

# Chiropractic Works

*"THE ULTIMATE IN SPINAL CORRECTION"*



chiropractic  
WORKS

Special Edition

Pediatric

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## CHILDREN AND CHIROPRACTIC

More and more parents are seeking chiropractic care for their children. Many spinal problems seen in adults began as early as birth. Even so called 'natural' birthing methods can stress an infant's spine and developing nerve system. The resulting irritation to the nerve system caused by spinal and cranial misalignment can be the cause of many newborn health complaints. Colic, breathing problems, nursing difficulties, sleep disturbances, allergic reactions and chronic ear infections can often be traced to nerve system stress.

Since significant spinal trauma can occur at birth, many parents have their newborns checked right away. As the infant grows, learning to hold up the head, sit, crawl and walk are all activities that affect spinal alignment and are important times to have a child checked by a Doctor of Chiropractic.

As the child begins to participate in regular childhood activities like skating or riding a bike, small yet significant spinal misalignments (subluxations) may occur. If neglected, the injuries during this period of rapid growth may lead to more serious problems later in life. Subtle trauma throughout childhood will affect the future development of the spine leading to impaired nervous system function. Any interference to the vital nerve system will adversely affect

the body's ability to function at its best.

One of the most common reason parents seek care for their child is trauma from an injury of some sort. These misalignments may or may not result in immediate pain or symptoms. Regular chiropractic check-ups can identify potential spinal injury from these traumas, make the correction early in life and help avoid many of the health complaints seen later in adults. Proper spinal hygiene is an important key to better health.

Another sought out reason for care is the resolution of a particular symptom or condition. Parents seek care for conditions such as colic, ear infections, asthma, allergies and headaches (to name a few) because they have heard from other parents that chiropractic care can help.

It is important to understand that the doctor of chiropractic does not treat conditions or diseases. The expertise of the chiropractor is in checking the child's spine for misalignments that impair nervous system function therefore affecting overall body function. The bones of the spine, the vertebrae, house and protect the spinal cord. The spinal cord is an extension of the brain and carries information from the brain to the body parts and back to the brain again. Subluxations interfere with the nerves' ability to transmit this vital



information.

The nerve system controls and coordinates the function of all the systems in the body: circulatory, respiratory, digestive, hormonal, eliminative and immune system. Any aspect of health may be impaired by nerve interference. The chiropractic adjustment restores nerve system function allowing the body the ability to express a greater state of health and well-being.

The doctor of chiropractic will take a case history and perform a chiropractic exam to determine if spinal subluxations exist. Chiropractic adjusting procedures are modified to fit a child's size, weight, and unique spinal condition. They are both gentle and specific to the child's developing spinal structures. Most parents report that their children enjoy their chiropractic adjustments and look forward to subsequent visits. They also report that their children experience a greater level of health while under regular chiropractic care.

## TIME FOR A MEDIA FAST?

Have you noticed changes in your children's personalities -- increased irritability, impatience, even hostility? Or have you seen these issues even in yourself? Do you notice that time seems to slip away from you? Has the contentment and peace you once enjoyed vanished? Consider the amount of time you and your family spend ingesting the output of our major media: television, radio and printed materials. And if you believe as many do that the media is the source of many psychological ills, try a radical concept that's gaining popularity: go media-free for thirty or forty days.



You've probably heard for years the familiar complaints about the effects of television. Well, the news is that these ill-effects have become more proven and more dire with every passing year. It's now an established fact that TV watching leads to poor dietary habits, inactivity (and all the resulting health effects, even an increased risk of juvenile diabetes!), and a host of behavior ills, including a greater likelihood of teenaged viewers starting to smoke!

Yet, in our advertising-driven, sensationalistic, 24-hour-a-day news cycles, even the other forms of media can cause stress, anxiety, and a feeling of disconnection from our surroundings. Going "without" these time-wasting, attention-sucking diversions can actually add hours to your day and open up your life to the kinds of enrichments you always wanted to enjoy but "never had the time for."

Your kids will tell you they're bored at first, but boredom passes quickly and usually turns into creativity. Soon you'll find your family taking hikes, playing games, engaging in conversation, and many more truly healthy activities.

