

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

PRST STD  
U.S. POSTAGE  
PAID  
SIMPSONVILLE, SC  
PERMIT NO. 12



## Encouraging Your Kids to Make Healthy Food Choices

1. Remember small children have immature taste buds. All children have two genes called TAS2R38 that make them sensitive to bitter tastes. There are two different types of these genes, one is more sensitive to bitter than the other. Your children may have any combination of these two genes so be mindful that foods may taste different to them than it does to you. The good news is these genes do change and we all outgrow this sensitivity to bitter.
2. Demanding that children eat at least a bite usually backfires. Studies show children act negatively when pressured to eat foods even if a reward is offered.
3. Read about healthy food choices out loud to your kids. Have your children or teens grocery shop with you finding healthy tasty foods.
4. Set a good example and work on modifying your eating habits to eat 75% fresh foods.
5. If processed foods or junk food is dominating your pantry shelves you can:
  - A - Slowly eliminate them and not replenish them
  - B - Have your kids help you clean house of these foods explaining why you are choosing to throw them away
6. Don't give up too soon. If your kids 'rebel' you may soften a little but don't give up the quest to eat healthier and teach them how to do so.
7. Let your kids choose and pack their lunch or snacks. Giving older kids magazines with healthy lunch ideas to cut out and save will give them a variety of good choices.
8. Stop the snacks at kid's sports events. Let them play for fun not for donuts.



### In This Issue

**Do You Really  
Need to  
Supplement  
Vitamin D?**

**Vitamin D  
Quiz**

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

**Things You  
May Not  
Know About  
Sugar**

**Nature's  
Child**

**Chiropractic Health  
Care for people  
with more  
brains than  
money.**

# Whole Body Wellness

## IS AT THE HEART OF CHIROPRACTIC.

*smart talk for smart people*

Summer 2012 Complimentary Issue



## Do You Really Need to Supplement Vitamin D? Take the Vitamin D Quiz and find out.

### THE D DIFFERENCE

The universal benefit from sunlight is its ability to activate the skin to produce vitamin D. There are three ways to get vitamin D, from food, from supplements and from the sun. Food supplies us with only small amounts of vitamin D therefore humans must count on the sun to allow their skin to produce vitamin D. Sun exposure has a positive effect on your health in that sun's UVA and UVB rays are necessary for our bodies to make vitamin D.

**Two major forms of vitamin D have been discovered:**

- D2 ergocalciferol
- D3 cholecalciferol.

Some authorities say D3 is more effective than D2 in humans.

Because vitamin D is not abundant in food it is added to foods such as milk (then called fortified). The type of vitamin D used in fortifying most foods is D2, which is not the kind made by humans from exposure to the sun. It is vitamin D3 that is synthesized in the skin when exposed

**“Taking a supplement to add vitamin D to the body can be helpful if you are unable to get adequate sun exposure.”**

to UVB light. The wavelengths needed to produce vitamin D is between 270 & 300 nanometers (sunburn is caused at about 290 to 400 nm). These lower wavelengths are present when the

UV index is greater than 3. When sunlight hits the skin for ten to fifteen minutes the reaction that produces vitamin D takes place within the next two to three days.

Low levels of vitamin D are associated with:

- high blood pressure
- most cancers
- multiple sclerosis
- osteoporosis
- many autoimmune diseases

Melanin functions as a filter for the skin. Darker skinned people with more melanin in their skin require longer exposure to the sun to produce vitamin D. When light skinned individuals tan slowly they increase their melanin and create a natural sunscreen. Taking a supplement to add vitamin D to the body can be helpful if you are unable to get adequate sun exposure. A supplement in the amount of 2,000 to 4,000 IUs daily is the recommended dose. The optimal levels in the body range from 40 – 60 ng/ml.

### THE D FACTS

1. Vitamin D is actually a pre-hormone, meaning that it has no hormone activity itself, but is converted to an active hormone.
2. Helps body absorb calcium therefore needed for strong bones and muscles.
3. Aids in reducing abnormal cell growth associated with cancer in the intestines, breast and prostate.

Cont. on page 2

# Do You Really Need to Supplement Vitamin D?

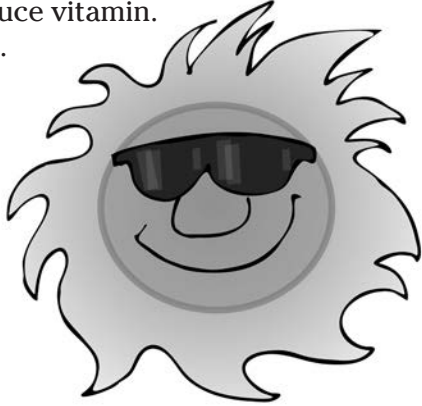
Cont. from page 1

- 4. Decreases inflammation through-out the body.
- 5. At age 70 you produce about ¼ of the vitamin D you did at age 20.
- 6. Dark skin decreases the body’s ability to produce vitamin D because melanin blocks UVA rays.
- 7. About 5 to 15 minutes a day in the sun a few days a week is needed to produce vitamin.
- 8. Most foods fortified with vitamin D are fortified with D2 not as potent as D3.
- 9. Milk bottlers have switched to fortifying with D3.
- 10. Clouds and smog block UV rays.
- 11. D3 is found in:

- egg yolks
- fatty fish
- liver

D2 is found in :

- most plants



## THE D TIMELINE

- 1941** - Australian pathologist Frank Apperly found a link between vitamin D and cancer.
- 1998** - Doctors in Boston are shocked to find 3 out of 5 elderly patients are vitamin D deficient.
- 2000** - Vitamin D was fortified in many foods other than milk.
- 2003** - A reemergence of rickets is experienced in America.
- 2004** - The book “The UV Advantage” by Michael Holick MD speaking out about the problems caused by avoiding the sun.
- 2005** – Harvard nutrition professor Edward Giovanni suggests vitamin D from the sun prevents many cancers.

