



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!

Last month we talked about Asthma; what it is, how Medicine deals with its symptoms, why children really don't recover, and how Chiropractic can offer patients an alternative to drugs and medications.

This month I am going to discuss an issue which affects everyone on the planet – and it starts in children:

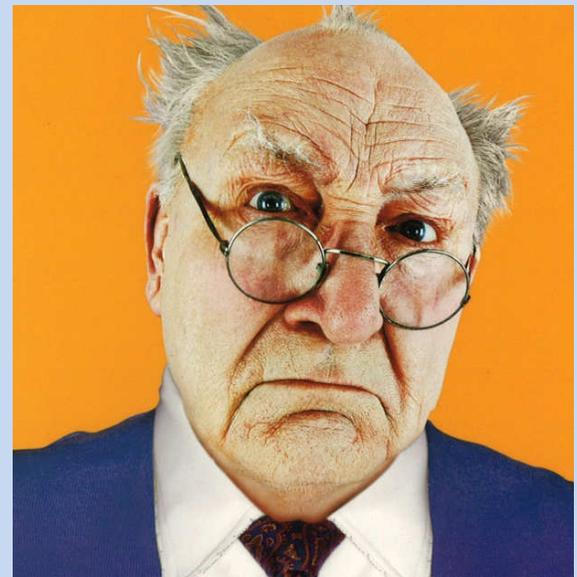
Arthritis, Disc, and Spinal Degeneration:

You are probably wondering why I would discuss this issue in a newsletter which is primarily directed at children's health. The sad reality is that we, as chiropractors, all see a large number of children with the beginnings of arthritis. Some of these children are very young—six, seven, and ten years old. It is actually a huge problem – it seems to be downplayed by society and our health care machine when it concerns children. No one wants to talk about it!



There are many different types of arthritis. When I mention this subject, most people automatically

receive a picture in their mind of their grandmother or an older adult sitting in a rocking chair with a blanket on their knees, their hands gnarled and deformed, being unable to move or walk. This is not the type of arthritis I am referring to. I am describing osteoarthritis, most often touted as a "wear-and-tear" type phenomenon that for years has been associated with aging. I am going to share some statistics and data with you so that you can be the judge of how correct our thinking has been and whether it is time to slay some of our "sacred cows."



You may not realize this, but of all the illnesses that plague Mankind, this type of arthritis is the most widespread. That is huge! Research indicates that it can be detected in 35 percent of population by age thirty. And my experience, and that of my colleagues, tells me that this number should be closer to 70 percent. I have most likely already told you that you have it in your spine, and it is the reason you are seeing me! By the time someone is seventy- years old, this condition seems to be absolutely universal. In other words, almost every seventy-year-old on the face of the planet has it.

A research study by Lawrence a few years ago revealed that osteoarthritis can be noted on an x-ray in 10 percent of fifteen-year-olds (Although from my experience with children, and from the experience of other chiropractors, that figure should be closer to 50% to be more accurate.)



Let me translate that statistic for you: This means that five out of every ten fifteen-year-olds have arthritis of the spine already beginning. Did you know that? Were you aware that this condition is so prevalent? It is a condition which is the most frequent cause of aches and pains in people and can result in the most significant time lost from work. It has been regarded as a problem with no apparent solution for decades!

Osteoarthritis and Spinal Degeneration have been characterized clinically by pain, deformity, limitation of movement and eventually, by disability. Any notion or thought even remotely associated with slowing this condition down, stopping it, or most certainly reversing this condition, has been looked upon, until recently, as absolute “heresy.” It has been universally accepted as a simple and inescapable part of aging.

If you think about this from a logical perspective, however, and if that was the case, then why is it showing up in children who are five, six, seven or ten years old?

You have most likely heard that arthritis is a “wear and tear” degeneration of some of the structures of a joint. Something you may

Sorry, professor – statins are dangerous, and they don’t save lives

An Oxford professor believes that everyone over the age of 50 should consider taking a cholesterol-lowering statin.

Sir Rory Collins, at the university’s clinical trial service unit, says drug regulators are overstating the dangers of the drug. Statins are designed to lower levels of ‘bad’ LDL cholesterol that block arteries.

