



# Kids First!



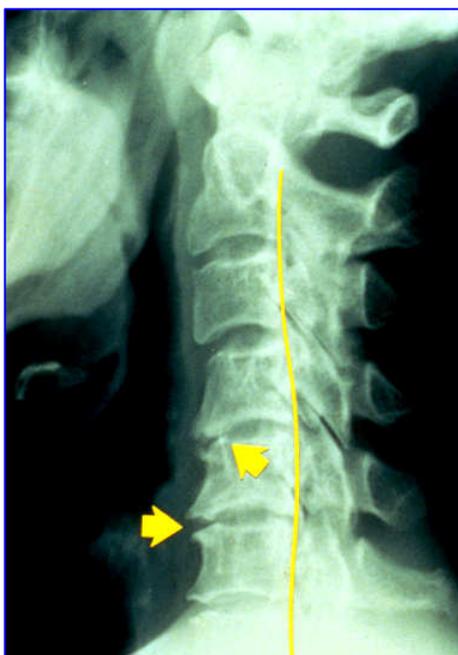
OUR FAMILY NEWSLETTER

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**My Mission is to help as many people in my lifetime as I can – especially children!**

I know that the vast majority of people have a tremendous amount of interest in this topic, as it affects millions of people – and it most often starts with children. So, let's continue:

## Arthritis & Spinal Degeneration – cont'd:



I mentioned in the last issue that the process of Spinal Degeneration can be broken down into four very distinct stages or phases that tend to blend together into a continuous progressive condition. Let's go from where we left off:

### PHASE III:

As compared to PHASE II that I covered in the last issue, this phase is much more serious. It is characterized by advanced and massive calcium and bone deposits, spur formation, and the collapse and degeneration of the affected discs. As well, one can see the onset of deformity and the early evidence of the process of fusion. Yes, the affected vertebrae are beginning to fuse together to increase stability and limit movement. There is a very good reason for the formation of these bony growths and outcroppings. They increase the surface area of the affected vertebrae as their discs begin to degenerate and flatten out. That is the Wisdom of your body. Your Innate intelligence.

### PHASE IV:

This last phase is characterized by total loss of form and function of the spine and the vertebrae in the affected area.

There is evidence of bone deformation, advanced and severe disc degeneration and total fusion of the affected vertebrae.

As well, most of the associated ligaments that hold the vertebrae together undergo calcification. This means that they become bone-like and not elastic as they once were.

By this stage in the process, the nervous system is no longer functioning as it should.

Phase IV is thought to be irreparable.



*I know this is very technical and I would be very happy to chat with you on a one-to-one basis. Please feel very welcome to call me and I'll be happy to explain it to you in much more detail.*

This next thought may be a little unsettling: Almost all cases of Spinal Degeneration and Osteoarthritis have their roots in childhood – some crazy incident that you've long forgotten. It could have been a fall off a bike, a trampoline, a toboggan, from a fence, etc. The causes are too numerous to list.

Whatever the incident, it produced a Vertebral Subluxation which your child's body then needed to adapt to. And it started to learn how to adapt – the Vertebral Subluxation became a habit. It became a neurological pattern. In other words, that habit has affected the function of the nervous system. And it started to affect body functions.

Now, we have a problem.

But the idea is not simply to make a person feel better. No. The idea is to correct this Subluxation habit. That is why we place such importance on having your children checked; to see if they have a long-standing subluxation that will cause problems for them as they become adults.

It will be an honor to check your children! That is just plain smart!



*I will conclude my discussion on Arthritis & Spinal Degeneration in the next issue.  
Please stay tuned!*



## Smaller Testicles Make for Better Dads

Men with smaller testicles appear to be better fathers to toddlers, according to new research:

They are more likely to be involved in hands-on care, anthropologists at Emory University have found. Their research, published in the Proceedings of the National Academy of Sciences, also found that smaller testicular volumes correlate with more nurturing-related brain activity in fathers as they are looking at photos of their own children.

"Our data suggests that the biology of human males reflects a trade-off between investments in mating versus parenting efforts," says Emory anthropologist James Rilling, whose lab conducted the research.

Previous studies have shown that children with more involved fathers have better social, psychological and educational outcomes. Apparently lower levels of testosterone in men correlate with greater paternal involvement while higher levels correlate with divorce and polygamy.

But testes volume is more highly correlated with sperm count and quality than with testosterone levels.

## Fish Oil Protects Against Alcohol-Related Dementia

Fish oil may help protect the brain from alcohol-related dementia, new research suggests.

In brain cells of rats exposed to high levels of alcohol, fish oil protected against inflammation and cell death according to a study presented at the Congress of the European Society for Biomedical Research on Alcoholism in Warsaw.

