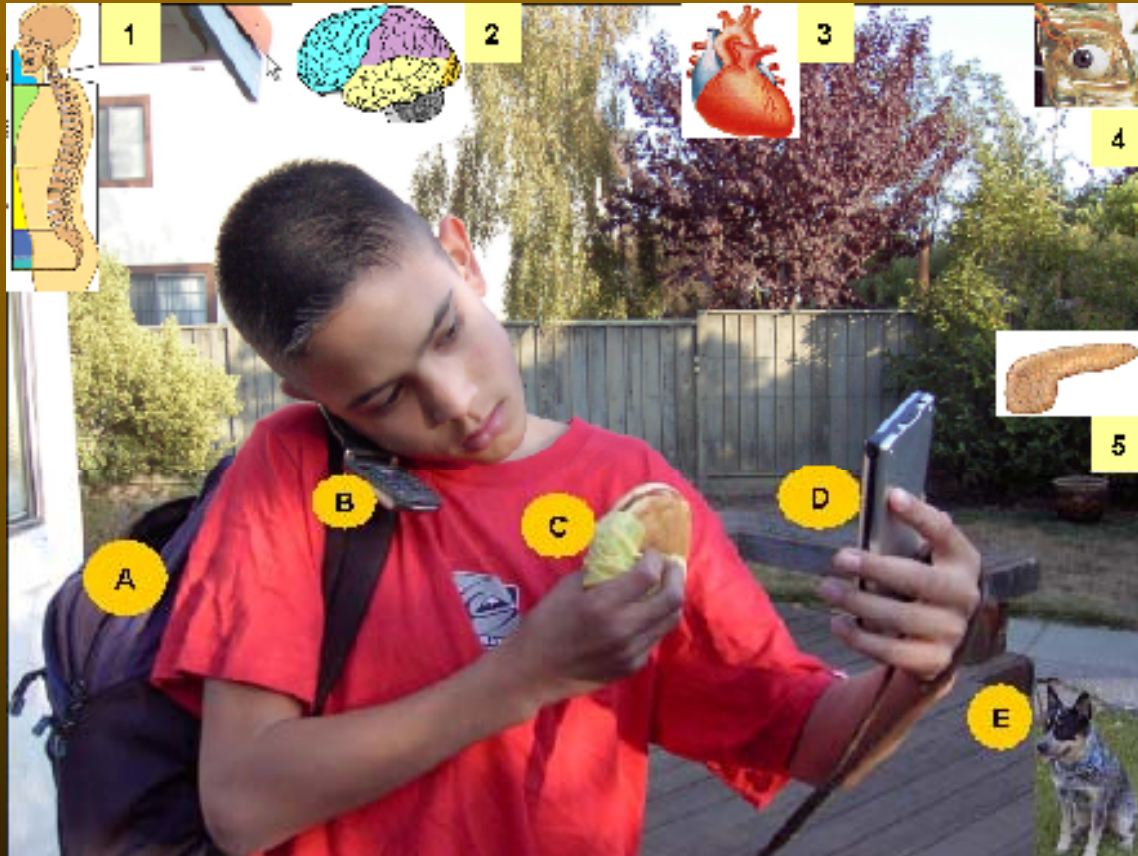


What's Wrong With This Picture?

This looks like a normal, healthy, young adolescent, but not for long. You see, your body is on borrowed time, and there is only so much abuse it can take before it breaks down.



Stuff

- A. **Backpack**-need to transport books, lunch
- B. **Cell Phone**-so Mom doesn't worry and keeping up with all of your friends
- C. **Junk Food**-lunch of Jr. High heroes. Short amount of time calls for a quick fix at Mickey D's.
- D. **PDA**-schedule your own events, play games in class
- E. **Dog and Leash**-personal business venture to buy video games, software, etc

Recent studies have shown a ten fold increase in the number of unhealthy children. (1980-2003) There is a direct correlation to how much the parents are involved with their child's life. Time involved in your child's life is the best investment.

Physical Ills

- 1. **Back Stress** vertebrae worn causing chronic pain
- 2. **Brain Stress** too much stimuli affects memory and ability to use hands
- 3. **Heart**-junk food, no exercise, stressed out life, heart attacks
- 4. **Visual Stress**-PDA, monitors stress the eyes
- 5. **Pancreas**-too much junk food leads to juvenile diabetes, body can't digest large amount of sugars, it just gives up in the end