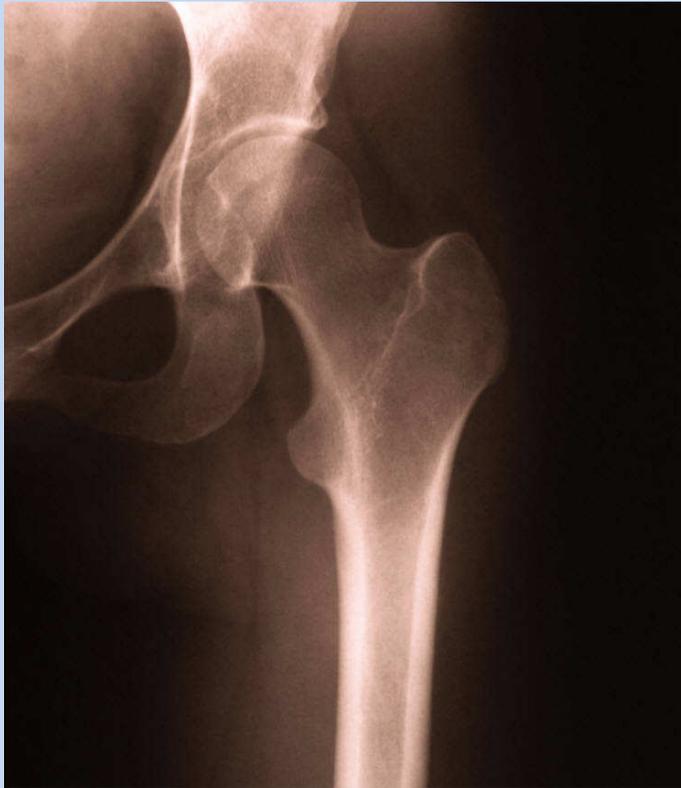
Apart from a small risk of myopathy, or muscle weakness, there are no other proven side-effects from a statin, he says. Instead, everyone over the age of 50 should consider taking a statin as a just-in-case therapy to protect against heart disease and stroke, he recommends.

Sir Roy’s advice is wrong – and dangerous. More than 900 studies have discovered a wide range of side-effects, from cataracts, memory loss, anemia, and even cancer.

LDL isn’t even ‘bad’ cholesterol at all, but has an essential part to play, especially as we age. The only people who will benefit from a statin are those suffering from familial hypercholesterolemia, a rare genetic disorder that prevents the body from stabilizing cholesterol levels.

(Source: Daily Telegraph, 29th August, 2012).

not be aware of is that joints in your body are areas where two bones come together for the purpose of movement. The ends of these bones are lined with a very special material called cartilage, which is designed



in such a way as to prevent friction. This results in movement that is very smooth, effortless and not painful. As a matter of fact, the surface of the cartilage that lines your joints is so perfect, as to be almost frictionless.

I want to also remind you that it is also a self-regenerating mechanism - cartilage has the ability to regenerate. Amazing! The whole joint is then bathed continuously in a special lubricating fluid called synovial fluid, which acts much like a super-lubricant.

Although I am speaking of the large joints of the body, such as the elbow, or knee, or hip, etc., the same applies for the smaller joints such as your fingers and also the vertebrae that make up your spine. This lubricating system is near perfect — it is designed ***not*** to wear out. And yet we see that it actually does!

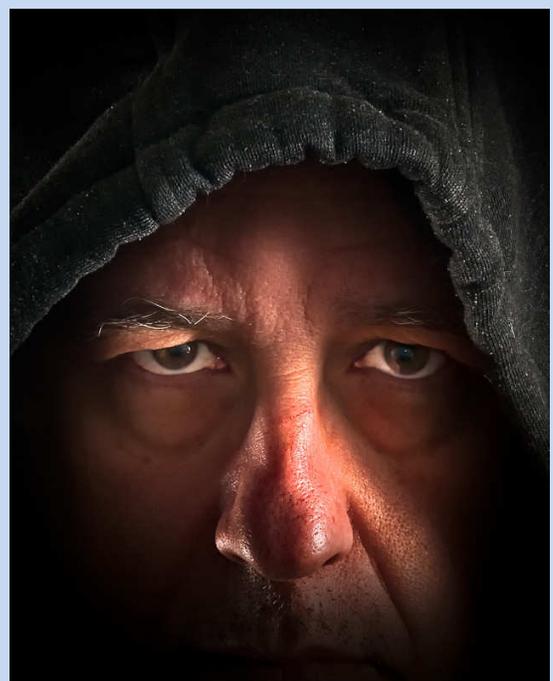
Why would that be?

