

ChiroFamily Times

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Chiropractic and Kids: What you need to know

If you are like many people who didn't grow up in a chiropractic home, you are probably asking yourself "How can chiropractic help kids if they don't have back pain?" To understand the answer to this question you must simply understand what chiropractic has been about for the past 112 years.

Chiropractors look at the spine because it is the home of the central nervous system. The function of the spine will affect the function of the nervous system. Our nervous system controls all body functions, including those that determine our level of health. In other words, *an optimally functioning spine equals optimal health.*

When our children are young, we take them to a dentist when their teeth come in because we want to make sure that they get the best start in life. We participate in oral hygiene to decrease the work that the dentist has to do, but we know that we cannot replace the very valuable service that they provide. We know that if we want to have the healthiest teeth and gums, we are going to participate in maintenance dental care for the rest of our life.

Why don't we treat our spines this way? To be practical, we can replace our teeth, but we cannot replace our spines.

Our children are very resilient but they are not bulletproof. Their spines sustain damage and it affects their nervous system. Because they are so adaptable these problems may not show up until they are much older, but their bodies work much harder than they need to and that can result in other problems.

In order to find out the health status of your children's teeth, you consult a tooth specialist. Why don't you do the same with their spines? You will either find out that their spines are healthy (yeah!) or you will be able to do something to insure that your children have the best chance to develop to their full potential.



Kids Need Chiropractic Too!

Antibiotics Not The Best Answer For



If you have ever heard the dreaded words "Ear Infection" from your child's pediatrician, you may have thought that giving your child an antibiotic was the best thing you could do. Medical research shows that this may not be the case.

There is evidence that antibiotic use is less effective than a placebo, it

increases the risk of ear infection recurrence and contributes to antibiotic resistance in bacteria. All this and it may not be the most effective way of dealing with ear infections in the first place.

According to Froehle, "93% of all episodes of otitis media treated with chiropractic care improved, 75% in

10 days or fewer and 43% with only one or two treatments."

If you know someone who is suffering from ear infections and riding the antibiotic roller coaster, tell them about the possibility that chiropractic offers!

Special Flu Shot Report

It is the Flu season once again and fear is used to persuade Americans to roll up their sleeves and hand over their children to be vaccinated. Years ago, people developed resistance the old fashioned way: By getting the flu. Then when that type of flu came around again years or decades later, they either didn't get sick or had only a mild case. But vaccine makers want to take that away from our us and make us vaccine dependent.

Three important reasons to avoid the flu shot:

1. The flu shot contains formaldehyde, gelatin and traces of chicken cells.
2. The flu shot contains viral contaminants that have been linked to cancer.
3. You can get the flu shot – and all the risks that go with it – and still get the flu!

Another good reason to avoid the shot: to avoid Alzheimer's Disease - According to Hugh Fudenberg, MD, the world's leading immunogeneticist and 13th most quoted biologist of our time (over 850 papers in peer reviewed journals), if an individual has five consecutive flu shots their chance of getting Alzheimer's is ten times higher!

How does the flu shot cause Alzheimer's? Dr. Fudenberg states the mercury and aluminum in flu

shots (and many childhood shots as well as some RhoGam shots) cross the blood-brain barrier causing brain damage. Alzheimer's rates are expected to quadruple. Could flu shots be contributing?

Flu shot does not save lives - The ads say "The flu shot saves lives," but research reveals it's not so. The flu vaccine isn't preventing death in the elderly (the "high risk group" that is told to get a flu shot to reduce mortality), according to a study in the Archives of Internal Medicine. Although immunization rates in those over 65 have increased 50% in the past 20 years, there has been no decline in flu-related deaths. In fact, mortality rates for those over 85 between 1968 and 2001 showed no change as well.

Flu hysteria is on the way (again) - Reports claim that "Influenza kills 30,000 to 40,000 Americans every year." That is simply not the case. According to the Centers for Disease Control, the number of people who die of the flu are a fraction of that. Here is what the CDC says:

In 2002: 753 died of the flu
In 2001: 267 died of the flu
In 2000: 2,175 died of the flu
In 1999: 1,685 died of the flu

Those who die of the flu are mostly frail, sickly, weak, malnourished and unhealthy to begin with. For people in reasonably good health, dying from the flu is in fact very rare – research even shows the flu shot does not affect mortality of elderly people.

In conclusion – the flu shot can be dangerous and ineffective. We need to change our perspective. Rather than see the flu, colds, fevers and nasal discharge solely as uncomfortable, we should know that they operate in our best interest: to heal us, to cleanse us and to detoxify us. Preventing symptoms from expressing themselves may set us up for more serious disease in the future. That doesn't mean we should ignore a sick person. Illness is a time of rest and recuperation. Ill people need comfort, proper nutrition and support.

