Experienced with Infants, Children, Pregnant Women and Families

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Nature's Child

Why Are We Drugging Our Children?

Many drugs given to children and teens were never tested for people under 21. How many American children are started on a lifetime of prescription use?

ADHD drugs – 24.357 million
Children 0-9 years: 7,018 million
Children 10–19 years: 17,339 million

Antidepressants – 9.614 million
Children 0-9 years: 1,026 million
Children 10-19 years: 8,588 million

Antipsychotics – 6.546 million
Children 0-9 years: 1.396 million
Children 10-19 years: 5.150 million

Antihypertensives – 5.224 million
(treatment for high blood pressure)
Children 0-9 years: 1.819 million
Children 10-19 years: 3.405 million

Asthma drugs – 45.388 million
Children 0-9 years: 28,252 million
Children 10-19 years: 17,136 million

Sleep aids - 307,000
Children 0-9 years: 14,000
Children 10-19 years: 293,000

Statins (treatment for high cholesterol) **– 94,000**
Children 0-9 years: 11,000
Children 10-19 years: 83,000

Type II diabetes – 424,000
Children 0-9 years: 30,000
Children 10-19 years: 394,000

WHOLE BODY WELLNESS

is at the Heart of Chiropractic.

Complimentary Issue

SUMMER 2014

In This Issue . . .

SMART TALK FOR SMART PEOPLE

Is There An Epidemic That Stops at the US Border?

Why do we see so many children with ear infections, allergies, eczema and learning disabilities in America? In the world wide picture 90% of Adderall is used in United States. That's alarming!

The facts show that U.S. children consume foods that are different than those found in Europe and Asia. Synthetic dyes and additives are used in other countries but not to the extent that they are found in the U.S. Where are these dyes and additives? In the food we feed our children everyday things like jam, BBQ sauce, guacamole dip, Fruit Roll-ups, Lunchables, blueberry waffles, Au gratin potatoes, ketchup, macaroni and cheese and even oranges have dyes on their skin to give them a better color. Also multi-colored toothpaste, colored vitamins, colored cereal, cereal that glows in the dark or turns colors in milk, pink or flavored children's medicines. The abundant use of candy and lollipops handed out by teachers and school bus drivers for good behavior are loaded with dyes and chemical additives.

Artificial dyes are called FD&C dyes, this name refers to "Food, Drug and Cosmetic". Many of these dyes are made from petroleum derivatives or coal tar. The Federal Food and Drug Administration estimates that Americans are consuming five times as much food dye as they did thirty years ago and twice as much as Asians and Europeans. There are eight synthetic food dyes that provide color for food. They have many names but are commonly known as Yellow 5, Yellow 6, Blue 1, Blue 2, Green 3, Orange 3, Red 3 and Red 40. They have been shown to have an effect on children's brains as damaging as lead and gasoline. The sugar in candy is the least of our worries.

Another additive is **mono-glycerides and di-glycerides,** very little is needed to do their job, but they are made on a large scale. Referred to as M & D, they always work together, we don't know if they are harmful but we do know they are not real food but are synthetic and synthetic substances do not belong in our bodies. They are emulsifiers that tie water and fat together. The old expression water and oil don't mix is true if emulsifiers aren't in the formula. Before synthetic emulsifiers were discovered ma would bake and cook using butter, thick cream or eggs to do the same thing, but these would spoil quickly in food on a grocery shelf. M & Ds are made by reacting oil and glycerin in high heat. Glycerin is not only used as a food additive, but also in soaps, cosmetics as a moisturizer, pharmaceuticals and a number of industrial products. The new product is cooled and can be made into

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Epidemic Cont. from page 1

powder, flakes, paste, or a semi-solid depending on what it is intended to emulsify. Mono and di-glycerides are used to stabilize the fats in milk chocolate and also create a softer longer lasting crumb in baked good. A number of processed products are made with mono & di-glycerides.

such as:

- Peanut butter
- Many crackers
- Many ice creams
- It makes bread soft and won't spoil like oil
- Margarine and other butter substitutes
- Canned cake frostings
- Packaged cup-cakes and pastries

These additives have no taste and are often found with polysorbate 60.

Polysorbate 60 is abbreviated PS 60. Like mono and di-glycerides it is an emulsifier. It replaces cream and eggs to make products smooth and creamy. The process of making PS 60 starts with hydrolyzing vegetable oil. This is done by breaking down oil and corn syrup with heat and pressure which produces glycerin and stearic acid. Stearic acid provides the creamy texture to shampoos, and hand creams as well as the main ingredient in PS 60. The next ingredient will surprise you. Ethylene is a derivative of petroleum (ethylene glycol is anti-freeze). It is used to make polyester fabric and PET the plastic in our soft drink and water bottles. Under pressure and heat ethylene is mixed with stearic acid and out comes a tan, bitter tasting goo. The goo is mixed with water and oil then shipped to food plants as **polysorbate 60** to be added to processed food. The name interestingly comes from **"poly"** a polymer of petroleum, **"sorbate"** from the corn syrup **sugar sorbitol**, and 60 differentiates this product from others made from different vegetable oils.

Popular **artificial preservatives** are commonly known as **BHT, BHA and TBHQ**, or collectively as benzoates or phenols. They are added to fats to prevent them from breaking down a term call rancid. They are hormone disrupters and often the cause of allergies.