## THE REAL DANGERS OF SODA TO YOU AND YOUR CHILDREN

How many sodas have you had today? How about your kids? The average American drinks an estimated 56 gallons of soft drinks each year, but before you grab that next can of soda, consider this: one can of soda has about 10 teaspoons of sugar, 150 calories, 30 to 55 mg of caffeine, and is loaded with artificial food colors and sulphites.

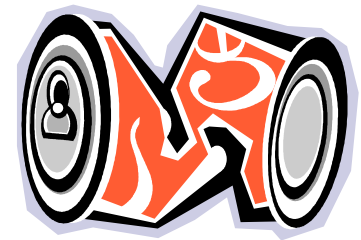
This is an alarming amount of sugar, calories and harmful additives in a product that has absolutely no nutritional value. Plus, studies have linked soda to osteoporosis, obesity, tooth decay and heart disease. Despite this, soda accounts for more than one-quarter of all drinks consumed in the United States.

Teenagers and children, who many soft drinks are marketed toward, are among the largest consumers. In the past 10 years, soft drink consumption among children has almost doubled in the United States. Teenage boys

now drink, on average, three or more cans of soda per day, and 10 percent drink seven or more cans a day. The average for teenage girls is more than two cans a day, and 10 percent drink more than five cans a day.

While these numbers may sound high, they're not surprising considering that most school hallways are lined with vending machines that sell, of course, soft drinks. It's not uncommon for schools to make marketing deals with leading soft drink companies such as Coca-Cola from which they receive commissions--based on a percentage of sales at each school--and sometimes a lump-sum payment.

The revenues are used for various academic and after-school activities, but what activity could be worth devastating the students' health, which is exactly what consuming all that soda is doing? Getting rid of vending machines in schools--or replacing their contents with pure water and healthy snacks--could make a big difference, as vending machines can increase the consumption of sweetened beverages by up to 50 or more cans of soda per student per year.



Let's take a look at some of the major components of a can of soda:

- **Phosphoric Acid:** May interfere with the body's ability to use calcium, which can lead to osteoporosis or softening of the teeth and bones. Phosphoric acid also neutralizes the hydrochloric acid in your stomach, which can interfere with digestion, making it difficult to utilize nutrients.
- **Sugar:** Soft drink manufacturers are the largest single user of refined sugar in the United States. It is a proven fact that sugar increases insulin levels, which can lead to high blood pressure, high cholesterol, heart disease, diabetes, weight gain, premature aging and many more negative side effects. Most sodas include over 100 percent of the RDA of sugar.
- **Aspartame:** This chemical is used as a sugar substitute in diet soda. There are over 92 different health side effects associated with aspartame consumption including brain tumors, birth defects, diabetes, emotional disorders and epilepsy/seizures. Further, when aspartame is stored for long periods of time or kept in warm areas it changes to methanol, an alcohol that converts to formaldehyde and formic acid, which are known carcinogens.
- **Caffeine:** Caffeinated drinks cause jitters, insomnia, high blood pressure, irregular heartbeat, elevated blood cholesterol levels, vitamin and mineral depletion, breast lumps, birth defects, and perhaps some forms of cancer.

Soda is one of the main reasons, nutritionally speaking, why many people suffer health problems. Aside from the negative effects of the soda itself, drinking a lot of soda is likely to leave you with little appetite for vegetables, protein and other food that your body needs.

## ARE YOU AND YOUR BABY GETTING ENOUGH DHA?

Docosahexaenoic acid, or DHA, is the essential structural ingredient of breast milk. A recent series of studies conducted worldwide indicate that breastfed babies have an IQ of 610 points higher than formula fed babies.

Scientists and nutritional experts attribute this to DHA, an essential structural component of the brain and retina, found naturally in mother's milk. DHA has received glowing recommendations from the World Health Organization, the Food and Agricultural Organization of the United Nations and the National Institutes of Health.

Approximately 60 percent of the human brain is composed of fatty material 25 percent of that material is DHA. Since humans cannot produce it, they must consume it. Studies show that the DHA level of women in America today are comparable to that of women in Third World countries. This is attributed to the trend against eating DHA rich foods such as fish, liver and brain.

