



# 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!

## Handling Asthma, Part III



Those taking high doses of these drugs are warned to avoid vaccinations that are made up of live viruses (MMR, Polio, Chicken Pox). If any of these viruses are contacted while steroids are being used, it could be life threatening. Although these drugs are often taken by pregnant and breast-feeding mothers they have not been tested for safety under these instances (though it stands to reason that these drugs will have similar effects on babies).

Many moms do not realize that all drugs cross the placental barrier and affect their baby. According to a recent study, *"the majority of adults and children with Asthma, experience unwanted side effects of medication; such as feeling generally restless, shaky hands, shaky feet, racing heartbeat, etc. These side effects have prompted 1 in 3 adults to reduce their medication and cause one in four to skip a dose at some point."*

Some authorities feel that Asthma is really a reaction to a lack of proper hydration of the body; that it is a lack of water. They, therefore, suggest drinking plenty of pure water to hydrate the body. In my practice, I have not met many children who like to drink pure water - it is boring. If you believe this is the solution, I recommend that you use a fruit concentrate, such as Ribena Blackcurrant Concentrate, mixed with 5 parts water for taste. It is an English drink but moms can pick it up in most grocery stores.

Please avoid all that are laced with artificial sweeteners.

Many researchers, on the other hand, have found that Asthma seems to be related to our current vaccination program: There are increasing numbers of scientists and practitioners who support this conclusion. Bart Classen M.D., of Classen Immunotherapies in Maryland, is among the most vociferous. (You are welcome to visit his web site at [www.vaccines.net](http://www.vaccines.net)).

How does this work? Here is the reason: Vaccination alters the normal immune response and makes a child's immune system overreact to something perfectly innocuous, plus, it introduces a foreign agent into their body – I shudder at the thought (I will be discussing vaccination and its effects on the health of our children in later issues of this newsletter)! As a result, a child's immune system is over-stimulated and becomes over-sensitive. Air, for example, that would not normally bother a person, can have an adverse effect on a child whose nervous and immune systems are "overloaded."





## What the Heck is Triclosan?

New info about triclosan, one of the most potent antibacterials found in many household products: It can affect how your heart and other muscles contract. What's wrong with triclosan?

The data isn't definitive, but in the lab it disrupts hormones and can damage reproductive systems. In the environment, it pollutes water and then transforms into something much worse, like the cancer-causing agent dioxin. Like all plentiful antibiotics, it promotes antibiotic resistance, and it's everywhere. Three-quarters of North Americans have triclosan residue in their urine; it's even common in breast milk.

Giving up soaps, cleaning products, clothing, paint, cosmetics, hair conditioners and toothpaste with triclosan in them won't increase your risk of infections. At home, plain soap and water kills germs on hands, kitchen surfaces and clothing just as effectively.

You may be surprised to learn that Asthma, difficulty breathing, coughing, chest tightness, etc., are actually only symptoms. It means that your child's body (or yours) is not able to deal with this problem on its own!

To understand this better, I want you to think about this for a moment: D. D. Palmer, the Discoverer of Chiropractic, once explained it this way in 1885, "***I desired to know what is it that causes one man to be sick, while his partner, sitting at the same table, eating the same food, drinking the same water, breathing the same air, is healthy?"***

If you understand this, you are on your way!

Doctors of Chiropractic like me have been helping children with Asthma for years. We need to remember that we are dealing with children, NOT their Asthma. Our approach recognizes that difference. We feel it is important to deal with the child, NOT his label.

### HOW?

Your Health is based on four profound principles:

#### **1. Your Body is self-healing**

Yes, your Body is a self-healing, self-regulating organism. It is designed to heal itself and regulate all its functions. Amazing! And it follows a very exact program in order to perform all of its amazing functions.

You could say you are on "Auto Pilot!"

**2. Your Nervous System runs** and controls your whole body and all its functions. It controls the way you breathe, the way you digest food, what you see, the way you move, your immune system, and everything else.

**3. As long as there is no interference** to the normal function of your nervous system, you should experience the best of health. Period!

If something interferes with the function of the nervous system, it will no longer be able to control the body as it was meant to. Your body will not work as it should.

It will do its own "thing." We call this Malfunction! And if a part of the body is malfunctioning, it will slowly start to become sick. This is called Dis-ease

When your body is no longer able to handle the disease stage, it will then talk to you in a language you can easily understand.

The language your body uses is called Symptoms.

So... what can interfere with the function of your Nervous System? Well....If one of the vertebrae of your spine becomes subluxated, it will interfere with the way the nervous system controls your body functions. You will no longer be able to function normally. Your body will do its own "thing."

**4. My mission is to correct** these Vertebral Subluxations.

This restores normal nervous system balance and all body functions start to improve - including Breathing!!! And no drugs are involved! I like that! *If you know someone who is suffering with Asthma, please have them talk with me. I can help!*

# Aspirin and Heart Attacks

A study by the Physicians Health Group concluded that an aspirin a day was an effective preventative treatment against heart attacks. The study was published and carried by leading magazines and newspapers all over the world. The drug industry launched an extensive media campaign promoting this important health discovery. What the study failed to mention was that it was conducted with buffered aspirin, which contains magnesium. Magnesium is a valuable mineral which has long been associated with the prevention of heart attacks. Follow-up studies revealed that aspirin alone did nothing to prevent heart attacks. Sadly, the results of the follow-up studies received little media attention.

