



# 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!

## Understanding and Handling ASTHMA, cont'd:

### Let's look at Science of Breathing:



Your body takes air from the outside. This air then passes through your nose, windpipe, and your bronchi. These are all parts of your personal “air conditioning” system, so to speak. This air is then filtered, purified, cleansed, warmed, and humidified before it enters your lungs. Think about the science behind this for a moment. There are amazing biofeedback loops at work here that inform your brain whether the air you are breathing in is too cold, too dry, too polluted, etc. These messages are relayed to your brain, which then makes minute corrections to your ‘program’ every second that you are alive. It is an amazing process and happens very exactly under the perfect guidance of your nervous system. Yes, your nervous system is responsible for this function – it is responsible for your breathing!

### So, what is Asthma then?

In children (and adults) who have Asthma, the small tubes in the lungs, called bronchioles, become inflamed and irritated. They then contract and even spasm and produce mucous, which tend to plug up the breathing passages. Children can literally gasp for air. These “attacks” can last minutes or hours and can persist for a lifetime. It is generally felt that an Asthma attack can be triggered by allergies, stress, pollen, pollution, lack of water, heredity, etc. And it can be life threatening! These children (and adults) are condemned to a life of bronchodilators, drugs, and steroids, all of which have serious side effects. These side effects can be either immediate or develop over a lifetime of chronic drug use. Asthma is said to be the leading cause of chronic illness among children. Not a fun thing to have. It is definitely a condition best avoided.

Here is the catch however, and I want you to really think about this for a moment: Have you ever wondered why some children subjected to the same stresses, pollens, etc., develop Asthma while others do not? After all, if Asthma was caused by all the factors the public has been taught and led to believe, then **all children** would absolutely have it. Right?

Wrong!

Only some do, and their numbers have been rising at an alarming rate!

Why is that? (I love that question) The standard medical first-line approach to dealing with Asthma is to prescribe inhalant steroids, the so-called —puffers. These often reduce the frequency and intensity of Asthma attacks, but not without a price – and they certainly do not —cure it. Steroid use has been linked to osteoporosis, stunted growth in children, nerve damage, and cataracts. The effects of long-term use are unknown since these drugs are still fairly new, believe it or not. Steroids substitute for and decrease the body's ability to make its very own steroids, in response to stress, and also cause a major suppression of the immune system. ***(I will conclude the topic of Asthma in the next issue of this Newsletter)***

# Brain Food?

Along with your heart, your brain is arguably the most important organ in your body. After all, you can't do much without it and it controls literally EVERYTHING you do, think, say, and a bazillion other automated body processes.

That said, several major functions of your brain -- memory, learning, and focus -- can be (and often are) largely affected by the foods you eat:

Below are our top 2 nutrition RULES for a healthy brain, impeccable memory, and unmatched focus when you need it most.

## Rule #1 - Eat Carbs.

You've probably heard for years that you should be avoiding carbs, which really couldn't be any further from the truth. It's all about choosing the right carbs at the right times. Besides, carbohydrates are your brain's #1 (and preferred) source of energy and fuel,

The best carbs to eat?

\*Beans (kidney beans, black beans, black-eyed peas, lima beans, red beans, marrowfat peas, chickpeas, pinto beans, butter beans, navy beans)

\*Lentils, wild rice, basmati rice, brown rice

\*Sweet potatoes, yams, new potatoes, squash, artichokes

\*Sprouted grain bread, oatmeal, couscous, quinoa

\*Fruit (apples, oranges, bananas, apricots, peaches, pears, grapes, kiwi, mango, watermelon, honeydew, cantaloupe, rhubarb, plum, pineapple, papaya, grapefruit, grapes, blueberries, strawberries, blackberries, raspberries, cranberries, cherries)

And the list goes on and on! Stick to veggies, fruits, legumes, potatoes, and unprocessed grains and you'll be good to go.

## Rule #2 - AVOID simple carbs like sugar and "white" carbs.

For example, a recent UCLA study found that diets high in sugar (namely high fructose corn syrup) actually made test subjects DUMBER, decreasing their ability to learn, focus, and remember things. In fact, brain activity was lower overall and their brain cells flat out struggled to communicate with one another...yikes!

"White" foods like bread, pasta, white rice, etc, are very processed and act just like sugar in the body, so be sure to avoid those too in favor of the healthy carb sources mentioned above. Please enjoy!

Source: *BIOTRUST NUTRITION*

## THINGS YOU SHOULD NEVER COMPARE:

1. Your wife's cooking with your mother's or your ex's.
2. Chocolate (everyone knows chocolate rules).
3. Exes.
4. Your boss's hair to that of a furry rodent.
5. An old photo or your spouse to a more recent one.
6. Your offspring.
7. Your grandmother's moustache.
8. Your six-year-old's masterpiece to Michelangelo's
9. Pay checks.
10. In-laws.



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



## Afternoon Tea

In eighteenth-century England, tea mania swept the country. Tea was sipped by all levels of society, becoming the beverage of choice for breakfast and after the main meal of the day. Prior to the introduction of tea in Britain, the English had two main meals, breakfast and dinner. Breakfast

consisted of ale, bread and beef, while dinner was a substantial meal at end of the day.

