

Experienced with Infants, Children, Pregnant Women and Families

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Four Ways Parents Can Check if Their Child's Backpack is Creating a Serious Spinal Problem

1. Put their backpack on a bathroom scale. **If it weighs more than 10% of their body weight it is hurting their spine.**
2. Standing up straight in front of you check how they line up in gravity. Look for their hips to tip forward at the top creating an exaggerated sway back. The hips will remain bent slightly at the front pockets.
3. Ask him or her to lie face down on the floor then you bend their legs at the knees bringing their heels toward their buttocks. **If their hips 'hunch up' it is a sign that they have over-worked or strained a back muscle associated with carrying heavy weight on the back.**
4. Lying on their back lift one of their legs for them - up and slightly out away from their body. Ask them to hold the leg up as you apply mild pressure to push it down and out. **Not being able to hold their leg up is a sign of a weak low back muscle that attaches to vertebrae and discs.**

If you are a parent wishing to learn more about this information call the office for a no charge consultation. Dr. Horner is always glad to share information with parents to help their children. Our office offers no charge



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

Whole Body Wellness

IS AT THE HEART OF CHIROPRACTIC.

smart talk for smart people

Spring 2013 Complimentary Issue



Chiropractors: A Different Breed of Doctors

For many years people were taught to ignore their health until it failed them. The attitude was "if it isn't broken ignore it" Then a new concept became popular, ignore your health habits but go through a constant routine of procedures looking for problems to catch them in the early stages. Chiropractors are a different breed of doctors because we have a different view about health. Chiropractors feel catching problems early is not as good as; never having the problem in the first place. Chiropractic promotes healthy living and healthy habits. Healthy living is not as complicated as it may sound. Your energy should be focused on creating or maintaining a healthy brain and nervous system. Your nervous system controls and coordinates every function in your body. Science is finding most health conditions stem from unhealthy changes in the brain, conditions like heart and vascular disease, immune system dysfunction, diabetes, depression, digestive disorders, learning disorders and dementia. How do you create or maintain a healthy brain and nervous system?

1) Start by Keeping Your Gut Healthy

When your intestine walls become damaged so does your brain. A leaky gut creates a leaky brain. A leaky brain is when the protective blood brain barrier has become breached and substances normally kept out

of the brain are able to cross over through the walls of the vessels into the brain and damage cells. During development as an embryo your brain and gut developed from the same clump of tissue and stay connected with each other through constant communication. More than half of your neurotransmitters like serotonin are made in the gut. A healthy digestive system is a major factor in a healthy brain and nervous system.

- *Eat food with fiber*
- *Keep digestive flora (good gut germs like acidophilus and lactobacillus) in your gut by taking a probiotic supplement and eating food with probiotics.*
- *Allow plenty of acid in your stomach, it will help digest food and keep your sphincter to your esophagus tight to prevent acid reflux.*

2) Know the enemies of a healthy brain and nervous system

- *Pollution and environmental toxins*
- *Sugar*
- *Radiation and electromagnetic fields*
- *Lack of movement of muscles and joints*
- *Inadequate sleep*
- *Food additives such as: artificial sweeteners, MSG, FD&C food colors, etc*
- *Excessive alcohol*
- *Stress*

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Chiropractors: A Different Breed

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3) Stop Treating Your Symptoms

When I sit down with a new patient to discuss their health habits and health history they seem surprised that I am interested in more about them than the symptoms they are experiencing. Most people are operating under the assumption that symptoms are a sign of being unhealthy and if they have no symptoms it indicates they are in good health. Webster’s dictionary defines a symptom as “an indication of the presence of something else”. Symptoms can be important in leading a doctor to find a dysfunction in your body, but your symptoms are not your problem, they simply point to the problem. Treating symptoms is a crude and ineffective way to approach health care.

