



Our Family Newsletter;

**The name of your office here
Your address and contact numbers
Your website**

Our goal is to inspire you, to provide you with the latest health care options available, make you smile, and help you to help us fulfill our mission – to reach as many parents and children as we can!

Health Care Revolution?



You may not have thought about this, but we are in the midst of a revolution in health care. A study, published very recently in the Journal of the American Medical Association, reports that people are seeking health care that is “congruent

with their own values, beliefs, and philosophical orientations toward life and health.” What an amazing concept!

Chiropractic, the largest drugless profession and the second largest healing art, is being increasingly looked upon to fill that vital niche in our lives.

Nowhere does this apply more than in the lives our children. They are our most precious resource. And yet few realize that regular chiropractic care enables children to experience the joys and challenges of life in harmony with the dynamics of nature. My purpose is to empower you with knowledge that will enable your children to enjoy the benefits of a life that expresses their optimum potential for health and happiness.

Victor Hugo once wrote, “*There is nothing more powerful than an idea whose time has*



arrived.” I must respectfully disagree. More powerful than the idea itself, is the individual who has the passion, commitment, and knowledge to make this idea a reality. I hope my newsletter will help you in making health, a reality for generations to come.

Twinkies Anyone?

We’ve all seen these on the shelves of any convenience store.....and we’ve seen our kids munching on them – the ultimate junk-food.



Twinkies – many smile at the mention of the name, and yet half a billion are sold each year!

This is the stuff of urban legend and Bill Clinton's Millennium Time Capsule - as American as a food can get.

Rumor has it that this stuff can last forever but the truth is that its shelf life is only 25 days! Only 25! Wow - must be really good for you!



Many of the Twinkie ingredients are derived from petroleum and petroleum products and that includes the coloring that gives Twinkies their warm, golden color. This whole edible entity is pure chemistry. The lone mineral in it, Ferrous Sulphate, is made from running steel at a steel mill through a bath of sulphuric acid – mom, can I have more?

And of course, the cane sugar and its derivatives in it, are also added to polyurethane foam to work as a flame retardant, and are used to make inks, cure tobacco, and help clean out cement mixers. Yummy! Pass another!

So....what's in those things anyway?



Polysorbate 60, wheat flour, bleach, enrichment blend (ferrous sulphate, B vitamins), sugar, corn sweeteners, corn syrup (dextrose, glucose, high-fructose corn

syrup), corn thickeners (cornstarch, corn dextrins, modified corn starch, corn flour), water, soy (partially hydrogenated vegetable and/or animal shortening, soy lecithin, and soy protein isolate), eggs, cellulose gum, whey, leavenings, baking soda, phosphates (sodium acid pyrophosphate and mono-calcium phosphate), salt, mono and diglycerides, natural and artificial flavors, sodium stearoyl lactylate, sodium and calcium caseinate, calcium sulphate, sorbic acid, FD&C yellow no. 5 and red no. 40.

Must be good for you!

I think I'll just go out there and get me a bunch!...and some for my kids!

Lip Balm Junkies?

Scarlett knew she was addicted when she had her boyfriend borrow some lip balm from a total stranger.

Jessica knew it when her friends started to call her "lips."

Barbara knew it when she realized that she couldn't talk with anyone unless she applied it first. "If my lips don't have something on them, I feel naked."



These kids have lots of company – and it's not a laughing matter. "It's America's hidden addiction" said Kevin Crossman, founder of lipbalmanonymous.com. "I think anyone who has used it, takes it seriously because they know it's habit-forming."

His website started as a joke but twelve years later it has become serious as tales of addiction pour in.

...And I know that you've noticed your kids and other teenagers applying this "goop" to their lips in malls, theatres, etc.

Is it dangerous? Not really. But it is habit-forming in the sense that you cannot have an intelligent conversation with your teen without her continuously applying balm to her lips as she is speaking – more annoying than anything else.

So....as parents....beware.

Uncool Piercings:

Ok....I know many parents often wonder how kids eat with a tongue stud. And I know I am not the only one who wonders how they blow their nose or sneeze with a nose stud.

Does this thing ever come loose and shoot out like a cannonball?



Well....it turns out that being trendy can have disastrous consequences – the most common being gum and mouth infections, gum recession, and bone loss. These are readily treated by a Periodontist with bone grafts, gum grafts, fetal pig teeth protein, and lots of tasty drugs. The gum grafts, performed by the Periodontist, are done by removing part of the roof of your mouth and then transplanting it to the gum area. This is followed by mega painkillers and wonderful entrées such as apple sauce, runny oatmeal, and cream of wheat. Yummie!