Essentially, Osteoarthritis and Spinal Degeneration is an enormous, self-contained remodeling process. That is the key to understanding what I am about to explain next. It is, in essence, your own body attempting to repair something that has been damaged or changed, or is under undue pressure and is not functioning as it was designed - a spinal vertebra that is Subluxated and under tremendous and unrelenting stress. When I am speaking of stress in this context, I am not referring to psychological stress. No. I am referring to physical stress on a particular joint or vertebrae.

The initiating and common denominator in this process of deterioration, is simply an alteration or change in the, what we call, normal bio-mechanical pattern of movement of some of the vertebrae of the spine. (Ok....I have to use a bit of techno-babble here. Please allow me to do that) In other words, there is a change in the function of some of the individual vertebrae. They are no longer functioning and working as they were designed. This change is not seen as something normal. It is what we call a patho-bio-mechanical change — an alteration in normal movement and function – and even alignment! This is what causes abnormal stress on a particular vertebra, its joints and disc. What I am referring to is called a Vertebral Subluxation.

A Vertebral Subluxation can be seen as either a “misalignment” or a change in normal function.

I will continue our discussion in the next issue of this newsletter. Please stay tuned!.



Peanut Butter and Flame Retardant Sandwiches?

My kids eat more peanut butter and jelly sandwiches than I'd like to admit. And in my line of work I hear about toxic chemicals daily so it takes a lot to shock me. But, flame retardants in [peanut butter](#)? Even I paused when I saw the headline about a recent study that found that flame retardants - that stuff that's slathered on kids' pajamas, sofa foam and upholstery ostensibly to protect us from fires--are showing up in sardines, poultry and yes, even peanut butter.

The culprit identified in peanut butter is [HBCD](#) (hexabromocyclododecane), a brominated flame retardant, which is often used in construction and furniture foam and to coat textiles. It's a target of a [proposed ban](#) in the European Union. While scientists found this specific chemical in peanut butter, the whole class of brominated flame retardants has become a serious environmental problem.

We don't want our PB and J sandwiches to be fireproof!



The disturbing fact is that flame retardants are everywhere - in our bodies, in our babies, household dust, whales and pretty much every living thing on this planet. The Environmental Working Group's landmark 2004 study of umbilical cord blood conclusively documented in utero exposure to [PBDEs](#) (poly brominated diphenyl ethers), another type of flame retardants, in all the samples we tested. In 2005, EWG tested the [breast milk](#) of 20 first-time mothers and detected flame retardants at levels 75 times the average found in European studies. When EWG tested [toddlers](#) in 2008, we found up to 11 different types of flame retardants in their bodies, and on average, the children had levels of flame retardants more than three times greater than their parents. Scary stuff! *Source: Heather White, EWG*

NO EARS?

Little Johnnie's neighbor had a baby. Unfortunately, the baby was born without ears.

When mother and new baby came home from the hospital, Johnnie's family was invited over to see the baby. Before they left their house, little Johnnie's dad had a talk with him and explained that the baby had no ears.

His dad also told him that if he so much as mentioned anything about the baby's missing ears or even said the word ears, he would get the spanking of his life when they came back home.

Little Johnnie told his dad he understood completely. When Johnnie looked in the crib he said, 'What a beautiful baby. 'The mother said, 'Why, Thank you, Johnnie. Johnnie said, 'He has beautiful little feet, beautiful little hands, a cute little nose and really beautiful eyes. Can he see all right?'

'Yes', the mother replied, 'we are so thankful; the Doctor said he will have 20/20 Vision.'

'That's great', said little Johnnie, 'coz he'd be in deep doo-doo if he needed glasses.

Please...if you have any questions, or would like any information on any health topic, it would be my pleasure to help you! Talk with you next month.....