A study in the *International Journal of Epidemiology* reported that serum magnesium levels are inversely related to the risk of death from ischemic heart disease. Serum magnesium concentration, independent of other risk factors, was inversely associated with death from all causes and from heart disease.

A study in the *Lancet* reported that magnesium deficiency may also be implicated in coronary heart disease when it was revealed that injections of magnesium sulfate brought about **dramatic clinical improvement** in patients suffering from heart disease and in many cases the lipoprotein levels.

## Should You Take Aspirin to Prevent Heart Attack?

The majority of physicians in the USA recommend aspirin for prevention of first heart attacks to almost everyone over the age of 50, even though women have not been included in the clinical trials of aspirin. While aspirin does prevent about 1/3 of first heart attacks, its side-effects are so severe as to cause a higher death rate overall than placebo. Non-fatal side-effects, such as internal bleeding and cataracts, are significant after years of aspirin use. The major study on which most recommendations are based did not utilize aspirin alone; therefore, the calcium and magnesium present in the buffered aspirin actually taken may have been responsible for some of the beneficial effects. Supplemental magnesium and vitamin E have been shown to be more effective than aspirin in lowering heart attack rates as well as overall death rates. Aspirin does reduce the incident of second heart attacks by about 1/5 when taken for a few weeks. Supplemental magnesium and coenzyme Q10 have been shown to be more effective than aspirin in treatment of cardiovascular disease.

Some physicians contend that the evidence of aspirin's efficacy for prevention is overstated and that its risks are underestimated. One vocal critic, John Cleland, MD, said that his interpretation of the data shows that the therapy reduces only the number of diagnosed heart attacks not attacks overall. In an editorial in the Jan. 12, 2002, British Medical Journal (BMJ), he explained that aspirin merely masks heart attacks, producing a "cosmetic" blip in statistics.

How could aspirin hide a heart attack? Dr. Cleland, professor of cardiology at the University of Hull in Great Britain, said that 25% of people who have what later turn out to be a heart attack don't recognize the signs anyway. Because aspirin can be an analgesic, it may further mask those symptoms. In addition, he said, some of the symptoms patients think are dyspepsia caused by aspirin may actually be due to a heart attack.

Effective Marketing has given consumers the perception that Aspirin and other over-the-counter pain relievers are harmless drugs, but there is much evidence to suggest just the opposite. Medical research nearly always supports drug usage, which is not surprising, since the vast majority of medical research is funded by the drug industry. Many safe and natural alternatives that have proven to be effective, rarely receive positive media exposure and are often downplayed by an industry that has no financial interest in a drug-less health care system. - Adapted from Dr. Keith Wassung.



## A Drink a Day....

Women who face bone loss and endometriosis after menopause might have an alcoholic drink once in a while. It seems to help preserve bone density.

Alcohol seems to have the same bone-preserving qualities as estrogen, and its effects are very significant, say researchers from the Oregon State University. They studied 40 post-menopausal women who regularly had one or two alcoholic drinks a day and weren't taking HRT. Within two weeks of non-drinking, researchers noticed that the women's bone deterioration accelerated, and stopped in less than a day when they started drinking again.

Exercise and a good diet play a part, too, say the researchers. The other problem is that this 'moderate' amount of alcohol may not be so moderate after all, and revised safety levels are now suggesting just one small glass of wine every other day.

(Source: Menopause, 2012; 19:



## 18 Tips for Success from Richard Branson

**1. Don't do it if you don't enjoy it;**

Building a business is all about doing something to be proud of.

**2. Be visible;**

Get out there and sell yourself.

**3. Choose your name wisely:**

**4. You can't run a business without taking risks;**

"The brave may not live forever-but the cautious do not live at all."

**5. The first impression is everything. So is the second;**

**6. Perfection is unattainable**

**7. The customer is always right.....most of the time:**

The customer is always right....unless they're wrong.

**8. Define your brand:**

Defining your brand requires focus. Stick to what you know. Underpromise and overdeliver. If you don't define your brand, your competitors will.

**9. Explore uncharted territory;**

There are still many things out there that haven't been discovered, invented or achieved.

**10. Beware the "us vs. them" environment;**

A workplace should be one in which the boss and his or her employee communicate well and work together.

**11. Build a corporate comfort zone;**

Employees must feel free and encouraged to openly express themselves without rigid confines.

**12. Not everyone is suited to be CEO.**

**13. Seek a second opinion. Seek a third;**

You must learn to be a good listener in order to succeed, and that means bouncing every idea you have.

**14. Cut ties without burning bridges;**

Business ventures with another person don't always work out. If this is the case, successful entrepreneurs know when to part ways. Handle any problems quickly and head-on and end the relationship amicably.

**15. Pick up the phone;**

Don't text or email when you should be calling. The quality of business communications has become poorer in recent years as people avoid phone call and face-to-face meeting. This is a misguided quest for efficiency.

**16. Change shouldn't be feared, but it should be managed;**

Companies aren't future-proof and nothing last forever.

**17. When it comes to making mistakes, bounce back, don't fall down;**

Your decision will not always be the best decision. Everyone makes mistakes

**18. Be a leader, not a boss;**

Being bossy is not a desirable trait in a manager. A boss orders while a leader organizes.