

Experienced with Infants, Children, Pregnant Women and Families

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## Movement is Life

Parents often want their babies and children to progress as quickly as possible in their motor and intellectual development. But each child has their own developmental timetable. Each stage of movement molds the nervous system in a different way. Pushing a child to progress too quickly may cause them to skip a stage or not fully benefit from a stage of development.

But how important is crawling before walking? Infants kick and move their arms in opposite directions while lying on their backs, then advance these same movements face down to crawling. Cross body movements such as crawling have several positive and important effects on a baby's neurological development. As a baby crawls and moves opposite arms and legs he is creating connections between the two hemispheres in his brain, initiating these two areas to communicate and exchange information. Crawling also helps to develop a healthy spine as the limbs are asked to rotate around the axis of the spine creating torsion in the spinal joints that prepares them for standing upright. As a baby crawls he must work against gravity to balance his body as he shifts his weight. This complex skill develops the cerebellum at the back of the brain. The pressure on limbs while moving strengthens joints.



Placing a child in a device that puts him in the upright position allowing his legs to move independent of his arms may be easier on the parent but robs him of the rich experiences of the sensation of different textures and pressures on his hands and knees and in balancing his body through trial and error. Sitting or standing upright in a walker before crawling creates development of the lower extremities out of sync with the upper extremities and cross movements are not needed. Encouraging babies to crawl means plenty of belly time and attention from the care giver as crawling means moving and exploring the world.

# Whole Body Wellness IS AT THE HEART OF CHIROPRACTIC. *smart talk for smart people*

Winter 2012 Complimentary Issue



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## Do Unimmunized Children Pose a Threat to Their Community?

The CDC and the AMA have the opinion that parents who choose not to vaccinate pose a health risk to the community. Their theory is that everyone is safe from disease only because everyone is vaccinated. They believe unvaccinated children support or transport contagious diseases. Many believe not vaccinating puts the entire society at risk. It has been said that vaccinating your children is a moral obligation and those who choose not to vaccinate are acting selfishly. These same people recognize that there are risks but feel that the benefits outweigh the risks.

Who chooses not to vaccinate? It is not the poor, lazy or uneducated but fairly well educated, active members and contributors to communities who are questioning and hesitating when it comes to the routine vaccination schedule for their children. These are educators, professors, government officials, physicians, health professionals and attorneys who are asking these questions:

1. **How do vaccinations work in an infant's immune system?**
2. **What are all the ingredients in vaccines?**
3. **Does receiving multiple vaccines have a different effect than receiving only one?**
4. **Why do some babies hold the aluminum or mercury from vaccines while others do not?**
5. **Can an infant or child's body heal from these illnesses without vaccines?**

**1. Vaccines work** differently than acquiring an illness naturally. Viruses or bacterium naturally enter through the nose or mouth, and go to the lungs or stomach, the body responds with an immune fighter that is designed to stop

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unwanted antigens at their site of entry by creating mucus, coughing, sneezing, vomiting, rash and sweating. Expelling the invader externally creates lifelong memory, or lifetime immunity. If on the other hand the virus or bacterium is injected directly into the infant's or child's bloodstream or muscle the immune system must respond with a different type of immune fighter that blocks the virus from spreading to cells throughout the body. The downfall is these immune fighters cannot get into the infected cells to expel the invader and cannot kill infected cells. This does not create immunity but a chronic ongoing infection with a continuous antibody presence.

**2. Ingredients in vaccines** vary slightly, but all vaccines are made by passing the

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# Do Unimmunized Children Pose a Threat

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virus or bacterium through **animal or human tissue** many times to weaken it. For example measles virus is passed through chick embryo cells, polio virus through monkey kidneys cells, rubella virus through duck or rabbit cells or human fetal (foreskin) tissue. It is not always possible to separate the virus or bacterium from the foreign tissue. If foreign tissue is injected in the child he/she will develop antibodies to their own nervous tissue resulting in an autoimmune disease, the type and severity is dependent on the type of tissue injected. All vaccines have **adjuvants** added to enhance its effect. **Aluminum** as a metal salt is often used as an adjuvant in vaccinations. **Oils** are also used along with metal salts as adjuvants. **Formalin**, a 37 % solution of gaseous **formaldehyde** is used to inactivate and stabilize vaccines. The antibiotics Streptomycin-neomycin are included in the vaccine cocktail.

**3. Understanding how one vaccination works** does not answer the question how does an immature immune system respond to **several vaccines give at one time** or within several months. One concern is aluminum; although safe aluminum levels received through muscle or blood injections has not been studied or determined, we know that a new born receiving Hepatitis B injection on its first day of life receives 250mcg of aluminum. The only figures that have been studied are those of infants receiving IV solutions containing aluminum in which 50mcg per day was found not to cause brain or kidney damage. Many who question vaccine safety feel too many vaccines are given too soon. It is unknown how infants’ immune systems respond to the active and inactive ingredients in vaccinations. The vaccine schedule calls for 50 injections for 16 illnesses by the age of eighteen or 37 doses before the age of six.



