

Obecalp: For the little pill-muncher in your household

My daughter currently has a little rash. Although we aren't completely sure about its cause, my wife and I have decided that it probably came from a sunscreen that we recently used. My daughter, like my wife, has extremely sensitive skin, and will break out at the drop of a hat (or the squirt of a sunscreen, apparently). Over the past few days, my wife and I have been keeping little Georgia covered in an Aveeno lotion, which we have bolstered with the occasional dose of Children's Benadryl.

I mentioned all of this as background to my latest parental fear. To put it bluntly, I'm afraid that I'm setting my kid up to be a miniature Judy Garland. Every morning, she tugs on my pant leg to demand her daily multivitamin, and she's gotten so used to being healed by creams, cough medicines, and Benadryl that the words "Mommy's bringing the medicine" are usually enough to calm her down when she's itching, or sneezing, or has a compound fracture, or...whatever.

Of course, my kid's pediatrician has either prescribed or explicitly OK'd every drug that we give her, but that doesn't reassure me all that much. After all, Elvis' doctor was pretty liberal with the prescriptions; that didn't keep the king of rockabilly from getting into deep trouble. Basically, I don't want to turn into my daughter's version of Dr. Feelgood.

My biggest worry is the kid's absolute trust in medicine. I was a member of the first generation to be massively medicated for school. Although my parents managed to (barely) resist my teachers' demands that I take Ritalin, I knew a lot of kids who swallowed "the smart pill" every morning. While I'm sure that their drug-based placidity made my classmates easier to teach, I'm also disturbed by the lesson that they got from their daily fix. Many of my friends learned that they were somehow "broken," that they couldn't function normally without a heady dose of drugs in their system. For some of them, this lesson continues today, in ways that aren't particularly constructive.

I am not, under any circumstances, suggesting that we stop prescribing medications, return to the dark ages, start using leeches, or any other drastic change. I know people who have benefited from the use of tranquilizers, pep pills, mood-altering medications, and whatnot. Hell, in college, I knew a guy who was completely insufferable unless he was stoned out of his gourd!

That having been said, I felt an uneasy feeling in the pit of my stomach when I saw "Obecalp

Obecalp (placebo spelled backwards) is a chewable cherry tablet that comes in a handy medical-looking package. Designed to provide relief when a child is displaying symptoms of hypochondria, Obecalp contains no medication, but lets the child know that mommy and daddy care.

While there is plenty of medical data to support the value of the placebo effect, I don't want to teach my kid that she can always find relief in a medicine bottle. I think my biggest worry would be that she might start to think that mommy and daddy's love always has a pill attached. Besides, given my daughter's deep appreciation of the chalky, artificial taste of vitamins, I think Obecalp might lead her to develop the first ever psychosomatic case of Ebola!

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Vitamin A chemical called retinol, is the first vitamin was found. Vitamin A has two. Alcohol is a vitamin A (retinol), is the original form of vitamin A (only in animal foods), the other is carotene (carotene), in the body into vitamin A into the pre-material (provitaminA, can be From the plant and animal food intake), vitamin A is the units of measurement units USP (United States Pharmacopea), IU units (International Units), RE units (Retinol Equivalents), and other three kinds.

As early as over 1,000 years ago, Sun Simiao in the Tang Dynasty gold for relay in the liver can cure animals Yemang Zheng. 1913, the United States, such as four Davis scientists found that cod liver oil can be cured dry eye. And purified from cod liver oil to a yellow viscous liquid, the 1920 British scientists Cayman Russian special to be officially named vitamin A. The international community formally vitamin A as the need nutrition, lack of will lead to Yemang Zheng.

Ye Mangzheng and prevent vision loss, contribute to a variety of diseases of the eye treatment (vitamin A can promote the eyes of the photosensitive pigment formation);

2, anti-respiratory infection;

3, contribute to the normal function of the immune system;

4, illness, a speedy recovery;

5, tissues or organs can maintain the health of the surface;

6, help Quchu senile plaques;

7, to promote development, strong bones, protect the skin, hair, teeth, Yachuang health;

8, external help to acne, Nongbao, boils sores, skin ulcers Dengzheng treatment;

9, contribute to emphysema, the treatment of hyperthyroidism.

A intake, on general adult males, 1000 RE (or 5000 IU) to prevent the shortage.

2, 10 to 15-year-old girl recommended daily intake of 4,600 international units.

3, 16 women over the age of the recommended daily intake of 4,200 international units.

4, adults need to eat every day about 85 lemons can meet the needs of adults eat every day just 1 / 2 carrot; adults daily just to eat a mango to meet the needs of adults per day Just eating a can meet the needs of asparagus;

5, pregnant women need to pay special attention to their safety dosage, to avoid abnormal child. During pregnancy, the initial intake does not recommend an increase.

6, breast-feeding women, the first 6 months can be an additional 2,500 international units, six months after the additional 2,000 international units.

IU will be cause poisoning phenomenon. Main findings: As osteoclast activity increased, resulting in demineralized bone, bone brittleness increase growth by Yam, Biancu long bones and bone and joint pain, dry skin, itching, skin scales, skin rash, peeling, hair loss, means (toe)-A brittle, easily agitated, fatigue, headache, nausea, vomiting, muscle weakness, Zuolibuan. Reduce appetite, abdominal pain, diarrhea, hepatosplenomegaly, jaundice; hemoglobin in the blood and potassium decrease the clotting time extension, easy bleeding.

A. This situation often occurred in children under 5 years of age who, mainly because of inadequate intake of Yin Sheng lead.

2, vitamin A for long-term wear contact lenses or a long time watching the computer screen, it will mark an important nutrients.

3, pregnant women and nursing women also need vitamin A.

IU of vitamin E, at least intake of 1000 IU of vitamin A;

2, are taking oral contraceptives, must reduce the amount of vitamin A;

3, a week, three meals a day, containing a large number of animal liver, carrots, spinach, sweet potatoes, Cantaloupe, there is no need to add vitamin A;

4, vitamin A and mineral oil should not take together;

5, vitamin A and vitamin B, vitamin D, E, calcium, phosphorus and zinc used in conjunction, we can give full play to their effectiveness. (Zinc can be stored in the liver, vitamin A release);

6, vitamin A can prevent the oxidation of vitamin C are.

About the Author

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