

Experienced with Infants, Children, Pregnant Women and Families

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## Nature's Child

Chiropractic is all about wellness. I have learned so much about children's wellness from other moms. ***Below is an excerpt*** from one of the many truly wonderful blogs I have found about health, wellness, food and children. Robin is a mom and acupuncturist in California with great ideas and information. Her website is called; Kids+Love+Acupuncture @ <http://www.kidsloveacupuncture.com>

### How Much Sleep Is Enough?

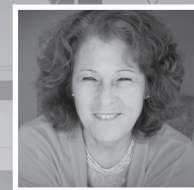
There is no set amount of sleep a child needs, but on average 10 – 12 hours is necessary. During the school year, an easy way to gauge whether or not your child is getting enough sleep is simple. If they wake up by themselves at the time they're supposed to get up, then most likely they are getting enough sleep. My first step was getting my boys to bed earlier. It's so hard to do in August when it is hot and the sun doesn't go down until late (it's unnatural to start school before Labor Day as far as I'm concerned). So, I started giving my boys a melatonin spray under the tongue about 30 – 60 minutes before bed to help counteract their exposure to light before bed. We also have some blackout curtains in their room which help if it is cool enough to keep the windows closed and curtains drawn. The melatonin worked quite well and they gradually went to bed a little earlier each night.

### Remedies for Anxiety

If your child is really nervous consider giving them Hyland's Calms Forte for Kids or Children's Rescue Remedy Drops starting a couple days before school and certainly on the day of. You can also slip some rescue remedy into their water bottle so they sip on it at lunch time. And don't forget to give some to yourself if you're feeling a little sad or nervous about your little one's going to school.

These are some other great blog sites for families with children

- 5 Baby Steps to Becoming a Real Foodie from..... [www.Honesttogoodnessliving.com](http://www.Honesttogoodnessliving.com)
- 5 Healthy Snack Substitutions for Kids from..... [www.WeedEmandReap.com](http://www.WeedEmandReap.com)
- 5 Principles to a Good Diet from..... [www.Granny'sVitalVittles.com](http://www.Granny'sVitalVittles.com)
- Real Food Meal Plans from..... [www.HolisticSquid.com](http://www.HolisticSquid.com)



# WHOLE BODY WELLNESS

*is at the Heart of Chiropractic.*

Complimentary Issue

SUMMER 2013

**In This Issue . . .**

*Heading Toward Dementia and Making a U-Turn*

*Test Your Brain and Nervous System*

*Where We've Been and Where We're Going*

*Nature's Child*

**SMART TALK FOR SMART PEOPLE**

## Heading Toward Dementia and Making a U-Turn

I had often wondered what made the difference between those elderly people staring at a wall in a nursing home and the number of vibrant, articulate and intellectually agile older people I have had the pleasure of knowing.

Our brains change as we age and there is nothing we can do about some of those changes. We were not designed to live forever but to degenerate over time. Keeping that degeneration from happening sooner or faster than it needs to is mainly due to how much you challenge it with stimulation in thought, touch and balance and what you feed your brain.

In my recent studies of the brain and nervous system I've learned that genes are only a small part of keeping a healthy brain. A bigger part has to do with brain plasticity. Plasticity is the ability of your brain to change, often quickly and dramatically. Your brain can change for the better or for the worse, depending on two things, how you stimulate it and how you feed it.

### Stimulate Your Brain

We are familiar with how to stimulate our muscles – move them, but how does one stimulate their brain? You

would think the answer is to read, do crossword puzzles or Sudoku, and yes these are good for your brain but better yet and often overlooked are aerobic activity, challenging new movements in balance and coordination and simply touch.

Aerobic activity is the ultimate stimulation for your brain. John Medina, PhD and brain researcher, in his book Brain Rules writes how aerobic activity creates a substance that acts like fertilizer to brain cells promoting them to reach out to other brain cells and connect. A brain that wires together, fires together and the more wiring and coordinated firing in the brain the healthier the brain. Aerobic activity is any activity that brings your heart into its target heart range for 20 minutes or more. (Learn how to find your Target Heart Rate on page 3) Your target heart range may not be as high as you imagine. Dancing, walking, tennis and swimming (even playing in a pool) are all examples of enjoyable ways to increase your heart rate into your target range.

All movement is good for your brain but movement that is new or challenging to your brain like dancing is what makes your brain wake up, connect and fire. Challenging new movements or improving coordina-

tion and balance force your brain to restore old tracts or make new ones. How do you challenge your body with movement? Look to the chart below.

### Balance and Coordination Challenges

- Lift your legs as if marching then touch opposite leg with opposite hand. Do for 1- 2 minutes.
- Stand on one foot with eyes open. Try with eyes closed. (Great to do while brushing your teeth; you're standing for several minutes already.)
- Ride a bike or trike
- Dance, especially a dance where you need to learn new steps or body movements (Jazzercise, or line dancing are good. Ballroom, salsa or swing if you're brave.)
- Swing on a swing
- Turn slowly in a circle, one way then when no longer a little dizzy the other way.
- Swing your arms in controlled figure 8s. Holding a scarf or ribbon makes this more fun.
- A chiropractic adjustment.

Touch is also stimulation for your brain. When your skin receptors receive a variety of sensations they make your brain sort them and respond to them. Messages are

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Heading Toward Dementia

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flying up tracts to your brain about the sensations and messages are coming down tracts from your brain to respond to these sensations.

