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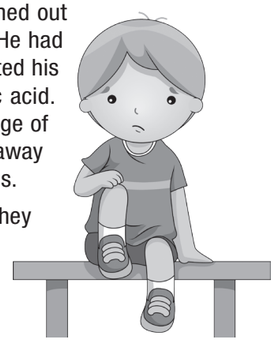
Nature's Child

There is No Such Thing as Growing Pains

Several years ago one of my little patients, about 7 years old, was brought in to my office by his mom, complaining of severe pain in his calves. His calves were tender to the touch and hurt when he moved them. His mother feared Gullian Barre Syndrome, MS, or cancer and said she hoped it was just growing pains. I explained to her what I will explain here. It doesn't hurt to grow. Bones do not grow faster than muscles and cause pain. The body grows in perfect harmony and perfect proportion.

When children have pain in their arms or legs it is usually because they have overused a muscle and it is sore from being over stretched, overused and fatigued. The little boy brought to my office it turned out had been hiking Chimney Rock with his family 2 days before his legs began hurting. He had overdone it running uphill causing a buildup of lactic acid in his calf muscles. I instructed his mother how to gently rub his legs with oil or lotion and help his body move the lactic acid. I assured her he would be fine in 2 to 3 days. In 2 days he was pain free with full range of motion of his calves and forgot all about his 'growing pains'. If children's pains do not go away in a few days, further investigation may be necessary to rule out more serious problems.



Children can stress and strain muscles particularly of the arms and legs when playing, They often do repetitive movements like swinging a bat 100 times or kicking a ball against a wall 200 times, or running up hill on a long hike before their body warms up and works up to the task.

Whole Body Wellness

IS AT THE HEART OF CHIROPRACTIC.

smart talk for smart people

Spring 2012 Complimentary Issue

In This Issue

Chiropractic Health Care for people with more brains than money.

A New Look at an Old Word....Posture

The ancient Japanese art form of growing Bonsai trees is a fascinating example of creating posture. Bonsai trees are normal shrubs that have been consistently stressed in a particular way for a long time to create a 'posture' which would never be found in nature. Depending on how the tree is stressed while it grows, determines how it will grow. Our spines are no different; our posture is an expression of the stress we put on our bodies, sometimes creating posture that also would never normally be found in nature. Bones change shape to accommodate to stress; this is called Wolf's Law. The body lays down more calcium on bones in areas where muscles pull against them. This is why exercise helps prevent osteoporosis. Bones that have more weight on them such as our shin bone will become thick with calcium laid down for strength. Ligaments that hold bones together shorten under stress as do muscles and movement becomes limited.

Ideally, our bones stack up one upon the other: the head rests directly on top of the spine, which sits directly over the pelvis, which sits directly over the knees and ankles. But if you spend hours every day sitting in a chair, with your tailbone tucked under you and hunched forward with your head in front of your body the muscles of your neck and back have to carry the weight rather than it being supported by the spine. The resulting tension and joint pressure can be the cause of shoulder, back pain and headaches.

The human body craves alignment. When we are properly aligned, our bones, not our muscles, support our weight. It takes less energy to let our bones rather than our muscles support us. Posture is not just about standing up straight; it's about how your body lines up in gravity. Your center of gravity is in your spine somewhere between your hips and chest depending on whether you are a male or female and how you are built. Gravity tries to pull us down as we struggle all day to stand against the pull of gravity. The closer your body parts are to your center of gravity the less energy you expend. An example of this is if you hold your arm out in front of your body away from your center of gravity it tires quickly, but when held close to your core or center it does not fatigue as readily.

> **"Posture is not just about standing up straight; it's about how your body lines up in gravity."**

The average person sits 15 hours a day and much of that is in a car. The car seats in newer cars make it difficult to have correct and healthy posture. In their effort to accommodate the shape of the spine they are indented in the middle and therefore do not support the area between the shoulder blades, they also force the head forward. Head rests are really head restraints. They are designed to restrain your head from moving backward or whipping back in the case of an accident. They do this by forcing your head forward while you drive. This rounded mid-body,

Cont. on page 2

A New Look at an Old Word....Posture

Cont. from page 1

forward head posture creates stressful conditions such as loss of vital lung capacity, increased fatigue, reduced blood and oxygen to the brain, limited range of motion, stiffness of joints, pain syndromes, overstretched back and neck muscles and numbness in the hands. Adjusting your car seat to allow your head to rest over your shoulders and your shoulder over your hips is difficult to do in today's automobiles.