Researchers from Loyola University Chicago Stritch School of Medicine exposed cultures of adult rat brain cells to amounts of alcohol equivalent to more than four times the legal limit for driving.

These cell cultures were compared with cultures of brain cells exposed to the same high levels of alcohol, plus a compound found in fish oil called omega-3 docosahexaenoic acid (DHA).

The researchers found there was about 90 per cent less neuroinflammation and neuronal death in the brain cells exposed to DHA and alcohol than in the cells exposed to alcohol alone. There you go!



## Start the Conversation on Menstruation Early

It is often hard to begin discussing "that time of the month" with your daughter.

Parenting author and columnist, Kathy Buckworth knows this very well. She sat down recently with 25 mothers and daughters to tackle the topic of menstruation. "We were surprised at what we found," she said. Based on their conversation, Buckworth came up with these five tips about having the talk.

➤ **Start the conversation early, age 12 or sooner:**

"We were shocked at how some of the young girls who were about 13 had very little accurate information about what was going to happen to them during puberty," Buckworth said. "There were a lot of myths and the girls weren't getting the info they need." The earlier those misconceptions are cleared up, the better.

➤ **Look for opportunities to discuss menstruation through movies, commercials, etc.**

"We found that most young teens wanted to be the one to start the conversation, not the other way around." Buckworth said, adding teens felt that could add to the awkwardness factor. "Using something in pop culture could be a good catalyst that could make bringing up the topic less embarrassing for the girl involved."

➤ **Direct them to sources online:**

"We found an overwhelming amount of the girls wanted their mothers to be the one to talk to them about getting their period, but they also wanted to get answers to questions they had elsewhere, in case they didn't want to ask," Buckworth said. She suggests having a list of websites that give accurate information about menstruation, so that if a girl doesn't want to talk to mom, she can get the correct answer elsewhere.

➤ **Acknowledge that it might be uncomfortable:**

"Like any other type of awkward conversation, it tends to get easier with time. But don't expect that for the first chat," she said. Moms shouldn't feel badly if the first talk doesn't go smoothly.

➤ **If awkwardness is standing in the way of having the conversation, let technology do it:**

"Texting is a great way to start the conversation without having to look someone in the eye," says Buckworth. She says having a verbal conversation is obviously better, but as a last resort, it can really take the pressure off of having to "begin" the conversation in person.



## Stem cells used to grow 'mini human brains:'

LONDON – Scientists have grown the first mini human brains in a laboratory and say their success could lead to new levels of understanding about the way brains develop and what goes wrong in disorders like schizophrenia and autism.

Researchers based in Austria started with human stem cells and created a culture in the lab that allowed them to grow into so-called "cerebral organoids" – or mini brains – that consisted of several distinct brain regions.

It is the first time that scientists have managed to replicate the development of brain tissue in three dimensions.

Using these organoids, the scientists were then able to produce a biological model of how a rare brain condition called microcephaly develops – suggesting the same technique could in future be used to model disorders like autism or schizophrenia that affect millions of people around the world. "This study offers the promise of a major new tool for understanding the causes of major developmental disorders of the brain...as well as testing possible treatments," said Paul Matthews, a professor of clinical neuroscience at Imperial College London.

Zameel Cader, a consultant neurologist at Britain's John Radcliffe Hospital in Oxford, described the work as "fascinating and exciting". He said it extended the possibility of stem cell technologies for understanding brain development and disease mechanisms – and for discovering new drugs.

Although it starts as relatively simple tissue, the human brain swiftly develops into the most complex known natural structure, and scientists are largely in the dark about how that happens. This makes it extremely difficult for researchers to gain an understanding of what might be going wrong in – and therefore how to treat – many common disorders of the brain such as depression, schizophrenia and autism.

To create their brain tissue, Juergen Knoblich and Madeline Lancaster at Austria's Institute of Molecular Biotechnology and fellow researchers at Britain's Edinburgh University Human Genetics Unit began with human stem cells and grew them with a special combination of nutrients designed to capitalize on the cells' innate ability to organize into complex organ structures. They grew tissue called neuroectoderm – the layer of cells in the embryo from which all components of the brain and nervous system develop. Fragments of this tissue were then embedded in a special scaffold and put into a spinning bioreactor.

Good to know in case you ever lose your mind!

## Second-hand Smoke a Risk on Patios:

With smoking banned in bars, restaurants and public buildings, patios are seen by many as one of the last havens for smokers to enjoy their habit outside their home. "But a new study suggests that even on an outdoor patio, second-hand cigarette smoke can produce air quality comparable to a smoggy day in Los Angeles or even a forest fire.

Some cities recommended a look into extending its smoking ban to include patios, public squares, building entrances and hospital grounds. As you can imagine, there is considerable controversy here.