4) Pay Attention to Posture, Balance, Sleeping Habits and Ability to Focus or Concentrate

These are things often overlooked as indicators of good health. The brain cannot grow, repair and function without stimulation from the body. Movement of your body and maintaining your posture in gravity are needed to feed your brain. Your spine and nerves are your communication pathway between your body and your brain. As your nervous system begins to deteriorate one of the first things to change is your ability to balance your body in gravity. Leaning forward, alter walking patterns and clumsiness may seem like small unimportant changes but they are important signs that your brain is not firing as it should or optimally could. Trouble getting to sleep or staying asleep is another important sign of brain and nervous system dysfunction. Lately there has been a lot of information about the ability to concentrate and focus. For most people these things change so slowly it is difficult to realize it is happening until it is severe. Medication is not the answer for attention and focus problems. Increasing the frequency of firing of your brain is the answer to these problems and chiropractic adjustment along with specific eye and balance exercise can do just that.

Test your brain and nervous system



- 1) Can you stand on one foot for 30 seconds? Is one foot noticeably easier to stand on than the other?
- 2) Now can you stand on one foot with your eyes closed for 15 seconds? (arms and hands can be used at your side for balance) Is one foot easier than the other?

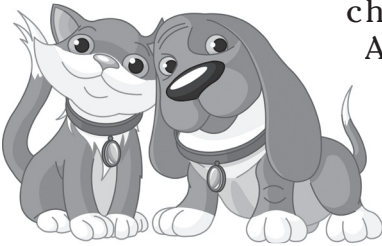
With some practice the healthy adult should be able to do this. A healthy brain will adapt and ‘learn’ with a few repeated trials.



“Chiropractic is instrumental to good health”

The Power of Touch for Pets

Human’s find a chiropractic adjustment can improve their health. Their nervous system can fail to function correctly from trauma, stress, prolonged postures, chemicals and toxins.



Animals are no different. Most chiropractors adjust their own pets, but the general public seldom thinks to take a pet to a chiropractor. I have been adjusting animals for 15 years. Some were experiencing musculoskeletal problems and others behavioral problems. Excessive barking, eating floors or walls, or unable to train to “potty” outside are some of the more amusing reasons dogs and cats were brought to me for a neuro-spinal check. All of my four legged patients responded favorably to their adjustments, many times to the sheer amazement of their owners.

I have even adjusted a baby goat. My good friend lived on a farm in Pickens and noticed one of a neighbor’s baby goats was acting strange and holding his head funny. She told her neighbor “I bet that goat needs an adjustment from a chiropractor.” On my next visit I adjusted the goat and he is no longer acting strange or carrying his head funny.

Chiropractic care for pets in no way replaces veterinary care. All dogs and cats should have a local veterinarian as their primary health provider. I always ask pet owners who is the animal’s vet, to ensure that full health care is not being neglected. Some pet owners ask me about complex disorders or what I think caused the problem. Although I have studied animal anatomy, I am only qualified to check their spine for subluxations and adjust them. Because subluxations interfere with brain and nerve function and the central nervous system coordinates and controls every function in the animal’s body any disorder may respond when the nervous system is stimulated through a chiropractic adjustment.

Like with my human patients animals need an appointment. I charge \$20.00 for an adjustment for a cat or dog. If you think an adjustment may help your pet call for more information.

Where We’ve Been and Where We’re Going

Where We’ve been

1. Stephen Knight is the young man you saw helping out behind my front desk. He has been accepted at Life University to begin his study of chiropractic. I wish him well in his endeavors and I feel he will be an asset to the chiropractic profession.
2. Six children had their first ever chiropractic neurological assessment and adjustment in December , taking advantage of December Kids month. Four times a year we offer children’s exams at no cost and their adjustments at half fee.
3. A thank you to all my patients and wellness partners who refer friends and family members to my office for chiropractic assessment.

Where We’re Going

1. Grace Hannon, licensed midwife, has opened her practice Legacy Midwifery in my office. Grace brings her birthing experience to Greenville offering qualified care for home births. She can be reached at www.LegacyMidwifery.com or 864.263.0166.
2. March is the next kid’s month. Children 18 years old and under can receive a complete chiropractic exam at no cost and chiropractic adjustment at half fee. If your children have not had a chiropractic exam, call for an appointment.
3. You may notice on you routine visits that I have some new procedures in my assessment of your spine and nervous system. I am taking a series of twenty classes to become board certified in Functional Neurology to better serve you.
4. If you have a smart phone, I have a new app that allows you to find my office easily without having to Google me or roll through your contact list. Simply put www.drcynthiahorner.com in your phone’s browser, a request to install a free app will appear. It will download in 2 to 3 seconds and put an icon on your screen.