

Experienced with Infants, Children, Pregnant Women and Families

Dr. CYNTHIA HORNER

CHIROPRACTOR

(864) 458-8082

www.drcynthiahorner.com
11-D Barkingham Lane, Greenville, SC 29607

ADDRESS SERVICE REQUESTED

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How You Carry Your Infant Can Make a Difference

Ever wonder why babies curl up in what we call the fetal position? They are helping there spine stay healthy. An infant's spine, unlike an adult's, is shaped in a 'C' curve from head to butt. Tucking their legs up under them when on their stomach allows the natural 'C' curve to keep its shape until the spine is ready to develop into the 'S' shape.

The healthy progression is for the neck curve to develop at the time the baby begins to lift his head from on his stomach. The low back curve (sway of the back) develops naturally as he holds on and pulls himself up to stand.

Babies spend most of their time in containers; such as cribs, car seats, strollers and carriers all creating prolonged lying on their back. This allows gravity to:

- Put stress on the hip joints in frog leg position
- Increase stress to back of the skull
- Prematurely pull spine out of the 'C' curve



Car seats put babies in the natural 'C' curve more than other carriers but they can hinder the natural curves that are ready to form as the baby grows. Babies also have a difficult time developing muscle strength while in car seats for prolonged periods of time. Of course car seats are necessary while traveling in a car,

The best way to carry your baby is holding him vertical against you. Whether in a wrap, or in your arms your baby will benefit from using compensatory movement as you move.

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Whole Body Wellness

IS AT THE HEART OF CHIROPRACTIC.

smart talk for smart people

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What Was the Best Thing Before Sliced Bread?

Allergies & sensitivities to wheat and gluten

What is wheat?

Wheat is actually a grass with kernels at the top that can be crushed and made into flour. Well wheat is wheat wouldn't you think? Not really. There are many types of wheat grown in America alone. One type of wheat makes excellent flour for angel food cake like the kind found in Twinkies, other wheat grasses have been developed to make great pizza crust, yet others for bagels and baguettes and still others for the white or wheat packaged breads that most of us grew up on. Wheat grasses have been modified through hybridization since ancient agriculture began. The wheat our breads and baked goods are made from today are far different from the wheat of 100 years ago and earlier.

Could wheat be hurting us?

There was a time when I knew as little about nutrition as the people who design the USDA's Food Pyramid, but over many years I, like most people have grown in knowledge about the food I put into my body. But for some reason I resisted the good information I was getting about wheat's ill effects on health. Better late than never I finally got it. There are those who are highly allergic to wheat and

gluten (the protein in wheat) and their symptoms are so dramatic they eliminate wheat completely from their diets to eliminate their severe symptoms. But people like me who have only a mild sensitivity to gluten may never associate wheat as the thing keeping them from optimal health. They blame hormones, thyroid and allergies to pollens for their various symptoms but several things in wheat can create poor health:

pesticides
herbicides
rodenticides
fungicides
genetic engineering (GMO)
and
gluten

“Being sensitive to gluten is an autoimmune disorder.”

The gluten content in the bread we eat today has been increased through hybridization. Wheat has been altered to create gluten that has more adhesive properties and less nutritional value. Bread with less gluten appears dry or crumbly when you cut it. High gluten content allows you to roll your white bread into little gummy balls. The word gluten comes from

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Before Sliced Bread

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the Greek word for glue, it is made of four proteins: albumin, globulin, gliadin & glutenin.

How does it hurt us?

When a high content of gluten is ingested it can damage the intestines by adhering to the intestine walls preventing the absorption of nutrients and killing good intestinal bacteria. The intestinal walls become inflamed and the immune system begins tagging gluten as an enemy to the body and attacking it, then the mild autoimmune cycle begins. Being sensitive to gluten is an autoimmune disorder. Also neurotransmitters like serotonin (the feel good hormone) are made in the gut as well as the brain, gluten often damages the production centers for these hormones creating mood disorders such as depression.

What can you do?

Taking gluten out of your diet for several weeks and notice if your mild, mixed bag of symptoms go away. Going gluten free is not a fad but a practical eating modification for many. It is becoming easier to find food without gluten as many grocery stores have gluten free sections. There are many other grains that bread, pasta and baked goods can be made from that do not have gluten and because they are not grown in mass quantities they are not stored for long periods of time therefore are not exposed to as many of the chemical pesticides as conventional wheat is. Eating a variety of grains such as millet, quinoa, rice, spelt and teff is healthier for any ‘body’ than eating only wheat.

Fitness is More Than Strong Muscles; It’s About Symmetrical Movement

Recently a patient came to my office with shoulder pain. He said, “Well doc I guess it’s just old age.” I asked “How old is that shoulder?” He laughed and said “Sixty eight”. My reply was, “Your other shoulder is also sixty eight years old and it is working just fine so we know it’s not old age causing your problem”.

