

Experienced with Infants, Children, Pregnant Women and Families

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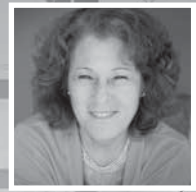
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WHOLE BODY WELLNESS

is at the Heart of Chiropractic.

Complimentary Issue

FALL 2015

SMART TALK FOR SMART PEOPLE

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How Can America's Face of Hunger be Malnourished but Overweight (in the Richest Country in the World)

The face of the hungry in America is plump and has a cell phone, TV, and a car. These families are white, native born, living in the cities or suburbs with at least one full-time working adult. One in six families run out of food before the next paycheck, in Europe it is only one in twenty. The average US family spends 5.6% of disposable income on food consumed in the home, the lowest percent of any industrialized country in the world.

How can these Americans be Undernourished but Overweight?

It is not so much; not enough food but poor choices creating overweight and poorly nourished people. The choices are not always theirs. Meals from soup kitchens, food from food pantries and school

breakfasts and lunches offer food high in process carbohydrates and trans-fats and high in added salt. Fast food chains target the poor as convenient, cheap and tasty but again nothing more than empty calories. Much of the food has artificial dyes. Artificial dyes are called FD&C dyes. Many of these dyes are made from petroleum derivatives or coal tar. 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.

Cheap food can be healthier when food is bought from local grocery stores with government issued Supplemental Nutritional Assistance Program called SNAP but many people do not know how to make wise

choices after being raised the American way of eating. Often they don't have the time or resources to make the changes necessary to improve their dietary situation.

Growing or bartering for summer vegetables and canning them for winter or learning how to make stews and soups that can be frozen to preserve vegetables creates a whole new way to eat healthy on little money is often just too much for a working mom with children.



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Nature's Child PARENT DEFINITIONS

Amnesia: condition that enables a woman who has gone through labor to have kids again.

Defense: what you'd better have around the yard if you going to let the children play outside.

Drooling: how teething babies wash their chins.

Family planning: the art of spacing your children the proper distance apart to keep you from falling into financial disaster.

Feedback: the inimitable result when a baby does not appreciate the strained carrots.

Full name: what you call your child when you're mad at him.

Grandparents: the people who think your children are wonderful even though their sure you're not raising them right.

Hearsay: what toddlers do when anyone mutters a dirty word.

Independent: how we want our children to be as long as they do everything we say.

Owww: the first words spoken by children with older siblings.

Prepared childbirth: A contradiction in terms.

Puddle: a small body of water that draws other small bodies wearing dry shoes.

Sterilize: what you do to your first babies pacifier by boiling it and to your last babies pacifier by blowing on it.

Storeroom: the distance required between the supermarket aisles so the children in a shopping cart can't quite reach anything.

Top bunk: where you should never put a child wearing Superman jammies.

Two minute warning: when a baby's face turns red and she begins to make those familiar grunting noises.



Why is cheap food so poor in nutrition?

In the early days of American life, excess grain was used to make whiskey. Today overproduction of corn is used to feed cows and chickens, which makes cheap hamburgers, chicken nuggets (and sick animals because animals are not designed to eat corn). Corn is also used for the production of high fructose corn syrup which is used to sweeten everything from all baby formulas, fruit juice, pickles, tomato sauce, ketchup, salad dressing, sodas, crackers cereals and cereal bars. The problem with obesity and poor nutrition started with agricultural overproduction. While one hand of the government is campaigning against obesity, the other hand is subsidizing it, by writing farmers a check for every bushel of corn they can grow. America's farmers grow between 84 to 86 million acres of corn each year. Where? Iowa is where corn comes to party. Today 90% of Iowa's farms grow only corn, and that corn is used by food manufacturers to make processed, high calorie food, poor in nutrition that fills the bellies of those with limited incomes.

Is a Paleo diet the answer?

