

Experienced with Infants, Children, Pregnant Women and Families

Dr. CYNTHIA HORNER CHIROPRACTOR

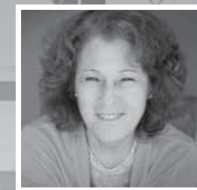
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WHOLE BODY WELLNESS

is at the Heart of Chiropractic.

Complimentary Issue

WINTER 2015

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SMART TALK FOR SMART PEOPLE

UPSTREAM HEALTH CARE

A Magic Bullet?

Often patients come to my office looking for help for a problem; usually one of pain or illness. I do an extensive consultation taking 10 to 20 minutes to get all the details about what is troubling them. After hearing about their pain and their symptoms, I explore more by asking questions about their health history and their health habits, and then my job is to do my best to figure out why they are having pain or illness.

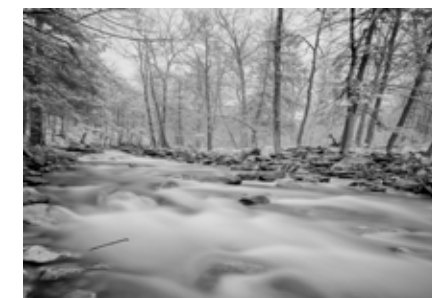
Most people are looking for a magic bullet. They seem to want me to say it is one thing causing their pain and symptoms and I can fix them with one or two good adjustments or with that one special supplement. My conclusion is usually what I refer to as an 'upstream problem'. Upstream answers are not popular. What I mean by 'upstream' is that the things they are feeling and experiencing are not their problem but are the re-

sults of a problem that started somewhere in their past. The problem started as many as 25 years before they came to my office.

An Upstream Story

Two doctors are walking down a path at the side of a slowly moving river, and suddenly they hear the cries of someone struggling in the water to hold their head up. One of the doctors jumps in the river and pulls the drowning man out of the water and the he begins artificial respiration to resuscitate him. He no sooner does this and they hear another man splashing in desperation and again he jumps in and pulls the second man out of the river and begins resuscitation. He says "I'm glad I can swim and know how to do artificial respiration to save these people." With astonishment he hears yet another splashing and crying for help. As he jumps in to save the third man the other doctor takes off run-

ning along the river path upstream. He asks, "Where are you going?" The other doctor replies "I'm going upstream to see who is throwing them in."



The Wrong Question

Isn't real health care stopping a health problem before it starts or at least before it advances? Perhaps the problem is in the question being asked. The question these new patients have been asking is;

"Doc, what is making me hurt or sick?"

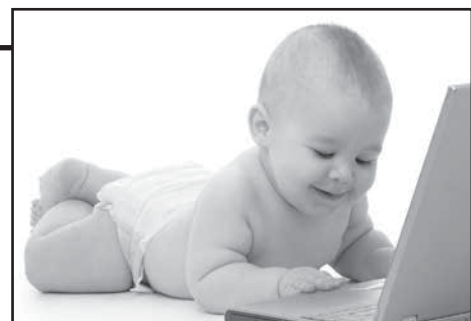
The question that leads to a real solution would sound like;

"Doc what is it that I have not been doing that would keep me healthy and out of pain?"

I have found most health

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Nature's Child Too Much Screen Time for Kids



The American Academy of Pediatrics and the Canadian Society of Pediatrics state: infants aged 0-2 years should not have any exposure to technology such as TV, computers, cell phones, tablets and electronic games.

- 3-5 years be restricted to one hour per day
- 6-18 years restricted to 2 hours per day

Children and youth use 4-5 times the recommended amount of technology, with serious and often life threatening consequences. Handheld devices have dramatically increased the accessibility and usage of technology, especially by very young children.

Between 0 and 2 years, infants brains triple in size, and continue in a state of rapid development to 21 years of age. The right hemisphere develops quicker in early brain development (birth to 3 years) than the left hemisphere. This development is determined by environmental stimuli, movement and touch. Exposure to technologies has been shown to drive the left hemisphere leaving the right hemisphere underdeveloped. This creates attention deficit, cognitive delays, impaired learning, increased impulsivity and decreased ability to self-regulate, e.g. tantrums.

www.huffingtonpost.com/cris-rowan/10-reasons-why-handheld-devices-should-be-banned_b_4899218.html

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problems are the result of years of poor choices. Most conditions do not happen overnight. The choices a person makes to avoid exercise, to stop for lunch every day and eat fast foods, or to lead a stressful, negative lifestyle can lead to depletion and imbalance.