What does cause many muscle and joint problems is asymmetry, one side of the body out of balance as compared to the other side. Fitness is more than strong muscles; it’s about balanced muscle movement. Many things we do throughout the day are one sided such as:



- a golf swing
- holding a baby
- writing
- a tennis stroke
- crossing legs while sitting
- driving
- getting in/out of a car
- mousing on a computer

In doing most daily activities the muscles and joints on one side of the body are used more and in different motions than the muscles and joints on the other side of the body. But the other side is working also, to anchor or create a counterbalance to complete the task. Years of this ‘one sided use’, ‘one sided anchor’ creates imbalances that may end up feeling painful and restricting movement. If left untreated it is possible to damage the joint requiring surgery to patch it up or replace it. Chiropractic is all about finding and fixing problems in the body before permanent damage is done.

Exercise and physical workouts tend to be symmetrical with an asymmetrical body. The overworked, tight muscles and inflamed joints are subjected to the same exercise as the weak muscles and underused joints. When my exam reveals a condition caused by imbalanced motion I recommend a **Function Muscle Assessment Screening**. The best person I know to perform this test is **Jamie Blair a personal trainer at Premier Fitness**. He will not only uncover structural imbalances he will also give you a plan to fix them. If you think an imbalance in muscles or joints is causing you pain or limited range of motion, talk to me about a Functional Muscle Assessment Screening with Jamie.



Many times when I choose to use a subtle energy technique with my patients they will say to me “Why do you chiropractors get into all this new age energy stuff?” Working with the energies of the body isn’t new it’s old, very old. But it is only recently that we understand the science that explains this ‘energy stuff’.

We now understand that people are more than biological machines with parts that age and wear down. It was once thought that if you understood the parts of the body you could always fix them. Viewing the body this way has not led to the medical breakthroughs in health we had hoped. The problem that arises is that we find the body doesn’t always act as predicted or expected, as if there is a wild card being thrown that we can’t explain. This wild card is energy. All atoms that make up cells and other matter are really frozen energy. All energies oscillate and vibrate at different speeds. When energy vibrates so slow it can be considered frozen, it acts like a solid. Energy and matter are the same thing in different forms, much like ice, water, and steam are all water in different forms. When Einstein said E= mc2 he was saying energy and matter are the same and when matter travels at the speed of light squared it becomes energy. This was a new awakening for scientist who thought energy and matter were two separate things.

Homeopathic remedies have baffled medical doctors for years. They state that it is impossible for them to have any effect on human tissue when the original herb has been diluted a hundred times or more. Homeopathy works because the remedy contains the energetic imprint of the herb it was made from and that energy has been increased or magnified by shaking the solutions in the process of making them. Craniosacral therapy, Reiki, Qigong and electromagnetic feedback devices are effective because they are working with electromagnetic energy patterns on the atomic level of body tissue.

Viewing all living things as the bundles of energy they really are leads to understanding how the body grows and heals. To ignore the energetic component of human tissue is to short change humans of true healing.

Find out more about vibrational medicine by checking out the book in my office lending library, Vibrational Medicine for the 21st Century by Richard Gerber MD. It’s easy reading.

Where We’ve Been and Where We’re Going

Been

- 1) Several patients and I attended the first of the on going Thyroid Discussion and Support Group led by Dr. Sarah and Brian Davis held at The Wild Radish Health Food Store. For next meeting call 416.1136.
- 2) Eleven children received their initial spinal exam and adjustment in our No Charge Kids Month this past June. If your children have not had a spinal exam take advantage of the next Kids month in September.
- 3) Dr. Horner learned a new and interesting neck exercise from a lesson learned from the National Geographic Magazine. Ask her about it.
- 4) We gave out 25 free Pathways Magazines (publication of the International Chiropractic Pediatric Association) to parents interested in learning about natural family living and healing. They are available at the office once a quarter.

Going

- 1) I am working with an innovative young lady to develop a new and more useful interactive website. Check us out at drcynthiahorner.com
- 2) Enjoy something new by participating in our monthly drawing for:

August	one hour massage with Ricardo Cuevas
September	low back or cervical pillow
October	adjustment
November	book
December	vitamins & supplements

- 3) We are getting a new e-mail system that will enable us to communicate office closings and office events to you.
- 4) September is Kids month, kids initial exams are offered at no cost. Their adjustments are half fee (\$22.50). Call for an appointment.
- 5) I will be leading a group workshop at the Wild Radish Health Food Store just around the corner from the office on Tuesday, September 20th at 7:00 p.m. The topic is **‘Why People Don’t Heal and How They Can’** call The Wild Radish at 297.1105 to reserve a seat.