Posture is not only an expression of the mechanical or physical stresses you put on your body but also an outward expression of the emotions you are feeling. When frightened most people will bend forward at the hips and waist, and bring their head and arms forward in a protective stance. This is an instinct human beings have had since primitive times. It is helpful in quick short stressful times preparing us to run or move quickly. We take on this protective stance also when stressed all day over work, family, money, worrying, ect.

Correcting bad posture and the physical problems that result can be accomplished in two ways. The first is by eliminating as much "bad" stress from your body as possible. "Bad" stress includes all the factors, habits, or stressors that cause your body to deviate from your structural center. "Bad" stress can result from a poorly adjusted workstation at work, from not having your seat adjusted correctly in your car, or even from carrying too much weight around in a heavy purse or backpack.

The second is by applying "good" stress on the body in an effort to move your posture back toward your center of balance. This is accomplished through a series of exercises, stretches, chiropractic adjustments, and changes to your physical environment, all designed to help correct your postural patterns. Getting your body back to its center of balance by improving your posture is critically important to improving how you move and feel.

Where We've Been and Where We're Going

Where We've Been

- We have had happy **winners** of the office drawing: January-Jennifer Simon won colloid silver • February-Donna Rogers won chiropractic adjustment • March-Alicia Hardigree won a low back support
- **In March** we offered children's initial exams at no cost and their adjustment half fee all month long. Eleven infants, babies and children received their first chiropractic spinal exam and adjustment. We will be making this offer again in June.
- **Kelly Van Deren** has joined us as the in house massage therapist and is enjoying getting to know many of you. If you haven't taken advantage of her offer to receive an hour massage for the half hour fee call Kelly at 864.346.2133 or email at KVDyoga@gmail.com because the offer will end soon.
- **Thank you for referring** your friends and family members to the office. I have steadily built my practice through word of mouth and referrals. Your trust and confidence in me is appreciated.
- Several times a month I write a **new article** or make a **video** about various health subjects and post it on my website blog. If you have missed them go back and check out any that may interest you.
  - Video of a two week old infant being adjusted. (Also on You Tube)
  - Exercise is More than Strong Muscles; It's About Balanced Movement
  - Stop Backpack Injury; It's Time to Ease the Burden on Our Children
  - Vertebral Disc Damage; Maintenance and Repair of Cartilage

Where We're Going

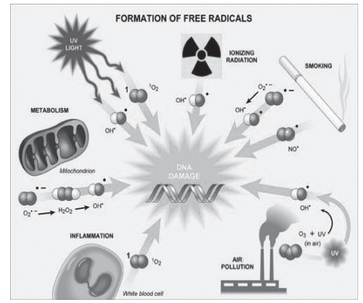
- **Ask** for information on new wellness payment plans. I am designing new ways for you to save on your chiropractic care, especially those using health savings cards.
- **Dr. Horner** will be traveling to Atlanta in July to attend a **seminar** on adjusting children.
- You will see a new discussion on my office **Facebook** page called *Mother Knows Best and Father Knows Best.* I will ask a question about family health issues and ask parents to share what works in their family.
- I made a new **video** with the help of Terral Ware (pregnant with twins) demonstrating pregnancy exercises. Look for it to be posted soon on my website and on **You Tube**.
- **Kid's Summer Project** May 15 through June 15, supplies and directions for kid's summer project will be available. This year the project is to make a person out of non-perishable healthy food. Age groups 5 to 8 and 9 to 13. **$50.00 prize** for the best in each age group and a T-shirt for everyone who participates.

Anti-Aging; or Just Hype?

