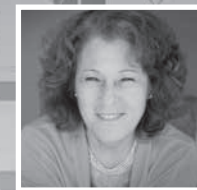


Experienced with Infants, Children, Pregnant Women and Families
Dr. CYNTHIA HORNER
CHIROPRACTOR
(864) 458-8082

www.drcynthiahorner.com
11-D Barkingham Lane, Greenville, SC 29607

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WHOLE BODY WELLNESS

is at the Heart of Chiropractic.

Complimentary Issue

SUMMER 2017

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SMART TALK FOR SMART PEOPLE

Eat Your Sun Screen

You can increase your sun tolerance through your diet. Sunburn is a form of inflammation, so food that is high in antioxidants helps the body handle inflammation by decreasing oxidation. Good sources of unsaturated fat (fish, nuts, oils), Omega 3 fatty acids as well as vegetables that have vitamin E and carotene (orange & yellow veggies) are good antioxidants. Avoid sugar and processed food that promote inflammation. The best sun screen is your own melanin that develops in your skin with short exposures to the sun over time.

What is SPF?

The letters SPF literally stand for SKIN PROTECTION FACTOR. The label SPF 2 for example means your skin is protected against UVB rays twice as long as it would be without the sunscreen. Many sun screens have harmful chemicals that easily enter your body through pores that

open as you sweat. The best way to tan without sunscreen and its harmful chemicals is to tan slowly, with little exposure, 10 to 20 minutes a few times a week then work up to 30 minutes a few times a week. With slow sun exposure, your skin creates the natural sunscreen called melanin that will protect you from skin damage.

When sunlight hits the skin for at least ten to fifteen minutes, a reaction that produces vitamin D takes place within the next two to three days. The higher the SPF number, the more your skin is blocked from producing vitamin D. Vitamin D3 is synthesized in the skin when exposed to UVB light. The wavelengths needed to produce vitamin D are between 270 & 300 nanometers (sunburn is caused at about 290 to 400 nm). These lower wavelengths are present when the UV index is greater than 3.

Melanin functions as a filter for the skin. Darker skinned people with more melanin in their skin require longer exposure to the sun to produce vitamin D. When light skinned individuals tan slowly they increase their melanin, creating this natural sunscreen. There are three ways to get vitamin D; from food, from supplements and from the sun. The only food that contains vitamin D naturally is very oily fish such as cod liver oil.



Cont. on page 2



Nature's Child Ear Infections or Teething?

Teething causes symptoms similar to ear infections. Often

degrees the body temperature rises, immune function increases by 15%.

This normal healthy function of teething can cause minor redness and pressure in the ear canal as well as drooling and diarrhea. Too often the entire process is mis-diagnosed as an ear infection. If antibiotics are introduced, the baby is 2-6 times more susceptible to develop more upper respiratory infections, including repeated ear infections.

Understanding how the body works and making decisions from confidence not fear benefits the child and parents. Trust in the restorative abilities of your child's body and give their body a chance to heal. Real health care is not about treating pain and sickness, it's about improving the quality of life. Too often when our children's bodies are busy healing we interfere because we fear their bodies are not capable of doing the job of healing.

a simple but painful case of teething is misdiagnosed as an ear infection or upper respiratory infection. Infants begin teething between the ages of 3 to 6 months, the same age ear and respiratory infections are diagnosed. As a tooth pushes through the gum, cellular debris is produced. Bacteria eat dead and decaying tissue. The more food for germs the bigger the germ colonies grow. The immune system revs up to bring the germ colony numbers down and then increases mucus and saliva production to collect and dispose of the dead and decaying cells as well as dead germs. As mucus and saliva contain dead cells, and germs are swallowed, the digestive tract quickly allows them to exit the body resulting in bouts of diarrhea. To keep the bacteria growth in check, the body increases in temperature. For every 1.5

Sun Screen Cont. from page 1

Low levels of vitamin D are associated with:

- high blood pressure
- most cancers
- multiple sclerosis
- osteoporosis
- many autoimmune diseases



In Sunscreens Avoid:

Oxybenzone - Penetrates into the skin where it increases production of free radicals under illumination, possibly making this substance a photocarcinogen. It is a derivative of benzophenone, which can attack DNA when illuminated (light hits it). The photomutagenic properties of these compounds might be a contributing factor to the increased melanoma incidence worldwide.

