



From A to zinc, Gwyneth's new-age 'cures' for children

GWYNETH Paltrow is well known for her uber-healthy lifestyle and is a leading guru when it comes to the latest far-out fads – and now she promoting new-age cures for children.

Her latest advice suggests that chronic ear infections are caused by dairy, persistent stomach issues are down to gluten and a 'failure to thrive' can be attributed to a lack of zinc.

The actress-turned-lifestyle guru, 41, promotes a new book on children's diets in her latest post on her website Goop.

Ms Paltrow writes about American nutritionist Kelly Dorfman and her attempts to bridge the gap between prescription medicine and diet for medical conditions.

However, already Irish Farmers' Association spokesman Niall Madigan has said he didn't think the average Irish person would put much store in Ms Paltrow's advice.

He said: 'Thankfully, sensible people

Irish Daily Mail Reporter

seek the advice of professional medical practitioners, rather than celebrities, when they have an ailment.'

Ms Dorfman's new book *Cure Your Child With Food* focuses on common childhood complaints that she says are actually rooted in food.

She claims that a possible way to cure ear infections is by cutting out dairy, while ditching gluten could solve stomach ache.

According to Ms Paltrow zinc deficiency might be causing children to 'fail to thrive'. She says Ms Dorfman's advice and experience 'resonates intensely', and asked her for a rundown on nutrition advice.

Ms Dorfman listed symptoms that could point to food intolerance, which include stomach pain, ear infections, frequent illnesses or bowel complaints, red cheeks, eczema, joint pain, asthma, temper tantrums, fuzzy thinking, fatigue,

headaches, failure to thrive and sleep disturbances.

She recommends following gut instincts about suspicious food, cutting it out for a month and keeping a food diary to spot blips. 'The way to know if a food is bothering you is to look for signs of irritation,' she says.

'You or your child's body will tell you it does not like something with a rash, a pain, or mood swings.'

Ms Paltrow seems to have returned to her 'conscious diet' roots after going on a junk food binge after splitting with Chris Martin.

Two weeks ago the actress – famous for her strict macrobiotic eating regime – posted a blog on Goop about taste-testing the various food trucks in Los Angeles.

Some of the snacks Gwyneth is said to have tucked into include grilled cheese sandwiches, pizzas and burgers.

She has also, in the past, suggested that water has feelings.

A seagull stole my Burger King

Winged menace in daring takeaway raid

By Eamon Donoghue

You could say it was a case of where seagulls dare.

Just as Andy Gaffney was about to tuck into his portion of fast food, he realised he'd got an unwanted side order of wings – and it proceeded to take away his takeaway.

Moments after leaving Burger King with his Whopper burger last Thursday night, Mr Gaffney says that his meal was snatched straight out of his hands by what he describes as a 'velociraptor'-like hungry seagull.

The 29-year-old 'some-time estate agent, some-time radio researcher' told the Mail that he and his friend were confronted by a 'big, vicious and terrifying seagull' during the attack.

He said: 'I was going to an old friend's party, and I'd had no time for dinner. When I was leaving I went into Burger King in Grafton Street, and once I came out this velociraptor took it straight out of my mouth.'

Mr Gaffney said things got worse as the cheeky seagull then took his 300g burger to the top of Bewley's hotel and ate his 'free meal' looking down at his forlorn and hungry victim.

'I couldn't chase after him, he was perched on top of Bewley's with my well-earned meal – probably the cheapest ever meal in Bewley's.'

He added: 'I'm okay now but my friend does have a bit of trauma.'

The topic of rogue seagulls hit the headlines on Thursday when Fianna Fáil senator Ned O'Sullivan told the Seanad that the birds in Dublin City have 'lost the run of themselves completely'.

Mr O'Sullivan called on the Government to take action against these 'raucous' gulls, who he claims are attacking small children and 'stealing their lollipops'.

After witnessing what these birds are capable of first hand, Mr Gaffney is fully supportive of the senator's request for action to be taken on them.

Some experts have blamed changes in fishing practices for driving the gulls inland from their normal coastal feeding areas.

Last May the Irish Mail on Sunday re-



Robbed: Seagull victim Andy Gaffney

ported that as seagull numbers increase in the city centre, the ducks of St Stephen's Green are being edged out of the park.

And parents at St Patrick's National School in Skerries, north Co. Dublin, say that their children can no longer eat their lunches outside because of the naughty gulls.

One mother told the Mail that at first she didn't believe her daughter when she told her she hadn't eaten her lunch as she wasn't allowed outside with it because of the seagulls.

After 'cheeky and unafraid' seagulls began swooping down and stealing the children's food, teachers were forced to stop the students from taking their food outside.

Teachers have noted that

'Lost the run of themselves': The much-maligned seagull

the seagulls who had previously gathered around the schoolyard prior to lunch breaks, are no longer around since the children have begun eating indoors.

Despite the growing concerns of residents in the city, Transport Minister Paschal Donohoe assured the Mail last night that this is not a major concern.

He remarked: 'I tend to think the bird life and wildlife of Dublin and the surrounding area are something that we value and something that adds even more to our city.'

'It's not something that would be of huge concern to me at the moment.'

Stephen Newton, senior seabird conservation officer at BirdWatch Ireland, told the Mail he had noticed more gulls in the city centre recently. In his opinion, this is due to over fishing.

He said: 'Natural availability of food is going down in the seaside areas because of

'There are less easy meals for gulls'

over-fishing and more recreation.

'Fishermen don't dump their quota supplements in the sea any more, meaning there are less easy meals for the gulls at sea.'

He added: 'They are nesting on roofs in the city centre: a nice Georgian building in D2 looks much like a sea cliff in Howth, they're just as comfortable.'

However, any effort to reduce gull numbers in St Stephen's Green or the city centre could face serious obstacles, as the overall number of the birds nationwide has fallen.

The blackheaded gull and the herring gull are on the red conservation list, which means very little can be done to control their numbers.

Dublin-based Wicklow man Mr Gaffney said that he's unsure over his rights during seagull confrontations.

He joked: 'I didn't know my rights, can I punch a bird?'

Possibly, but a judge could make him a flight risk...

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Health guru: Gwyneth Paltrow