Anna Maria, the 7<sup>th</sup> Duchess of Bedford (1788-1861), experienced a “sinking feeling” in the late afternoon. Embracing the European tea service format, she invited friends to join her for additional bread and butter sandwiches, assorted sweets and, of course, tea. This summer ritual proved so popular, the duchess continued it when she returned to London, sending cards to friends to come for “tea and a walking of fields.”

The practice of inviting friends to “take tea in the afternoon” was soon adopted by other hostesses. A customary pattern of service emerged.

## Five Natural Ways to Beat Spring Allergies:

### Get adjusted!

Chiropractic is your best method of dealing with this pesky problem.

### Keep pollen out

Keep windows and doors closed, changing clothes and washing your hair when you come home. Avoid air drying clothes during peak season.

### Rinse your nose

Cleaning nasal passages can offer relief. A gentle version is a Neti pot. A more powerful option is a saline nasal spray, which uses pressure to remove allergens trapped in the nasal cavity. Also sleep with nasal strips to relieve congestion.

### Control histamines

Allergy reactions are caused by histamines, which are released by mast cells in the body. Antihistamines counteract this process. If you are looking for a natural substitute, try taking a Quercetin supplement.

### Try a detox

Improving the body’s ability to eliminate waste products can help allergies, since the problem’s the reaction, not the allergens themselves.



## ASPIRIN AND BLEEDING



Every aspirin that is taken causes a small amount of bleeding. A microscope will show that the bowel movement of someone who takes one aspirin a day will contain blood. This is because aspirin thins the blood by destroying the platelets in the blood. These platelets are responsible for blood clotting that is an important part of the body's natural healing process. In fact, patients who are scheduled for any type of surgery are warned not to take aspirin for several days prior to their surgery because the bleeding is almost uncontrollable. Recent research has also demonstrated that when NSAIDs are combined with Selective serotonin reuptake inhibitors (SSRIs), the most widely used antidepressants in the world, it dramatically increased the risk of bleeding.

**IN NORMAL INDIVIDUALS: 1 DOSE OF 2 REGULAR STRENGTH ASPIRIN AFFECTS NORMAL CLOTTING FOR AS LONG AS 7 DAYS**

## 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 were brought back to normal levels.

*I will conclude my discussion of ASPIRIN in the next issue*

# Before You Eat Fish.....

While fish used to be considered a healthy addition to any diet, farmed fish is now barely any better than eating a Big Mac.

- Despite being much fattier, farmed fish provide less usable beneficial omega-3 fats than wild fish.
- farm-raised fish are doused with antibiotics and exposed to more chemicals
- Farmed salmon, are given a salmon-colored dye in their feed, without which, their flesh would be an unappetizing grey color.
- Aqua farming also raises a number of environmental concerns, the most important of which may be its negative impact on wild salmon. It has now been established that sea lice from farms kill up to 95% of juvenile wild salmon that migrate past them.

## Nutritional differences of farm-raised vs. wild fish:

Farm-raised fish have a higher fat content – three times the fat. It's not very surprising, since farm-raised fish do not spend their lives vigorously swimming through cold ocean waters or leaping up rocky streams like their wild counterparts. A marine version of couch potatoes, they circle lazily in crowded pens fattening up on pellets of grain-based fish chow. It's a very similar comparison to commercial feedlot grain-fed beef vs grass-fed free range beef or wild game.

However, **total fat is not the real issue at hand here** -- after all, fatty wild fish is good for you...that's why most of us take fish oil for health benefits.

The problem lies in that farm-raised fish contain more inflammatory omega-6 fats, and a large imbalance of omega-6 to omega 3 fatty acids. In three types of fish evaluated, the amount of omega 6 fats was substantially higher in farm-raised compared to wild fish. The fat in farmed salmon contains far less of the healthy omega-3 fatty acids than the fat in wild salmon. Salmon fat is usually rich in omega 3 fatty acids. Not so with farmed salmon!

Tests on farmed salmon at grocery stores found **16x the PCB's** compared to wild salmon, 4x the levels in commercial beef, and 3.5x the levels found in other seafood. Most of these toxins are stored in the fat of the fish, so guess what you are eating when you eat farmed fish?

Uneaten feed and fish waste cover the ocean floor beneath these farms, which are a breeding ground for bacteria that consume oxygen vital to shellfish and other bottom-dwelling sea creatures. A good-sized salmon farm produces an amount of excrement equivalent to the sewage of a city of 10,000 people. Think about that the next time you swim in the ocean!

*Source: by Mike Geary, Certified Nutrition Specialist*

## THE BOTTLE OF WINE

For all of us who are married, were married, wish you were married, or wish you weren't married, this is something to smile about the next time you see a bottle of wine:

Sally was driving home from one of her business trips in Northern Arizona when she saw an elderly Navajo woman walking on the side of the road.

As the trip was a long & quiet one, she stopped the car & asked the Navajo woman if she'd like a ride.

With a silent nod of thanks, the woman got into the car.

Resuming the journey, Sally tried in vain to make a bit of small talk with the Navajo woman. The old woman just sat silently, looking intently at everything she saw, studying every little detail, until she noticed a brown bag on the seat next to Sally.

"What's in bag?" Asked the old woman.

Sally looked down at the brown bag and said, "It's a bottle of wine. I got it for my husband."

The Navajo woman was silent for another moment.

Then speaking with the quiet wisdom of an elder, she said:

"Good trade....."