It is these poor choices that in fact, result in the imbalances to the whole body that can allow disease to happen. Health is all about choices, and it is never too late to make better health choices. If your health is not where you would like it to be; look upstream.

The Stranger

A few years after I was born, my Dad met a stranger who was new to our small town. From the beginning, Dad was fascinated with this enchanting newcomer and soon invited him to live with our family. The stranger was quickly accepted and was around from then on. As I grew up, I never questioned his place in my family. In my young mind, he had a special niche. My parents were complementary instructors: Mom taught me good from evil, and Dad taught me to obey. But the stranger... he was our storyteller. He would keep us spellbound for hours on end with adventures, mysteries and comedies. If I wanted to know anything about politics, history or science, he always knew the answers about the past, understood the present and even seemed able to predict the future! He took my family to the first major league ball game. He made me laugh, and he made me cry. The stranger never stopped talking, but Dad didn't seem to mind. Sometimes, Mom would get up quietly while the rest of us were shushing each other to listen to what he had to say, and she would go to the kitchen for peace and quiet. (I wonder now if she ever prayed for the stranger to leave.) Dad ruled our household with certain moral

convictions, but the stranger never felt obligated to honor them. Profanity, for example, was not allowed in our home - not from us, our friends or any visitors. Our long time visitor, however, got away with four-letter words that burned my ears and made my dad squirm and my mother blush. My Dad didn't permit the liberal use of alcohol but the stranger encouraged us to try it on a regular basis. He made cigarettes look cool, cigars manly, and pipes distinguished. He talked freely (much too freely!) about sex. His comments were sometimes blatant, sometimes suggestive, and generally embarrassing. I now know that my early concepts about relationships were influenced strongly by the stranger. Time after time, he opposed the values of my parents, yet he was seldom rebuked and NEVER asked to leave. More than fifty years have passed since the stranger moved in with our family. He has blended right in and is not nearly as fascinating as he was at first. Still, if you could walk into my parents' den today, you would still find him sitting over in his corner, waiting for someone to listen to him talk and watch him draw his pictures. His name?.....We just call him 'TV.'

HEALTH ARTICLES ON MY WEBSITE YOU MAY HAVE MISSED

I write the articles myself, researching topics I think my patients would want to know more about to make wise health choices. Share them with friends and family. Let me know if you have topics you would like to know more about.

Whiplash and Chiropractic - The Crash

<http://www.drcynthiahorner.com/whiplash-and-chiropractic/>

Classical Music's Effect on Health

<http://www.drcynthiahorner.com/classical-musics-effect-on-health/>

Stress Effects on Focus and learning

<http://www.drcynthiahorner.com/stress-effects-focus-and-learning/>

How to Have Smarter Kids

<http://www.drcynthiahorner.com/how-to-have-smarter-kids/>

HOW I PRACTICE HEALTH CARE

Our bodies have the ability to be:
self-developing
self-adapting
self-maintaining
self-healing.

In my office we recognize and depend on this. Isaac Newton watching an apple fall from a tree did more than add mathematics to the time and speed of falling fruit. He gave us a mechanical view of our universe. We learned this view is short sighted and doesn't work. Then along came Einstein and his pals who gave us the knowledge that physical matter is actually energy. We are more than simply the sum of our parts.

What does this have to do with chiropractic?

Once we saw the human body as a mechanical sum of its parts, but it left unexplained gaps, life and health had many mysteries. Now with the understanding that life is systems of intelligent energy we see life and health with completely different eyes. We understand and rely on an inner and inborn intelligence that knows more in one second than all the doctors in the world will know in a life time. This explains the changing properties of the human body and how only by working with this inner intelligence allows a person to respond and adapt appropriately to the environment.

Often what I do; is not influence brain function or correct misaligned vertebrae but relieve the body of anything that interferes with this inner intelligence that is trying to:

self-develop
self-adapt
self-maintain
self-heal

This is real health care.

I have learned - **Touching spines is beneficial, touching lives is invaluable.**

UPCOMING WORKSHOPS

**Stress and Your Brain
(Why zebras don't get ulcers)**
Tuesday, February 2nd
6:30 to 8:00 pm

Good Gut Good Brain (Can't have one without the other)
Thursday, February 25th
6:30 to 8:00 pm

For more information about the workshops call 458.8082 or go to www.drcynthiahorner.com



Someone new at the front desk

When you call the office you may hear a new voice answer the phone. Joan Pelletier is the new office manager. Joan has been a long time patient and during an office visit she noticed I was overwhelmed and needed someone to help me manage the office. She is retired from a career in banking and was looking to use her management skills and interact with people. She is a perfect fit.