In many classrooms windows do not open so the use of dry erase markers and the solvent to clean the board are filling children's lungs with toxic chemicals all day. Artificially scented crayon, microchips in computers, synthetic soaps, hand sanitizer and detergents as well as chemicals in new carpet and mildews and molds in old carpet effect the respiratory and nervous systems of all those in the buildings. Many children with immature immune systems are very sensitive to these toxic substances. The result can be swelling of the tissue in the neck contributing to ear infections and respiratory conditions. They are also known to create neurological changes contributing to changes in the brain tissue that results in behavior or learning problems.

Are you Over 45? Stay Healthy by Simply Getting Up & Down

Simply getting up and down or maybe not so simply, according to a study by a Brazilian physician Claudio Gil Araujo this little exercise can test (and when practiced improve) strength and flexibility often loss in people over 45 years old. As people age they lose muscle power, coordination and balance leading to unexpected trips and falls. He developed the sitting-rising test or SRT. The good thing is; it requires no equipment and very little space. Try it.

1- Stand in comfortable clothes, in bare feet, in a clear space.
2- Without leaning, cross your legs and lower yourself to the floor to a sitting position.
3- Now stand up, trying not to use your hands, knees, forearms or sides of your legs on the floor or against your body.

Score yourself by giving a point for each time a body part other than your feet touches the floor or your hands touch your legs in either getting down or up. The least points the better and no points: is great!

Milk for our children?

Personally I am not against the consumption of dairy products for those who are not sensitive or allergic to them. Organic dairy is the only dairy I recommend. Good marketing has increased the consumption of cow's milk and other dairy products over the past 30 years so the dairy industry has sought ways to keep up with the supply and increase the revenue. Monsanto designed a recombinant bovine growth hormone (RcBG) which is a man-made genetically-engineered hormone given to cows to increase their milk production. It works well causing their utters to become so full they drag on the ground and infections are common. This led to the practice of giving all dairy cows antibiotics as a preventive. What's in the cow – is in her milk. Ingesting female hormones has had a negative effect on the endocrine systems of our children and antibiotics have damaged the digestive system of children by destroying the good bacteria in the gut called flora. Buying organic milk ensures that neither hormones nor antibiotics are present in the milk. For these reasons using non organic cow's milk for the base of infant formula has proven problematic.

Skim milk for toddlers?

Skim milk was once an industrial waste product. When cream was skimmed from milk, the remaining fat-free milk used to be considered a useless by-product created to get the cream. Before processing, skim milk has a very unappetizing blue-ish color, a chalky taste, and watery texture that doesn't resemble natural milk at all. So, to whiten, thicken, and make it taste a little more normal, **powdered milk solids are often mixed into the milk.**

What is powdered milk? Well, in the manufacturing process, liquid milk is forced through tiny holes at very high pressure, which causes the cholesterol in the milk to oxidize, and toxic nitrates to form. Oxidized cholesterol contributes to the buildup of plaque in the arteries, while un-oxidized cholesterol from unprocessed foods is actually an antioxidant to help fight inflammation in the body. The proteins found in powdered milk are so denatured that they are unrecognizable by the body and contribute to inflammation.

Shockingly, dairy manufacturers are *not* required by the FDA to label the powdered milk as a separate ingredient, because it's still technically just "milk," the single ingredient found on the list.

Skim milk actually has no vitamin K because vitamin K is concentrated in the butterfat of the milk. Also if you're not getting organic milk or milk from a farm that raises cows on green pastures instead of in concentrated animal-feeding factories, your milk won't have many of the essential fat soluble vitamins. Cows get their vitamin E, A, and K from the nutrients they eat in grass, and vitamin D from cruising around in the sunlight all day. Also, because confinement dairy cows are bred for unnaturally-high levels of milk production, the **vitamin content of the milk is severely diluted**, as the cow only transfers a very limited amount of vitamins to her milk supply.

Breast is best?

Mother's breast milk is the perfect first food, but recently Monsanto's herbicide Roundup has been found in the breast milk of American women. The chemical glyphosate found in Roundup is thought to build up in a woman's body over time. It is not only found in the food it is used on but also in the water supply from run off. Several studies showed as many as 3 out of 10 samples with levels 760 to 1600 times higher than samples from women in Europe. It was thought the chemical was not bio-accumulative but recent studies are proving it is. For more information: WWW.motherearthnews.com/natural-health/glyphosate-herbicide-found-in-breast-milk.

Did you say Goat?

Worldwide, 65% of all milk consumption is goat's milk. Most allergic reactions to milk in children is due to a protein called Alpha s1 Casein. The percentage of this protein in goat's milk is 89% less than cow's milk. Studies have shown 93% of infants allergic to cow's milk could drink goat's milk with no allergic reaction. Cow's milk must be homogenized because the cream or fat will always separate from the 'skim' milk. Homogenization is a process that forces milk through a tiny hole under great pressure which destroys the fat globule cell wall allowing the milk and cream to stay suspended or mixed well. Once the fat cell has been broken it releases free radicals that create a host of health problems. Goat's milk has smaller fat globules and does not need to be homogenized. Goat's milk is also easier to digest due to its smaller protein.