Stimulating Touch

- Walking barefoot on different surfaces
- Hugs
- Massage
- A warm bath
- A cool refreshing swim
- Brushing your hair
- A chiropractic adjustment

Feeding your brain

Feeding for your brain not only includes the nutrition from the food we put in our mouths but also the toxic things we consume, inhale and absorb on our skin. Some of these we are able to avoid such as recreational drugs, and alcohol but others are more difficult to recognize and avoid such as OTC and prescription drugs, synthetic substances in our food and the pesticides, herbicides and rodenticides used on our growing crops. Notice how many listed below are neurotoxins. For those who say I can’t afford Organic Food, you bargain shoppers are getting more for your buck with non-organically grown fruits and vegetables, you’re getting an added dose of brain damaging chemicals.



Acephate	Insecticide	Hormone disprutor, neuro-toxin, highly toxic
Azinphos Methyl	Insecticide	endocrine disruptor, neuro-toxin
Captan	Fungicide – turf & fruit	Carcinogen
Carbaryl	Insecticide – fruit, especially cherries	carcinogen, neuro-toxin, endocrine disruptor
Chlorpropham	Herbicide – kill weeds	endocrine & reproductive disruptor
Dicloran	Fungicide	possible carcinogen & endocrine disruptor
Dimethoate	Insecticide – leafy vegetables, oranges	severe reproductive system toxin, neuro-toxin
Diphenylamine DPA	Insecticide, Fungicide – apples	moderately toxic
Endosulfan	Insecticide – tomatoes, lettuce, canta-loupe	highly toxic hormone disruptor, reproductive toxin
Iprodione	Fungicide – lettuce, carrots, peaches	carcinogen, hormone disruptor
Methamidophos	Insecticide – tomatoes, potatoes, cotton	highly toxic carcinogen, hormone disruptor, neuro-toxin
Methomyl	Insecticide – corn, lettuce, beets	highly toxic neuro-toxin, suspected hormone disruptor
Myclobutanil	Fungicide – grapes, almonds, straw-berries	hormone disruptor, reproductive toxin
Oxamyl	Insecticide – tomatoes, onion, celery	highly toxic neuro-toxin
Pormethrin	Insecticide – spinach, lettuce, almonds	possible carcinogen and endocrine disruptor
Phosmet	Pesticide – peaches	Carcinogen, and neuro-toxin
Propargite	Acaracide – grapes, almonds, fruit	highly toxic carcinogen, developmental toxin
Thiabendazole	Acaracide/Pesticide – potatoes, pears, fruit	carcinogen, developmental & reproductive toxin
Vinclozolin	Fungicide – vines, fruits, turf, leafy greens	carcinogen, hormone disruptor, developmental toxin

Heading Toward Dementia

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Strawberries	Captan, Iprodione, Methomyl
Peppers (bell, green, red)	Methamidophos, Acephate
Spinach	Permethain, Dimethonte
Cherries	Carbaryl, Myclobutanil
Celery	Dicloran, Acephate
Apples	Diphenylamine, DPA, Thiabendazole
Red Raspberries	Captan, Vinclozolim
Imported grapes (Chile)	Captan, Dimethoate
Nectarines	Iprodione, Phosmet
Peaches	Iprodiance, Azinphos Methyl, Phosmet
Pears	Thiabendazola, DPA, Azinphos Methyl
Potatoes	Chlorpropham, Thiabendazole, Endosulfan

Taken from The Complete Organic Pregnancy  
By Deirdre Dolan and Alexandra Zissu

Other than a case of a traumatic brain or head injury, you have a great deal of control as to whether you are articulate and vibrant into your later years or staring at a wall. When to start is not when you notice unwanted brain changes but when you are still young. If you don’t stop moving as you age you will find it easy and enjoyable to keep moving. Movement is life!

Test Your Brain and Nervous System

Men’s and women’s brains do differ. Men’s brains are usually larger (taken per body weight) than women’s but women’s brains have more connections between hemi-spheres, which allow them to multitask well.

**Try this with a friend or partner:**  
Have them sit in front of you with their eyes closed and arms comfortably outstretched with hands open. Touch one finger on one of their hands and ask them to touch the same finger on their other hand with their thumb on that same hand. Because this involves several quick crossings of sensation and motor function women are usually noticeably better at it.

Find your target Heart Rate

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This is the number of beats you want of your heart to beat per minute to get the most out of your workout but not put you at danger of working your heart too hard.

- First find your maximum heart rate (MHR) by subtracting your age from 220
- Next multiple (MHR) by 0.60 = lower end of the target heart rate zone
- Next multiply (MHR) by 0.90 = upper end of the target heart rate zone
- These two numbers represent your target heart rate zone. You should strive to stay between these numbers during your workout.

An example calculation for a 30-year-old woman is below:

- 220 - 30 = 190 = MHR
- 190 x 0.60 = 114 beats per minute
- 190 x 0.90 = 171 beats per minute
- Target heart rate zone = 114 to 171 beats per minute

Where We’ve Been and Where We’re Going

WHERE WE’VE BEEN

- 1) Three children received their first chiropractic neurological analysis and adjustment in June’s Kid’s Month
- 2) Several articles I’ve written and posted on my website you may have missed
  - How Sleep Creates Better Brain Function
  - Adjusting Children Differs from Adjusting Adults
  - Help for Infant Reflux without Medication
  - Some Real Causes of Breast Cancer Can be found at: <http://www.drcynthiahorner.com/blog>

WHERE WE’RE GOING

- 1) Dr. Horner will be out of the office Friday August 9th through Sunday August 11th to attend a seminar.
- 2) I have purchased new books for the Lending Library:
  - Brain Rules*  
by John Medina
  - The Female Brain*  
by Louann Brizendine
  - How We Do Harm*  
by Otis Brawley