Avobenzone - Because it is often used in conjunction with photo-stabilizers, there is a greater risk for skin irritation and low-level toxicity. Furthermore, some studies have demonstrated it to be absorbed by the body and secreted into urine, and it is therefore not recommended for children or pregnant women. Some skin specialists believe it to be just as harmful as PABA, and certain studies suggest that the ingredient behaves similarly to the hormone estrogen.

Octinoxate - It can lead to developmental and reproductive toxicity through enhanced skin absorption. It's a penetration enhancer and is easily absorbed into the skin. It can produce estrogen-like effects and should never be used by pregnant women and children, not advisable for anyone.

In sunscreens look for:

Zinc Oxide as the only active ingredient.

SOME BOOKS AND VIDEOS IN OUR LENDING LIBRARY YOU MAY HAVE MISSED

There are over 100 books on display in the reception area in our Lending Library. They are all available for patients to sign out, read, then return.

Dreamland: Adventures in the strange science of sleep
by David K. Randall

The Dirt Cure: Growing healthy kids with food straight from the soil
by Maya Shetreat-Klein MD

Move Into Life: NeuroMovement for lifelong vitality
by Anat Baniel

Kids Beyond Limits: Breakthrough results for children with autism, Asperger's, brain damage, ADHD, and undiagnosed developmental delays
by Anat Baniel

Optimizing Brain Fitness: a Video by Professor Richard Restak



Natural Remedies VS Medication

Natural herbal and homeopathic remedies are becoming more popular as a conservative way to care for the body. Just what are they and how do they work? How do they differ from prescribed or over the counter medications?



Most people realize it is always best to use what is least invasive to the body, then only if desired results are not met, move on to more invasive solutions. Prescribed medications are responsible for over 100,000 deaths and 1 million serious injuries each year in America and account for about 28% of all hospital admissions. They are considered one of the most preventable causes of death.

The Real Difference

The biggest difference between natural remedies and medications is that substances called natural remedies give your body an **elected response**. This means natural remedies offer the body raw materials to repair, or create a bad environment for germs, or act as a catalyst to bring about changes that the body chooses. Natural remedies usually behave differently in different people because it is up to the body to do with it what it chooses. This drives the medical profession crazy because natural remedies are not consistent.

A medication creates a **controlled response**. A medication reacts the same in each person; if it didn't it wouldn't be a medication. Medications, whether prescription or over the counter, are tested to have the same response in each person and only then is it considered effective. A medication works by disrupting metabolic pathways. Metabolic pathways are steps the body takes in bringing food and oxygen in, then making energy and eliminating waste products. Disrupted pathways do not lead to health and wellness.

What Are Natural Remedies Made From?

Most natural remedies are made directly from plants. The warehouses of a natural remedy supplement manufacturer are filled with specific roots, leaves, and stems of well inspected and hand chosen plants. Some are common spices, others are flowers, roots, bark, berries or foods such as garlic. The finished products can be in the form of tea, cream, tincture, capsule, tablet or essential oil. On the other hand, the manufacturers of medications are laboratories that make reactions from chemicals into synthetic substances. Often these substances are viewed by the body as a foreign substance because these substances were never meant to be in a human body.

There are only three things that anything you take can do.

- *Make your body a poor environment for the growth of bacteria, viruses, yeast and parasites.*
- *Strengthen your immune system.*
- *Relieve symptoms to feel better without interfering with your body's ability to heal.*

Homeopathy: the more diluted the remedy the more potent the effect.

Homeopathy is controversial because it does not work in the body the same way as conventional medicine or herbal remedies. Everything in this world whether be it plant, animal, or even a rock - oscillates and vibrates. Vibrating or oscillating systems will take on the energy from another vibrating substance if the energy is at the same frequency. An example of this is if you place two well-tuned violins on a table in an empty room and pluck the E string of one of the violins, the vibration of the plucked string will make the E string of the second violin vibrate as well. The goal of homeopathy is to match the vibration frequency of the remedy with the vibration frequency the ill patient needs to induce healing.

Homeopathic remedies are made by taking a small portion of a prepared herb, then diluting it in a neutral solution and shaking it. This process of diluting and shaking is repeated anywhere from ten to hundreds of times. The paradox is each time the remedy is diluted its effect is more potent. Although its physical composition is weaker, its vibration is enhanced. Because homeopathic remedies are so diluted there are no side effects. If an incorrect remedy is selected it has no effect on a body at all.



There are times when only a prescription or over-the-counter medication will do, but if it is possible to choose something easier on the body, less invasive, that works with your body not against, then it is worth learning a little about natural remedies and choosing them when possible.