A recent philosophy is that we are Stone Age bodies living in a fast food world. The thought is; going back to the diet of our ancient ancestors will make us healthier. Recent scientific research has revealed that our bodies have changed since ancient times. Our DNA has not changed but our environment has. It is important to know we have 25 thousand genes but 4 million switches. Our environment determines which

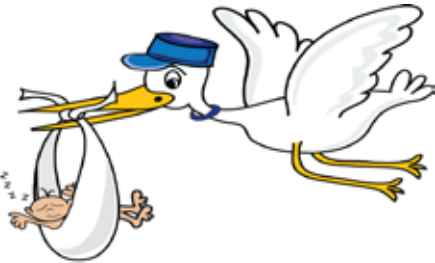
switches get turned on and when. As our environment changes so do we.

Have you ever wondered what it is that allows Inuit natives of Alaska to thrive well on not much more than fish and sea mammal meat (seals, walruses, whales) and Scandinavians and Laplanders to thrive on fish, meat and milk of reindeer with little fresh fruit or vegetables? Switches in their genes have switched on allowing changes in their bodies that allows them to adapt to survive in their environment.

A healthy diet varies according to where you live. But trans-fats and processed food high in high fructose corn syrup and artificial preservatives and dyes are never on the list of food for good health. A change is needed in feeding the working masses in America or we can expect more poor health for Americans for the future.



A New Fad Gone Bad



Why So Many C-Sections

Over the past 40 years the rate of caesarean section has increased to the point that now nationwide almost one in every three births for first time moms is a C-section. Some reasons are changes in medical practices, standards and guidelines. Other reasons are social, and all too often the reason is fear. One thing is certain and has always been certain – vaginal birth with the least amount of interventions is the safest and the best for mom and baby. The perception that C-section is safe is the latest hoax being pulled on pregnant women. Wooed by the idea that there is no pain or work (labor) involved therefore safer and easier is just not true. The complications for both mother and baby are many.

- 1. Baby does not have the opportunity to get the important gut microflora (good bacteria) by passing through the birth canal, which sets baby up for reflux, gas, constipation and digestive and immune issues throughout life.
- 2. When an infant squeezes through the birth canal the pressure on the body has a positive effect on the infant's nervous system. The autonomic or 'automatic' nervous system is stimulated turning on the breathing mechanism and peristalsis of the digestive tract.
- 3. The baby's head benefits greatly from the compression through birthing. The skull bones literally overlap and create a smaller head as it passes through the upper canal. After the skull bones overlap they 'blow out' in the lower canal. This compression then expansion creates a vacuum effect that starts the flow of cerebral spinal fluid through the spine and brain. The flow of this fluid not only cushions but helps with changes in pressure gradients necessary for optimal blood flow.
- 4. Surgery and the process of healing from surgery makes it more difficult for mom to hold, feed and care for her new infant.
- 5. Loss of blood often temporarily decreases milk supply making nursing difficult.
- 6. A C-section surgery leaves an internal scar. It has been found that in following pregnancies the placenta often tries to attach to the uterine wall over the scar causing complications or a miscarriage.

The induction of labor is what very often leads to C-section. Inducing labor sends the message to the laboring mom that her body has failed, that she is incapable or that something is wrong. Fear even if minor puts the mom's body into fight or flight stress mode which turns labor down or off. The body is programmed to stop all growth and repair processes while in flight or fight mode. When the perception of danger has passed labor will proceed, but too often impatient care gives recommend a C-section. Informing parents is the answer to making smart decisions at a very important time in a families' life.

GREAT ARTICLES
ON MY WEBSITE
YOU MAY HAVE
MISSED:

Go to:
www.DrCynthiaHorner.com
and find

- Babies Need Touch
- Wheat, Gluten and Inflammation
- Stress Effects on Memory and Learning
- Back Pain During Pregnancy

Fall 2015 Workshops

The four Healthy Brain Workshops presented in June and July were a great success and a lot of fun. I hope those in attendance learned some things that will enhance their lives and shared some information with family and friends.



I will be offering them again at my office in the near future, look for announcements in my newsletters and emails.

I will be presenting the workshop Good Gut Good Brain at General Electric's lunch and learn here in Greenville in September.

If your place of business brings in speakers for healthy living workshops I am open to presenting any of them at work places.

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