

Experienced with Infants, Children, Pregnant Women and Families

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Healthy School Lunch 101

Often the best solution for a healthy lunch is to bring lunch from home. There are some ingredients that are common in school lunches that are worth avoiding, especially for a child who is struggling with development. **We all know that relying on inexpensive processed food will simply exchange convenience and short term savings for long term health issues and expenses.**

Read labels and avoid:

- trans fats and hydrogenated oils
- nitrates
- artificial colors and flavorings
- high sodium
- caffeine
- excess sugar
- high fructose corn syrup
- high calories
- added MSG- look for the words glutamic acid or glutamate on the ingredients list
- artificial sweeteners

So what do you do? Even the pre-packaged school lunch items (names withheld to protect the not so innocent) from the grocery store have many of these ingredients in them. Shop at stores that do not carry foods with the above ingredients .



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**Nature's
Child**

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

Whole Body Wellness

IS AT THE HEART OF CHIROPRACTIC.

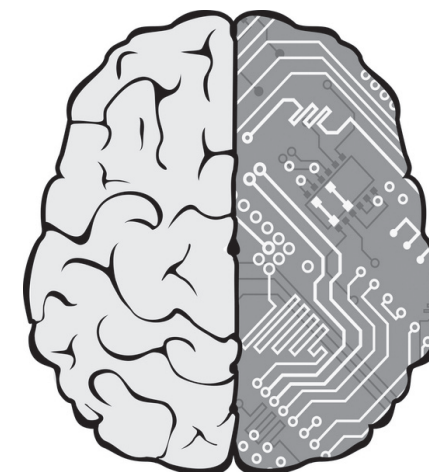
smart talk for smart people

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Brain Function and Chiropractic Care

The use of functional MRI has enabled us to learn more about the human brain in the last ten years than we did in the previous fifty years. In the past MRIs of the brain could only be done with the subject lying down in a large awkward tube. Functional MRI (f-MRI) allows the subject to sit up and move around while scanning the brain. The subject can be tested while reading, singing, meditating or receiving a chiropractic adjustment. This is accomplished by using a specialized cap with electrodes that fits over the subjects head. What has been learned is nothing short of amazing.



**“Our brains are in a
constant state of wiring
and re-wiring.”**

TWO AMAZING FINDINGS

At one time it was thought that after childhood the brain was hardwired and could not change. We now know this is the farthest thing from the truth. Our brains are in a constant state of wiring and re-wiring. This change in our brains' wiring helps us adapt to our world. Understanding how these changes take place allows us to create and direct changes in the brain to resolve many health disorders and build a healthier body.

Another amazing finding is that the right and left hemispheres are each responsible for specific abilities that enable you to enjoy and survive in your world. A balance of these hemispheres and communication between them is necessary for health.

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Brain Function

Cont. from page 1

Traits associated with right brain function

- Good muscle tone
- Moves body through space
- Reads facial expressions
(called non-verbal language)
- Reads people, gets social cues
- Not good at detail, likes big picture
(sees forest but not the trees)
- Athletic likes to be physical
- Good big muscle movement
- Likes variety, likes change
- Responds to low sounds
(as in emotions in voice)
- Comprehends what is read or heard
- Does not focus on small tasks well
- Good peripheral vision
- High EQ (emotional IQ)

I assess brain function through looking at:

- Posture
- Muscle tone
- Balance
- Eye movements

Posture is nothing more than where your brain thinks you are. Your brain is constantly correcting and re-correcting your body position to line you up to where it thinks you are in space, and that is dependent on how your brain is functioning.

Muscle tone is the result of consistent, even signals reaching muscles which is a responsibility mostly with the right hemisphere.

Balance is created by involuntary muscles responding to signals from the brain to keep your eyes level with the horizon.

The **eyes** are literally a window to brain function. Through assessing different types of eye movements new wiring in the brain can be evaluated.

Once it has been determined if one hemisphere has become overstimulated, under-stimulated or exhausted a plan can be made to balance the hemispheres. This is done through specific chiropractic adjustments.

What Actually Happens When You Get a Chiropractic Adjustment?

