

Experienced with Infants, Children, Pregnant Women and Families

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CHIROPRACTOR

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Parents Can Check if Their Child's Backpack is Creating a Serious Spinal Problem

1. Put their backpack on a bathroom scale. **If it weighs more than 10% of their body weight it is hurting their spine.**
2. Ask him or her to lie face down on the floor then you bend their legs at the knees bringing their heels toward their buttocks. **If their hips 'hunch up' it is a sign that they have overworked or strained a back muscle associated with carrying heavy weight on the back.**
3. Lying on their back lift one of their legs for them - up and slightly out away from their body. Ask them to hold the leg up as you apply mild pressure to push it down and in. **Not being able to hold their leg up is a sign of a weak low back muscle that attaches to vertebrae and discs.**



If you are a parent wishing to learn more about this information call the office for a no charge consultation. Dr. Horner is always glad to share information with parents to help their children, she will teach you exactly how to do the home tests. Our office offers no charge comprehensive spinal examination in September for children 18 years old and under.



Whole Body Wellness

IS AT THE HEART OF CHIROPRACTIC.

smart talk for smart people

Summer 2010 Complimentary Issue



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Chiropractic Health Care for people with more brains than money.

Back Pain is a Common Complaint in Pregnancy

Approximately 50% of pregnant women experience back pain. There are three basic reasons why back pain is common in pregnancy.

1. **Extra Weight** - Gaining weight is good for your baby but can stress the disc of your low back and contributes to...
2. **A Change In Your Center of Gravity** - As your baby grows your center of gravity shifts forward and downward. Your body adapts by adjusting your posture to lean back overusing and straining low back muscles and creating imbalances in spinal bio-mechanics. This is complicated by...
3. **Hormone Changes** - A hormone called relaxin is produced in the body in the 2nd trimester and increases in the 3rd trimester. This hormone relaxes all connective tissue in your body. This allows the fascia in the rectus abdominis muscle to stretch and the ligaments of the pelvis to give for delivery.

Extra weight, change in center of gravity and relaxed ligaments all contribute to instability of the low back.

Stay active, walk, swim, move.

What can you do?

- Wear low heel shoes
- Place a pillow between legs while sleeping
- Try not to lift children
- Do not cross your legs while sitting
- Stay active, walk, swim, just move
- Get chiropractic adjustments to ensure your pelvis and spine stay as well balanced as possible.

Feed Me I'm Yours

It has been reported that 71 % of kids get their information about how to eat healthy from their mothers and 43% from their fathers. With the onslaught of propaganda from the food industry many parents find it difficult to teach their kids how to eat healthy. They can't rely on the government or schools to provide or promote healthy food when our government caters to the interests of the food industry. Parents are competing with the 40 billion dollars spent each year by the food industry promoting fast and processed foods. Their efforts have proved successful for Americans spend 90% of their food budget on junk food and only 10% on fresh fruit, vegetables, eggs, meat and fish.

We all know that relying on inexpensive processed food will simply exchange convenience and short term savings for long term health issues and health expenses.

Much of the processed food is not even food based but made of non-food substances like petroleum, and synthetic (laboratory made) chemicals.

What makes processed food so bad?

Partially hydrogenated oil – is used in more than 40,000 food products in the US. It increases bad cholesterol and decreases good cholesterol as well as damages cell walls.

For more info visit:
transfreeamerica.com or
americanheart.org

Artificial colors and flavors – are chemical compounds made mainly from coal-tar derivatives. They have been shown to have an effect on children's brains as damaging as lead and gasoline. Many are hormone disrupters others are linked to allergic reactions, asthma, hyperactivity, headaches and fatigue.

For more info visit:
consumerhealthreviews.com or Feingold.org

High fructose corn syrup – converts to fat more readily than other sugars by skipping a step other sugars take in the liver where it is converted to a form of stored energy. This form of sweetener suppresses the feeling of satiety by not stimulating the hormone leptin.

For more info visit: **mercola.com or**
pubmed.gov

Artificial preservatives – BHT, BHA, TBHQ are known as benzoates. They are phenolic compounds when added to food prevents fats from turning rancid. Many people have allergic reactions to them & they are hormone disrupters.

For more info visit:
NCBI.NIH.gov or Feingold.org

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“Massage Therapist Opening New Practice” INTRODUCING RICARDO CUEVAS

I am pleased to welcome Ricardo Cuevas, Licensed Massage/Bodywork Therapist, to my office. Ricardo specializes in Integrative Orthopedic Massage Therapy, an individualized approach developed during his eighteen years in the field, and has a long and successful history of effectively treating chronic orthopedic conditions and injuries as well as a proven ability to engage clients in their own recovery. He has owned and operated private practices on Long Island, New York, and in Cabo San Lucas, Mexico, and has worked with well-known athletes and celebrities, has been the Official Massage Therapist at many special events, and regularly volunteers his services at local sporting and charity events. Ricardo now joins my office full time, with hours, by appointment only, Monday - Saturday. Please call him directly at 864.320.9276 for more information or to schedule your appointment! www.ricardocuevas.com

What makes processed food so bad? *cont. from page 2*

Artificial sweeteners – come in a variety. The most commonly known Aspartame (Equal Nutrasweet) and Sucralose (Splenda) are not food but chemicals never meant to enter the human body.

For more info visit: **cspinet.org, or cancer.gov**

MSG or Monosodium Glutamate – is a flavor enhancer. Used on restaurant food, salad dressing, chips, frozen entrees and soups. MSG destroyed nerve cells in mice. Some people are more sensitive to MSG than others but it stresses the bodies of everyone.

For more info visit:
msgtruth.org or mercola.com

Sodium Nitrites and Nitrates – are used to preserve, color and flavor in meats and fish. Their problem is they combine with natural chemicals in the body to form nitrosamine a highly carcinogenic substance.

For more info visit:
cnn.com/health/indepth.food/additives/table.html

Olestra – is a highly indigestible fat substitute used in fried and baked foods. It inhibits the absorption of many vitamins and causes diarrhea and inhibits digestion.

For more info visit:
hsph.harvard.edu, or americanheart.org

Encourage healthy eating.....What's a parent to do?

Books and magazines in our lending library that can teach and motivate you as parents to eat healthier and share that information with your children are listed below:

Real Food Has Curves

How To Get Off Processed Food, Lose Weight and Love What You Eat By **Bruce Weinstein**

Nourishing Traditions

The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrat By **Sally Fallon**

What to Eat

An Aisle by Aisle Guide to Savvy Food Choices and Good Eating By **Marion Nestle**

Eating Well a monthly magazine filled with well researched articles and recipes. (I have kept dozens of back issues in my lending library)

Body and Soul a monthly magazine put out by Martha Stewart does a great job presenting truths about food and health in a format easy to read and enjoy.

Call the office for your list (we can mail or e-mail) of tried and successful things parents can do to encourage kids to make healthy food choices or attend our workshop Monday, September 13, 7:00 PM to learn more about snacks and lunch ideas for kids.

Chiropractic Works So You Can Play



What We Are Looking Forward To...

I would appreciate any donations of 'well played with' toys for our toy room. Cars, hand held figures, dress up things would add to our fun for kids.

September is Kids Months- Initial examinations are at no cost, adjustments are half fee.

Parents: The latest copies of "Pathways" magazine from the International Chiropractic Pediatrics Association have arrived. Please call Dr. Horner or stop in the office for your free copy.

A workshop -" Feed Me I'm Yours" - Great ways to prepare healthy foods your kids will like to eat. Monday Sept 13th, 7:00 to 8:00 PM. Call the office at 458.8082 to reserve a seat.