

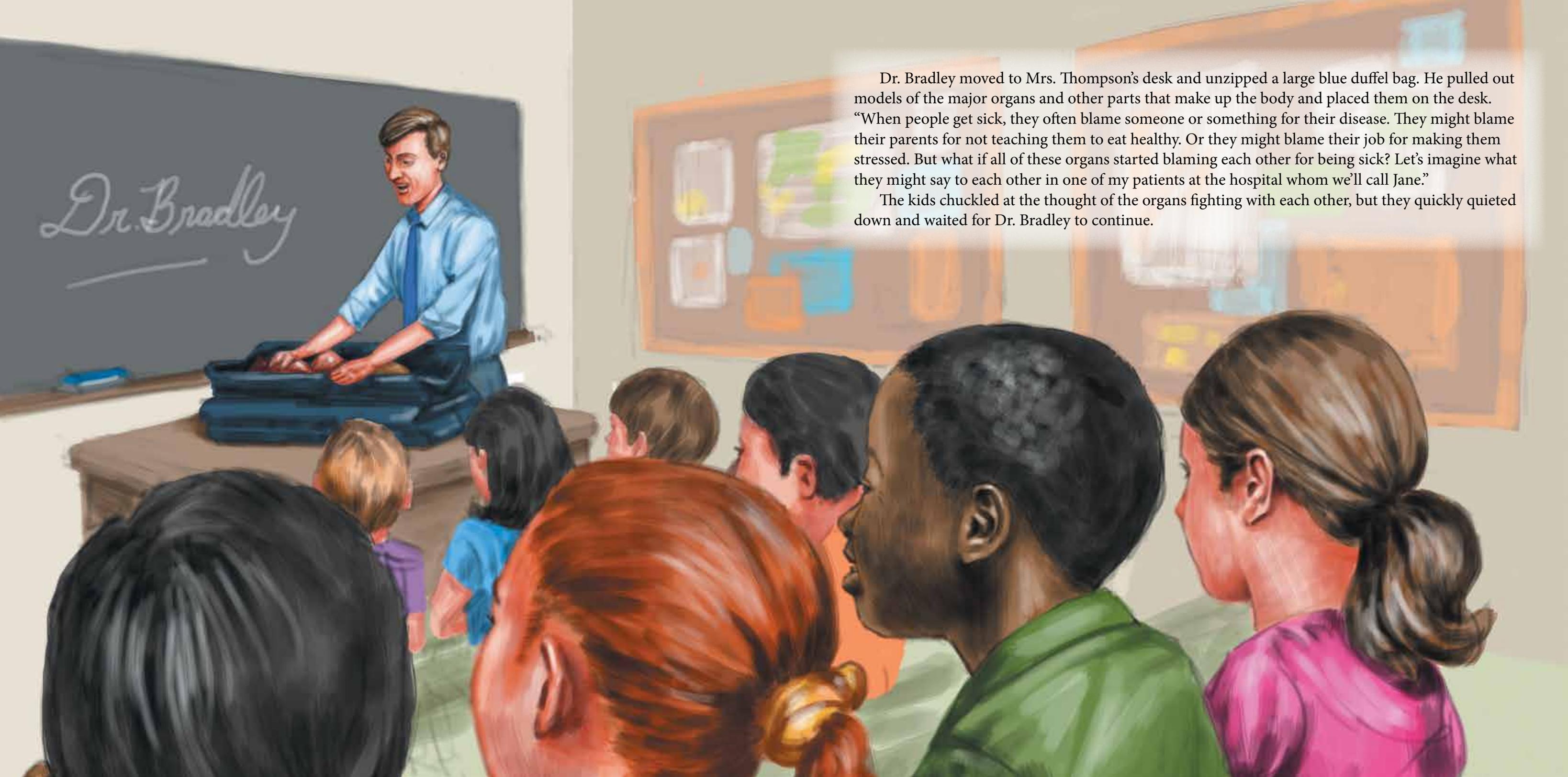


“Class, this is Dr. James Bradley, and he is going to talk to us about health and nutrition.”

“Thank you, Mrs. Thompson, for inviting me to speak to your students.”

Dr. Bradley smiled at the kids as he began his presentation. “I see patients who are very sick every day at the hospital. Some people have heart problems or cancer. Others have high blood pressure, which puts a strain on their heart and can lead to a heart attack, where their heart stops beating, or a stroke, where blood stops flowing to the brain and leaves one side of their body paralyzed.”

He took a breath and continued. “Some people have diabetes, and their body can’t break down the sugar they eat, so they have too much in their blood. Other people have high cholesterol, which blocks their arteries and makes it hard for the blood to flow to the heart, thus straining and weakening their heart muscle. And a lot of people are overweight, which puts a strain on all of their organs because of the extra pounds they carry around.”



Dr. Bradley moved to Mrs. Thompson's desk and unzipped a large blue duffel bag. He pulled out models of the major organs and other parts that make up the body and placed them on the desk. "When people get sick, they often blame someone or something for their disease. They might blame their parents for not teaching them to eat healthy. Or they might blame their job for making them stressed. But what if all of these organs started blaming each other for being sick? Let's imagine what they might say to each other in one of my patients at the hospital whom we'll call Jane."

The kids chuckled at the thought of the organs fighting with each other, but they quickly quieted down and waited for Dr. Bradley to continue.