



Our Family Newsletter

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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 help as many people as humanly possible, especially kids!

Last month I covered the topic of Infantile Colic. And no matter what you call it, it is simply no fun for a baby! And his/her parents! The incessant crying and screaming can fray parents' nerves. Fortunately, Chiropractic care can really help a baby (and his parents) with this condition. If you know someone who has a child affected with Colic, please tell them that Chiropractic can really help. Ask them to call me. It would be my pleasure to help their baby!



This month, I am going to discuss an issue which just about all parents have some knowledge of but nevertheless, don't understand it well. Let's talk about:

Dirt:
Dirt?
Yes, Absolutely! Dirt.

You must be wondering why such a crazy title! After all, you hate dirt! So do your family, friends and the vast majority of North Americans. We are obsessed with dirt and the unclean.



How many of you take off your shoes when entering the house, or look at a glass before drinking from it. Your spoon touches a counter and you throw it into the dishwasher. And, as an aside, do you realize that dishes that come out of a dishwasher have almost the same level of bacteria as those you wash by hand? Amazing isn't it?

Do you wash your hands compulsively, or wear a hospital gown while holding your newborn baby – it has more bacteria on it than your infant!

Why do we do all these silly rituals? Well, it is simple. We have been taught that germs are bad; that one can get germs from anything and everything; that germs should be eradicated, wiped out, killed, and that no mercy should be shown.

We then pass this sterile obsession onto our children and the myth of clean is propagated from generation to generation! This mindset that most have is causing our own demise, however. More and more authorities are convinced that everyday dust and dirt are actually good for you. How? Please read on!



You may not know this but our health is based on a properly functioning Nervous system, Immune system and the Endocrine system. The new science connecting these three vital components is called neuropsychimmunology – a little bit of techno-babble for you!

Many feel that the Immune system, the Endocrine system, and the Nervous system are one and the same, but for years, they have been thought of as very separate entities in the body. I am sure that is what you've been taught in your high-school biology classes! Not any longer!

Dr. Candace Pert, who is a research scientist, has found that even skin cells produce neurotransmitter chemicals – something that has always been associated only with the function of the nervous system Incredible!



This new science investigates the relationships between these vital systems, and how they integrate and interact with each other for the health and well being of the individual.



Bart Classen, M.D. a vaccine researcher and President of Classen Immunotherapies in Maryland, a laboratory which sets out school vaccination schedules in the U.S., says that children's immune systems today are in serious trouble. He thinks that because of our search for cleanliness and sterility, our immune system is no longer

being exercised as in the past. And most researchers agree.

He also feels that our vaccination program is one of the leading causes of Asthma – more on that in a later issue of this newsletter! In the meantime, you are very welcome to check his website: www.vaccines.net.

These thoughts are also echoed by Dr. Stephen Marini, a chiropractor and immunologist, as well as Philip Incao, M.D., and countless others.



Much research has been done and much has been suppressed on the actual efficacy of our vaccination program, but that is a discussion for another time!

I can already hear some of you thinking: “You mean to tell me that the five second rule is actually true? When my son drops his toast on the floor, is it ok for him to still eat it?”

My answer would simply be; - Most likely.

You may be surprised to learn that researchers in England are actually adding bacteria found in common everyday dirt to the diet of babies. The thinking is that it will stimulate their immune system for increased vigilance and defense. Would you like chocolate or vanilla, with your dirt?

You may not have thought of this but more and more scientists are realizing that most childhood diseases are quite innocuous, and are there in order to exercise a young and immature immune system.



You probably think that a child having Measles or Chicken Pox is a terrible thing – not so. They serve a very important function: These diseases actually teach the young and developing immune system of a child how to deal the myriad of viruses and bacteria they will encounter later in life!

Dr. Howard Weiner, a prominent Harvard immunologist, thinks that our vaccination program actually skews the activity of the immune system; making our children more susceptible to more serious complications later in life.



It seems that vaccination offers passive immunity and really doesn't prepare a child for life. In these situations, an immature immune system will not be able to deal as effectively with a bacterial or viral invasion because it has never had to try. And I am not even going to try to discuss the side effects!

I tell my patients that even the common flu and cold has their place. They teach the immune system how to fight for survival.



Just because you feel sick when you have the flu does not mean that you really are, it simply means that your body is doing exactly what it was programmed and designed to do. This is not sickness. This is an expression of health – your body is following its program. It is similar to the NORAD warning system. Now...I am not saying that you have to like though, but ultimately it is for your own benefit. To interfere with this function is not in your best interest. Dr. Phillip Incao MD., a Colorado physician, agrees with this perception. He feels that when you are really feeling sick, your body is actually cleaning house.¹

Looking at this issue from a reality perspective though, there are a number of supplements I can recommend that will help your child's body increase the function of the immune system:

1. Vitamin B complex and magnesium
2. Antioxidants, such as Rhododendron caucasicum
3. Vitamin A
4. Zinc and copper
5. Bovine colostrum and/or Echinacea
6. Garlic
7. Amino Acids (L-Arginine, L-Cystine, L-Lysine)

The other important point I would like to make is that the immune system is directly controlled by the nervous system. Therefore, it is absolutely imperative to make sure your child is checked so that there are no vertebral subluxations affecting the way his nervous system transmits information and controls body functions – makes total sense to me! This will ensure normal and optimal nervous system and immune system function. Please call me!

The point I am making is that our attitude toward dirt needs to change. So don't be so fussy. Let some dirt into your life. Your children will be much happier and much healthier for it!



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

¹ Incao Phillip, Not a Battle, But a Housecleaning, Pathways, ICPA, Issue 6, pg. 2.