## THE VITAMIN D QUIZ

- 1) **Your age**

a - over 50

b - under 50
- 2) **Describe your complexion**

a - dark

b - medium

c - light
- 3) **If you drew a line from northern California through Denver Colorado and through Columbus Ohio to Philadelphia Pa, chose where you live.**

a - north of the line

b - right on the line

c - below the line
- 4) **How long do you spend outdoors most days?**

a- Under 30 minutes a day

b- 30 minutes to 1 hour a day

c- Over 1 hour
- 5) **Describe your sunscreen habits**

a - always wear sun screen

b - wear it only in the summer

c - never
- 6) **Do you tan indoors in a tanning salon?**

a – never

b – several weeks a year
- 7) **Do you take a vitamin D supplement?**

a - no

b - yes

### HOW DID YOU SCORE?

- |                 |              |              |                                                                                        |
|-----------------|--------------|--------------|----------------------------------------------------------------------------------------|
| 1) a = 1 point  | b = 2 points |              | If you scored 7 or less = your body needs more vitamin D                               |
| 2) a = 1 point  | b = 2 points | c = 3 points |                                                                                        |
| 3) a = 1 point  | b = 2 points | c = 3 points | If you scored 8 to 12 = your body is most likely making adequate but minimal vitamin D |
| 4) a = 0 points | b = 1 point  | c = 2 points |                                                                                        |
| 5) a = 0 points | b = 1 point  | c =2 points  | If you scored 13 or more = your vitamin D levels are healthy                           |
| 6) a= 0 points  | b = 2 points |              |                                                                                        |
| 7) a = 0 points | b = 3 points |              |                                                                                        |

# Where We’ve Been and Where We’re Going

## Been...

If you have noticed someone else in the office lately, Dr. Heidi Hutto, a chiropractor is now sharing space with me.

I have updated my website [www.DrCynthiaHorner.com](http://www.DrCynthiaHorner.com) to allow you to find your way around with more ease. The home page features some of my most popular health articles and patient's stories.

Several new articles you may have missed.

**If the shoe fits** - An interview with Sheila McCullough the owner of Fleet Feet, a store on Augusta Road with everything for running and specializing in fitting you with shoes to move in.

**Strengthening Core Muscles and Aligning Your Spine Can Improve Your Golf Swing** - All golfers are looking for an edge. But good golfers know that proper body mechanics can make the difference between an average golf swing and an excellent golf swing.

**Sun, Sunscreen, Tanning Beds and Your Health** - There has been much controversy about whether sun is helpful or harmful. Understanding a little about the light of the sun and how it compares to the light of tanning beds and the effects the chemicals in sunscreen have on your skin will help you make wise decisions about your days in the sun.

**Are You a Mosquito Magnet?** - Do you find yourself swatting mosquitoes while sitting out on a summer night when others around you seem unaffected? There is a reason for that.

**June** - Five children received their first chiropractic exam and adjustment with our kids special.

Congratulations to the winners of the kids summer projects!

The winner in each age group won \$50. To see all entries and the winners go to my Facebook Fan page Dr. Cynthia Horner.



## Going...

“Got Your Back” T-Shirts are on sale for \$10.00. Call the office or ask about them on your next visit.

Dr. Horner will be out of the office one weekend a month to attend classes in chiropractic neurology. I look forward to using the knowledge I learn to improve your chiropractic experience.

Here’s something we can all do together this September, for every new ‘like’ on my Facebook Fan Page I will donate \$1.00 to **The Project Hope Foundation**. Project Hope leads the way in serving the autism community in South Carolina. Let’s see if we can generate \$100.00 or more.

September children’s initial exams are at no cost and adjustments are half fee. If your children have not had a spinal analysis, call the office to schedule an appointment for them in September.

# Things You May Not Know About Sugar



- ✓ *The average American eats 61 pounds of sugar each year.*
- ✓ *Halloween brings 2 pounds of candy into the average child’s stomach.*
- ✓ *Sugar causes a process called glycation in the skin that results in wrinkles.*
- ✓ *People in India have been crystalizing cane sugar for at least 2,000 years.*
- ✓ *In 1747 a German scientist Andreas Marggraf discovered that the sugar in the sugar beet was identical to sugarcane. In 1802 the first sugar—beet refinery began operations.*
- ✓ *More than half of the 8.4 million metric tons of sugar produced in United States annually comes from beets.*
- ✓ *Can you imagine eating 16 sugar cubes at one sitting? You do each time you consume a 20-ounce bottle of cola.*
- ✓ *A compound called ligduname is the sweetest compound known- it is 200.000 times as sweet as table sugar.*
- ✓ *Sugars are the building blocks of all carbohydrates.*
- ✓ *Sugars are the most abundant type of organic molecule in living things.*
- ✓ *The scientists who discovered splenda were trying to invent an insecticide.*