People find they feel better after an adjustment, but why? Why do allergies disappear, stomach problems resolve, colds and ear infections improve and focus and concentration gets better? A chiropractic adjustment moves a joint. Joints have little receptors in them that communicate to the brain what is happening as the joint moves. The brain in response sends a message back to the involuntary muscles that support the joint, to either loosen or tighten up. As some structures tighten while others loosen it repositions the joint. But that’s not all.

When the brain repeatedly receives these types of stimulation (movement and touch) it makes changes in its wiring. An adjustment can cause several areas of the brain to wire and fire or inhibit other areas to calm or slow down. The chiropractor solves the mystery of where to adjust by reading signs the body is giving. A short leg when lying down, a weak or tight muscle, or alterations in standing posture all are signals telling the chiropractor which area of the brain is overstimulated or under stimulated and therefore where to adjust.

Traits associated with left brain function

- Poor muscle tone
- Clumsy, does not move body well
- Reads letters and notices detail well
- Hears differences in sounds well
- Focuses on detail, good memory
(can see and remember difference in each tree)
- Poor coordination, possibly poor balance
- Good fine muscle movement writing
- Likes patterns, likes repeating
- Responds to high pitched sounds
(as in differences in pronouncing consonants)
- Reads letters well, does not comprehend well
- Enjoys and focuses on one thing well
- Poor peripheral vision
- High IQ

A Healthy Pregnancy and Optimal Delivery

A special technique if the baby is not head down for delivery

Chiropractic care benefits all aspects of the body’s ability to be healthy. This is accomplished by working with the nervous system – the conduit of intelligence between the brain and body. When vertebrae or the joints of the pelvis become misaligned they put pressure on the spinal cord or spinal nerves causing malfunction to the part of the body that lays at the end the nerve.

One common misalignment in pregnant women is of the pelvis. Pelvic misalignment causes changes in ligaments and muscles that support the uterus. It is these tense muscles and ligaments and their constraining effect on the uterus which can prevent a baby from comfortably assuming the head down position for delivery. The Webster In-utero Constraint Technique is a specific chiropractic analysis and adjustment used to correct subluxations in the pregnant mother’s pelvis. This technique restores proper tone to the mother’s muscles and ligaments, providing the physiological environment necessary for normal baby positioning.

Dr. Larry Webster, founder of the International Chiropractic Pediatric Association, developed this technique as a safe means to restore proper pelvic structure and function for pregnant mothers. In pregnant mothers presenting breech there has been a 75-95% success rate of the baby turning to normal vertex position. I have a certification in this specific technique and I have had years of success in helping pregnant woman have more comfortable pregnancies and better births.

Back pain indicates a pelvis problem

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

- Extra Weight- Gaining weight is good for your baby but can stress joints of your low back and can contribute to low back pain.
- 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 an over stretched iliopsoas muscle. Iliopsoas is a deep core muscle that travels from the vertebrae of the low back to the inside of the thigh.
- 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.



What can you do?

- Wear low heel shoes.
- Place a pillow between your legs while sleeping.
- Try to avoid lifting - even your other children.
- Do not cross your legs when sitting.
- Stay active.
- Get adjusted by a chiropractor trained in pregnancy care throughout your pregnancy.

Where We’ve Been and Where We’re Going

Where We’ve been

1. Six children had their first chiropractic evaluation with our children’s special in September.
2. All the children’s art work from our summer kid’s project has become permanent displays on the office walls. Madison Trump’s art work won first place.
3. If you haven’t checked my website lately go to www.drcynthiahorner.com to read the latest articles:
 - Keeping Back Pain Away
 - Not All Estrogens Are the Same
 - Natural Remedy vs Medication

Where We’re Going

1. December kids’ initial exams are again at no cost, adjustments half fee. If your kids have not had a chiropractic spinal evaluation this is the perfect time to begin their wellness care. If your kids are under care share this information with a friend.
2. More people are contacting us for chiropractic adjustments or massage via email. You can reach me at office@DrCynthiaHorner.com.
3. I will be out of the office on Saturday December 8th to attend a seminar in Charlotte, about nutritional support for neurological disorders.
4. A new ‘Pathways to Family Wellness’ magazine will be available at no cost to families in January.