Contact with the metal of a tongue stud can chip and/or scratch teeth and cause gums to recede. Once gums are no longer protecting your teeth, your mouth is then fair game for any of the 500 bacteria which normally reside there. To lose teeth is incredibly easy. And all because someone convinced your teen that it is cool.

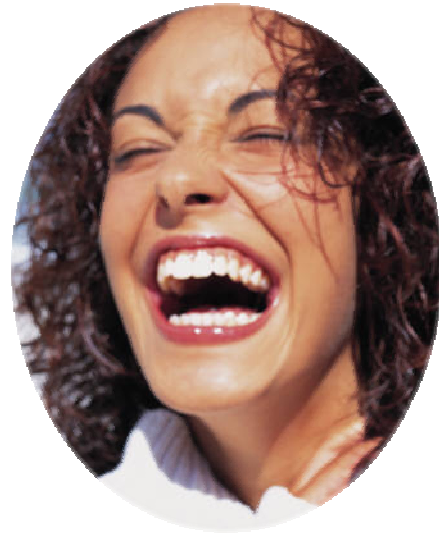
You decide.....

Learn how to Laugh:

I'll bet very few of you have ever heard of World Laughter Day. Set your day timers, BlackBerrys, and calendars to celebrate laughter on May 6th next year.

I know that this sounds a bit weird, but laughter clubs are springing up like mushrooms in most communities.

...And of course Laughter Yoga has become a big hit with people. There is the "Milkshake laugh" where you pretend to make a milkshake and laugh after drinking it. ..And the "Lather laugh" where you mime lathering up in a shower and laughing and giggling while you do it.



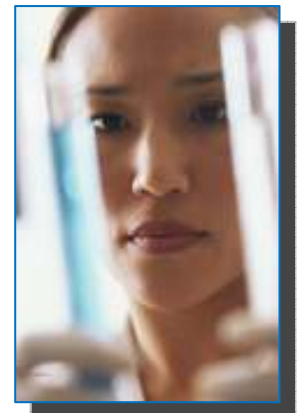
Ok....I know this sounds silly, but laughter is the best "medicine" – I'm sure you've heard these words!

The idea is that a good dose of laughter is good for the body and the soul.

And if you ever feel you just can't do it? Well you can fake it 'till you make it.

Are our kids safe?

Being your doctor, I am well aware of the miracles of modern chemistry – from removing mildew in bathtubs, to hair coloring, to smoothing out skin wrinkles, and maintaining that super-red glow of wintertime strawberries as they travel 3,000 miles from South America to our



markets.

Ahhhhh...Those wonderful chemicals that make our lives so much easier. BUT....are they safe? In the past 28 years more than 32,000 synthetic chemicals have been introduced into the marketplace.

According to a Government



Accountability Office evaluation of the practices of the Environment Protection Agency, 75% of these chemicals have never been tested for toxicity. US laws make a presumption of safety in the absence of data proving a chemical to be harmful. And the harmful effects are not realized until much later – until a chemical has already affected the environment – and your children.

Don't you just feel better already?

And as moms lather on the anti-aging cream with so many chemicals that there is not



enough room on the jar label and an insert is needed, one needs to wonder how this will affect the function of their bodies in 10-20-30 years. What new diseases will this produce?

You may be interested to know that *The San Francisco Chronicle* recently tested a number of baby products: a baby teether, a rubber ducky, a doll, an Elmo bath book, a baby bottle and My Little Pony, and had found banned chemicals in all these items. And these items are alive and well in the homes of children – like yours!



Experts agree that *"You could have eaten strawberries 15 years ago and the pesticides are still in your system."* Scary.

But they also found that when children replaced regular fruits and vegetables in their diet with their organic counterparts, pesticide residues in their urine dropped to virtually nothing.

However, everyone agrees: *"You cannot shop your way out of this."* There is a change needed but it must start at the top with tough laws and regulations regarding the use of chemicals in our daily lives – 90% are sent to the marketplace without testing.

The burden of this is one we all share.

Newly Invented Words:

NINJA: Minimal requirements that have to be met to qualify for the lending industry's latest offering: No Income, Job or Assets.

LITTER ON A STICK: Any form of roadside advertizing. i.e.: billboards, signs, etc.

MALCHEMY: Continuing to spend money at your usual rate after losing your job.

SITCOM: What yuppies turn into when they have children and one of them stops working to stay home with the kids: Single Income, Two Children, and Oppressive Mortgage.

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.....