

Experienced with Infants, Children, Pregnant Women and Families

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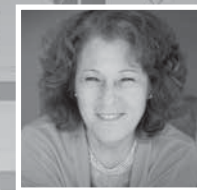
Nature's Child

Adjusting an Infant

I'm often met with surprise when people hear me say I adjust infants. "Why would an infant need to be adjusted?" is the question that usually follows. As surprising and unusual as it may seem, it makes perfect sense to have your infant checked by a pediatric chiropractor.

Today's birthing practices are harder on infants than most realize. A mother lying on her back isn't in the optimal position to birth her baby. With the standard birth practices babies stay in the birth canal longer and need more intervention such as the doctor assisting by pulling the baby's head, the use of forceps or vacuum distraction. When a birthing mom is given an epidural it becomes impossible for her to participate in the dance of contractions and rest necessary to effectively allow her baby to progress through the birth canal. Because of unnatural uterine constriction some babies take on a cramped posture. Any of these common birthing scenarios can be the cause of spinal and neurological problems.

Some patients find me when they learn colic and digestive problems are often resolved with a chiropractic adjustment. Older infants experiencing ear or upper respiratory infections also respond well to chiropractic care, which allows them the optimal opportunity to heal naturally. Adjusting infants is the most natural and sensible thing a parent can do to ensure their child has the best chance to start life.



WHOLE BODY WELLNESS

is at the Heart of Chiropractic.

Complimentary Issue

SPRING 2015

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SMART TALK FOR SMART PEOPLE

Everyone Poops

By Cynthia Horner

What leaves your body as waste says a lot about the state of your health. Our bodies are designed for survival and they are good at it. We are programmed to want to eat every four hours and we are programmed to eliminate the waste in our bowels right after new food enters our mouths. Interestingly what we eliminate as fecal matter isn't really our own waste but a collection of fecal matter from the many bacterial germs living in our digestive tract. Germs are as important to our survival as food and water. Without



bacterial germs or microbes on the inside and outside of our bodies we would

die. We have many more of them than you can imagine. There are over a thousand species of these good bacteria in your mouth, a hundred and fifty different species behind your ear, four hundred and fifty on the outsides of your forearms and several thousand in your intestines. These good bacteria maintain balance in the body by feasting on the yeast, fungus, staph and other harmful germs and food we call bowel matter as well as the dead and decaying cells that slough off as we make new cells. These bacterium are living so they eat and they have a waste product also. Much of our poop is the intestinal bacteria's waste product.

How do we get these germs inside us; from our moms of



course? As we pass through the birth canal a number of helpful bacteria enter our mouth and nose and are swallowed finding their home throughout our 40 or so feet of digestive tract. Nursing also passes these helpful critters from mother to baby. They settle in colonies in layers with the first layer of microorganisms setting up camp allowing for the attachment of the second-layer, the third-comers, the fourth, and so on, in a very hierarchical

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type of organization. The first to attach set up an environment for their neighbors who may live longer but have a more difficult time attaching in a hostile environment. These germs live happily in your gut from the womb to the tomb unless man interferes. Antibiotics are named correctly they are ‘anti – life’, and they do not discriminate between helpful germs and harmful germs. They kill them all; rendering our built in clean up system weak



or absent. Old dead and decaying cells accumulate and fungi and yeast over grow much like weeds taking over a garden, causing our immune system to kick into high gear and attempt to rid our bodies

of them creating what we call allergies. Often rashes, skin conditions and diarrhea develop. If these helpful microbes aren’t present to feast on our intestinal contents it becomes too hard to eliminate and gas and constipation will results.

Personally I feel it should be imperative that any doctor prescribing an antibiotic must advise his patient to take a probiotic after it is done to begin the process of restoring the lost colonies. It is a process that takes time and being without these helpful microbes leaves the intestine open to harmful invasion leading to immune and other dysfunctions.

The hue of poo is a good indicator of health. Adult human feces should be medium brown. White, black or green poop is a sign of digestive problems.

The Short but Mighty Thumb



Ever try to text with your index fingers. Just doesn’t work. What is it about our thumb that makes it so unique? First our thumbs have more dexterity than their eight neighboring fingers. Our thumbs are designed (or have evolved through use) to work precisely with the index finger to pinch a branch off a tree or gently hold a blueberry or cup your hand for a drink of water. We are the only species capable of gripping and throwing a ball (or rock). We humans beat any chimpanzee in this task. Other animals bite, claw, scratch, butt, stomp but only humans with our unique thumb can punch. Our thumbs lie over our second and third fingers making a strong club to strike a blow. The male hand has shorter index fingers than ring fingers allowing the thumb to drape tightly over better than in most females who’s index and ring fingers are the same length. The thumb joint where it meets the hand is called a saddle joint, unlike other finger joints that can only go in a limited two directions, up, down and rotate around; the thumb can cross the palm at various angles and with amazing strength. Some scientists believe the versatility and dexterity of the thumb was pivotal in the development of the brain. Next time you give the thumbs up say “thank you thumb”.



Water, Water Everywhere (but how much of it would you drink?)

The Michigan University health System has designed a new food pyramid giving water a category between each food category (personal trainer Julie Ennis brought this to my attention) , and why not, our bodies are 60% water. There is some information you should know when buying bottled water. First, there are six basic types of bottled water:

- Purified Water** – produced by distillation, deionization, or reverse osmosis.
- Drinking Water** – Water safe for human consumption, sold in sanitary containers with nothing added.
- Artesian Water/Artesian Well Water** – Water bottled from a natural well, formed underground.
- Spring Water** – Water that flows naturally to the earth’s surface from an underground well without using drills or pumps.
- Mineral Water** – Contains not less than 250 parts per million total dissolved solids (minerals + natural elements) that have been collected by passing through the earth.
- Sparkling Water** – Naturally carbonated water (saturated with carbon dioxide) in the earth’s surface and contains naturally occurring minerals.

As you can see, not all bottled water is the same. If optimal health is your objective, it is wise to pick the water that is going to do the most for your body. Often bottled drinking water is just tap water in a bottle. If for the same price spring water or artesian water is available, it is less apt to be contaminated with chemicals. The new fad drink, vitamin enriched water, may not hurt but doesn’t ensure a healthy balance, and many times the water quality is poor. Fruit water is a better choice than soda or power drinks, but should not be thought of as a source of water because most have artificial coloring and sugar added. To help when reading labels, 4 grams of sugar equals one teaspoon.

Fun facts about water

- 1) Humans can survive for several weeks without food, but only 5 to 7 days without water.
- 2) Less than 1% of the earth’s total water supply is suitable for drinking.
- 3) It takes 10 gallons of water to make one can of soda.
- 4) The earth’s atmosphere contains about 3100 trillion gallons of water, mostly in the form of water vapor.
- 5) Americans use an average of 100 gallons of water per person per day.



WHAT’S NEW AND EXCITING



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\$10.00 for one workshop
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Good Gut, Good Brain
Thursday, June 18th - 6:30 to 8:00 pm
Is there a relationship between your digestive system and your brain?

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Stress and Your Brain
Thursday, June 25th - 6:30 to 8:00 pm
A little stress motivates, more stress complicates, a lot of stress deteriorates.

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Balance & Coordination
Tuesday, July 7th - 6:30 to 8:00 pm
Our brains are always working to keep us upright & balanced in gravity.

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Your Biography Becomes Your Biology
Tuesday, July 14th - 6:30 to 8:00 pm
What you do and what you think changes your brain & your body.

More information at
www.DrCynthiaHorner.com
or call Dr. Cynthia Horner at 864.458.8082