During the last trimester of a pregnancy is when the mother transfers to her fetus much of the DHA needed for the development of its brain and nervous system. The DHA content in the mother's diet reflects in the amount of DHA passed on to the baby. If the baby is not breastfed at all, it receives no DHA, thus hindering and impairing mental and visual acuity. DHA levels of premature infants are especially low since they miss much of that last trimester. Premies are also more likely to be bottle fed.

To make sure a mothers levels of DHA are sufficient she should be supplementing with a quality fish oil. This will ensure she is getting enough DHA for her and her developing babies needs. This should be taken all throughout pregnancy and after her baby is born, during breastfeeding.

A recent study reveals that omega-3 intake during the last months of pregnancy boosts an infant's sensory, cognitive, and motor development. The details of this finding are published in a recent edition of the Journal of Pediatrics.

To come to this conclusion, researchers first measured DHA concentration—a type of omega-3 fatty acid involved in the development of neurons and retinas—in the umbilical cord blood of 109 infants.

Tests conducted on these infants at 6 and 11 months revealed that their visual acuity as well as their cognitive and motor development were closely linked to DHA concentration in the umbilical cord blood at the time of their birth.

Researchers observed that DHA concentration in the umbilical cord blood was in direct relation with the concentration found in a mother's blood, a reminder of the importance of a mother's diet in providing omega-3 fatty acids for the fetus. They also noted that DHA concentration was higher in the fetus's blood than in the mother's. "While developing its nervous system, a fetus needs great quantities of DHA," explains Dr. Dewailly.

For the members of the research team, there is no doubt that all pregnant women should be encouraged to get sufficient amounts of omega-3s. "A diet rich in omega-3s during pregnancy can't be expected to solve everything, but our results show that such a diet has positive effects on a child's sensory, cognitive, and motor development. Benefits from eating fish with low contaminant levels and high omega-3 contents, such as trout, salmon, and sardines, far outweigh potential risks even during pregnancy," conclude the researchers.

### HEALTHY RECIPE: JUICE GELATIN FUN!!

Make gelatin with fruit juice not the commercial stuff which is full of sugar and chemicals. Save money by buying unflavored gelatin in bulk—it keeps indefinitely.

Start with this basic recipe:

One tablespoon of gelatin (equal to one packet) will gel two cups of liquid. For juice gelatin, mix one tablespoon (one packet) of dry gelatin into one cup of cold juice and let sit for one minute. Add one cup of boiling juice and stir until dissolved. Pour into a mold or individual cups and refrigerate until gelled. Be sure to use organic juice sweetened with only fruit juice and not sugar!

Now you are ready to have some fun with it!

- To make jiggly gelatin blocks, add twice as much gelatin (one tablespoon per cup of liquid) for a more firm gelling. To make a 9x13 mold, sprinkle four tablespoons (for packets) dry gelatin into one cup of cold juice. Wait 1-2 minutes. Add three cups of boiling juice and stir until dissolved. Pour into a 9x13 pan and refrigerate until firm. Cut into blocks, use cookie cutters or cut freehand into simple shapes.
- For a sweeter gelatin, replace one quarter cup of fruit juice with 2 tablespoons concentrated fruit juice.
- Let gelatin gel a little until it is the consistency of raw egg whites then add dried or fresh fruit pieces.
- If you've seen the movie Jurassic Park, you may remember the mosquito fossilized in sap. Make gelatin bars with raisin or dried fruit pieces inside, which could be cut and shaped to look like flying insects. Place a "mosquito" in each gelatin block.
- To make jiggling jelly worms make recipe for juice blocks in a shallow baking dish. Submerge large straws in the mixture so that they fill with the gelatin. (Place jars on top of the straws if they float). Refrigerate overnight or for 6-8 hours to let gelatin become very solid. Remove straws, and use a rolling pin from the end of each straw to push out the worms.
- To make a fruit yogurt mold start by dissolving one tablespoon gelatin into 1/2 cup orange juice in a saucepan. Wait one minute then heat over low heat or in the microwave for 30 seconds. Add two tablespoons honey. Stir an additional 1/2 cup of cold orange juice into gelatin juice mixture. Into one cup yogurt, mix 1/4 cup all fruit jelly. Add yogurt and jelly to orange juice mixture and stir well with a fork or whisk. Pour into mold and let set in refrigerator.



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### Inside this issue:

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**Have a question?  
Then ask Dr. Scott:**

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or

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