I opened a protein bar to keep my blood sugar steady during a busy day. While eating the bar I noticed the wrapper said "anti-aging wholefoodbar". Just what is anti-aging about this bar I wondered? In reading the ingredients I saw it contained some antioxidants. I guess the manufacture thought that was enough to justify calling it anti-aging. We hear a lot about antioxidants in our food, supplements, make up, face and hand lotion and even in our soap. But what are they and how do they keep us from aging? I found some interesting information on antioxidants that I simplified so all my readers could have a little better understanding of what this anti-aging, antioxidant hype is all about.

Dead tissue turns moldy, live tissue oxidizes

Oxidation is a normal part of life. It is the process of free radicals creating cell damage. Free radicals are produced every time your body uses oxygen to convert food into energy. Oxidation occurs in the flesh of an apple when it is cut then exposed to the air and turns brown. Free radicals cause oxidation in your skin when exposed to the sun. Free radicals and oxidation is what happens as your body tissue ages, dead tissue turns moldy, live tissue oxidizes. Free radicals cause oxidation and oxidation damages cells.



Free is good but in the case of free radicals too much free causes problems

Your body expects free radicals and is designed to deal with them, but problems occur when they are being produced faster than your body can handle them. Free radicals are not the problem, it is the overload of free radicals that causes a problem.

Things that cause free radical overload:

- Cigarette smoke
- Chlorination of water that creates high levels of chloroform and trihalomethanes.
- Pesticides used in the food we eat or the food animals eat- that we eat.
- Radiation from the sun, computers, cell phones and x-rays create free radicals.
- Hydrogenated fats and rancid (old) fats and oils.
- Animals bodies try to contain toxic chemicals by shoving them into the animal's fat. When we eat the meat or drink the milk of the animal, we consume the stored toxins. Likewise our bodies try to contain the toxins by storing them in our fat. Fatty tissue is subject to a lot of free radical damage, including the fat in cell walls.

Cell walls are like bouncers in a night club

Cell membranes are made of fats. The cell membrane or cell wall as it is sometimes called, surrounds and protects the cell by allowing nutrients and helpful things in and escorting toxins and waste products out. The membrane also keeps things that shouldn't be in the cell out. I compare the cell wall to the outside walls of a night club, with bouncers at the doors. They keep troublemakers from entering, let pretty women and nice guys in, and throw out anyone creating a problem on the inside. What would happen to the night club if the bouncers weren't there? Things that don't belong in get in and things that should be taken out are not. This is what happens to a cell when free radicals cause damage to the selectivity or bouncers of the cell wall. The result is cell death.

Unpaired electrons like unpaired humans look for new partners

A free radical is an atom which has an unpaired electron in its outer ring making the atom unstable. Unpaired electrons, much like unpaired humans look for a partner and like humans they don't mind taking one that is already paired with another. This creates a new unpaired electron setting up a chain reaction that quickly gets out of hand. Each time an electron is taken from its partner it creates a little cell wall damage. The quick chain reaction is much like a gymnasium floor covered in mouse traps sprung back with a ping pong ball on each arm. Tossing one ping pong ball onto the gym floor would result in a chain reaction springing first one trap then two, then five then ten until all were sprung. A sprung mouse trap is like a damaged cell. If the damaged cell walls is in arteries it creates arteriosclerosis, if in the skin it creates damaged deep layers of skin resulting in wrinkles.

Antioxidants (Match.com for atoms) offer new partners to unpaired electrons

Antioxidants combat oxidation by offering an electron to the first bidder to take it, breaking the chain of electrons knocking others out of their partnership and damaging cell walls. Listed below are some of the well-known nutrients that when broken down by the body end up with an 'x-tra' electron thus breaking the vicious cycle of free electrons or free radicals that create oxidative damage at an accelerated rate.

Nutrients that offer electrons new partners to stop the madness.

Vitamin C	*Beta carotene (a form of vitamin A)*	*Grape seed extract*
Vitamin E	*Coenzyme Q10*	*Pomegranate seeds and juice*

So my protein bar wasn't lying. Although the antioxidant, anti-aging capabilities of this bar were minute the bar's manufacturers capitalized on the present trend to be wrinkle free with clean arteries.