**4. Heavy metals cause brain damage.** One out of 150 babies develops brain damage in their first 18 months of life. Many point the finger to vaccinations. We don’t know if vaccinations cause any harm to brain tissue but what we do know is that children who are fully vaccinated and **do not develop brain damage** have signs (through hair analysis) that they are **eliminating metals out of their bodies**, and children fully vaccinated who **do develop brain damage** have **little to no metals excreted from their bodies**. What causes a body to hold heavy metals? **Candida Albicans**, is yeast that grows rapidly in humans if not kept in check with healthy intestinal flora will hold heavy metals. What kills healthy intestinal flora and allows candida to grow? Antibiotics kills healthy flora. Mothers who have taken antibiotics pass candida on to their children as they travel through the birth canal or when nursing. Children who receive antibiotics early in life have candida overgrowth in their gut and they will hold heavy metals in their bodies.

**5.** The best protection against disease is **natural immunity**. Many parents are unaware that there is such a thing as natural immunity. Where do you get natural immunity? If a father or mother has had a disease **they pass on natural immunity to their offspring through their genes**. Immunity is not passed on if a parent is vaccinated for a disease only if they contracted it naturally. A community with generations of vaccinated families loses all natural immunities. Also breastfeeding passes on a host of immune factors to babies. Many healthy children contract a disease but will have a strong enough immune system to fight it off. Good health is not- never being sick, but recovering efficiently from a sickness.

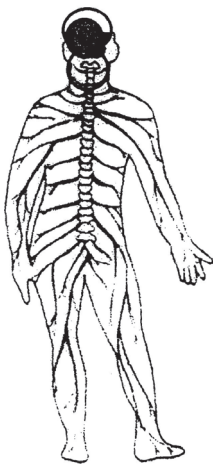
Whether it is right to force everyone to be vaccinated is a heavily debated issue. Some say vaccine mandates are pharmaceutical companies’ way of using the general population as guinea pigs and is profit driven. No studies have been produced to show unvaccinated children carry or transmit diseases within their communities but they do develop natural immunity if they contract the disease. Informed consent is a necessity in any health care practice. We have the right to accept or refuse any health intervention. Who should have the final word, doctors or parents?

Resources; Pathways to Family Wellness issue 32,  
Mothering magazine no.155 2009,  
What Every Parent Should Know About Childhood Immunizations By Jamie Murphy

## What Do You Know About Vitamin C?

- Vitamin C helps other nutrients, as do vitamin E and iron.
- Vitamin C is the most important vitamin for health of the immune system.
- Vitamin C is essential for the repair of connective tissue such as ligaments and discs.
- Vitamin C is a powerful antioxidant.
- Vitamin C has potent antiviral, and anti-bacterial properties detoxifying bacteria and preventing it from replicating.
- Stress depletes the body of vitamin C.
- 1000 to 2000 mg is recommended daily if taken as a supplement.
- 15 to 25 mg is recommended if eating whole food.

<u>Food</u>	<u>Amount of Vitamin C mgs</u>
1 cup orange juice	124
1 cup broccoli	120
½ cup green pepper	96
½ medium papaya	85
1 cup strawberries	88



Mental impulses flow from brain cells to tissue cells.

The are carried by the nervous system.

Keep them flowing optimally by seeing that the nervous system is free of interference.

## WHERE HAVE WE BEEN?

- 1) In the month of December 9 children received free initial exams and their first adjustment during Dr. Horner’s “No Charge Initial Exam Month”.
- 2) October 2011 Dr. Horner attended a seminar in Charlotte, NC on A Natural Approach to Thyroid Disorders.
- 3) In October & November we gave out 50 Pathways to Family Wellness magazines to our families. Pathways is a publication put out by the International Chiropractic Pediatric Association 4 times a year offering parents articles and resources to make informed healthcare choices. New issues are due in the office February 2012, ask Dr. Horner for one.
- 4) We launched a new interactive website in September 2011. We are excited to have over 2000 views to the site in the past months. Dr. Horner writes a new article on a health topic 2 times a month and posts it on the website. If you haven’t visited our site go to [www.DrCynthiaHorner.com](http://www.DrCynthiaHorner.com).

## WHERE ARE WE GOING?

- 1) We have several new books in our learning library:  
*What Your Doctor May not Tell You About Vaccinations*  
By Stephanie Cave, M.D. F.A.A.F.P. with Deborah Mitchell  
*What Every Parent Should Know About Childhood Immunizations*  
By Jamie Murphy  
*An Apple a Day; The Myths Misconceptions and Truths About the Food We Eat*  
By Joe Schwarcz, PhD
- 2) Dr. Horner will be Hosting a series of Parenting Workshops called “Parenting over 30”, for doula Nancy Parcels. The purpose of the workshops is to bring parents to be with more life experience together to meet other like-minded parents to be, to share, discuss and help each other. Call Dr. Horner at 458.8082 for more information.
- 3) We will be giving away some books from our lending library that we have outgrown. Take a look and help yourself on your next visit.
- 4) Unfortunately we are losing massage therapist Ricardo Cuevas at the end of January. He was given an opportunity in Naples, Florida that was too good to refuse. The practice benefitted greatly from his knowledge and work. He will surely be missed. We are in the process of securing a qualified replacement.