Many people who wish to avoid medical suppressive therapies such as aspirin, Tylenol, antihistamines, decongestants and other drugs designed to prevent symptoms instead turn to nutrition, chiropractic, homeopathy, naturopathy, acupuncture and many other natural "expressive" healthcare systems so their bodies will get the full benefit from their symptoms – cleansing, healing and improved health.

Healthy Family Quiz

So, you think you have what it takes to raise a healthy, drug-free family? Look at the short quiz below to find out what you really know about health and "health care" in the United States.

1) What simple thing can you do to reduce your child's risk of becoming obese?

- A) Have them exercise intensely
 B) Remove the TV from their room
 C) Hypnosis

2) Early insertion of tubes in the ears of infants helps with future hearing, speech and intellectual development?

- A) True
 B) False

3) How much is spent annually on "health care" in the United States?

- A) \$100 Billion
 B) \$900 Billion
 C) \$1.5 Trillion

4) The United States ranking among the healthiest regions of the world.

- A) 1st
 B) 5th
 C) 17th

Answers:

1. **B** According to the Journal Pediatrics (June 2002;109:1028-1035) Children with televisions in their rooms watch an average of 5 more hours of it per week.
2. **B** False. According to NEJM (2001;344:1179-1195, 1241-1242).
3. **C** Approximately \$5000 for every man, woman and child in this country. This number is expected to hit \$3 trillion by the 2010.
4. **C** Reuters London March 25, 2002. *How is the return on our investment?*

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LIMITED TIME OFFER

New Health in the New Year

If improving your health or the health of your family is one of your New Years Resolutions, you owe it to yourself to see how Chiropractic Wellness care can help you achieve this goal. For a limited time you can receive a complete chiropractic examination for only \$25, or \$35 for the whole family (normally \$95 per person). Do yourself this favor and call today!! Offer expires February 9, 2007.

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Time saver hint: visit www.arborlakeschiropractic.com to download and complete your intake forms before your appointment.



High Fructose Corn Syrup: Why You Need to Pay Attention to This Health Danger

Look at your food labels, High Fructose Corn Syrup (HFCS) is everywhere. With something this universal many assume it is safe, but is this the case? This piece will explain why HFCS is, in fact, not very safe and rather undesirable.

HFCS is processed differently in your body and causes a totally different hormone reaction than regular sugar (sucrose). So why do food makers use it? They started to use HFCS in the early 1980's for a variety of reasons: It is 20 times sweeter than sugar, mixes easily, extends shelf life, is 20% cheaper than table sugar and it prevents freezer burn.

What is the difference between Sucrose (sugar) and HFCS? In nature, fruit sugars are made up of glucose and fructose in a 50:50 ratio. Glucose is the form of sugar your cells use for energy. HFCS is made up fructose (manufactured from corn starch) and glucose in a 55:45 ratio. All sugars are broken down in the intestines into glucose and fructose, the glucose can be readily used by your body, but the fructose has to be converted by the liver first into triglycerides (bad blood fat) before it is converted into glucose. This process requires the use of many minerals leading to depletion of certain important minerals in your body, especially magnesium, calcium and zinc. Fructose is converted into triglycerides at a faster rate than glucose thus causing faster weight gain.

Glucose and Fructose have opposite effects on hormone production in your body. Glucose stimulates the pancreas to release insulin. Insulin causes sugar (glucose) to move from the blood into the cells to be used as energy. Glucose also causes fat cells to release a hormone that makes you feel full (Leptin), and prevents the stomach from releasing a hormone that makes you hungry (Ghrelin). Fructose doesn't stimulate insulin release, so the liver has to convert the fructose from your bloodstream into triglycerides. This leads to an increase in very low density lipoproteins (VLDL – bad cholesterol) and decrease in high density lipoproteins (HDL – good cholesterol). Fructose doesn't stimulate the release of Leptin and won't stop the release of Ghrelin, so you will continue to feel hungry even though you should feel full. Fructose will also reduce the body's insulin sensitivity. This leads to a situation where the body needs to put out continually more insulin to handle the same amount of glucose. This is an early step in the journey to Type 2 Diabetes. It is interesting to note that obesity has risen at a rate that mirrors the use of HFCS.

In summary, consumption of large amounts of any sugar is not good for your body, but of the options available sucrose is clearly the best option if consumed in moderation in its natural form, as in fruit. The problem comes when the major source of sugar is in the form of the manufactured fructose, a high intake HFCS will result in higher calorie consumption, leading to weight gain and Type 2 Diabetes, which are two of the fastest growing causes of illness and disability in Americans.