



**Healthy Living Chiropractic Newsletter**  
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**Welcome to our office's Chiropractic newsletter. We'd like to entertain you, inform you (and even inspire you a little).**

*Those who disregard the Laws of Heaven and Earth have a lifetime of calamities, while those who follow the Laws remain free from dangerous illnesses. – Old Chinese Proverb*

*Anyone who has never made a mistake has never tried anything new. – Albert Einstein*

**This month's issue has information on infants, babies and chiropractic. Please send it to someone who is expecting or save it for future reference.**

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### When Does a Baby Need a Spinal Checkup?

All infants need a healthy spinal column. An unhealthy spine can interfere with the normal function of the nervous system and may cause serious health problems in infancy and later in life.

The late Larry Webster, D.C., the father of chiropractic care for children and founder of the International Chiropractic Pediatric Association, wrote numerous articles on the need for chiropractic for children. He said that there are six times in a baby's first year of life when spinal examinations are especially important:

1. After the birth process.
2. When the baby first holds his/her head up.
3. When the baby sits up.
4. When the baby starts to crawl.
5. When the baby starts to stand.
6. When the baby starts to walk.

With all you do for your newborn child, please ensure his or her spinal health with a chiropractic spinal checkup. (1)

### Chiropractic Questions and Answers

**Q. Does the birth process affect spinal health?**

**A.** The newborn that knew only the warmth, softness, darkness, quiet and comfort of the womb is suddenly exposed to a cold, noisy, hard, harsh, blinding world in today's "modern" hospitals. Separated from mother, often dangled from its heels and struck on its rear, these procedures can cause permanent physical trauma and emotional scarring. Chiropractors have always recommended birth procedures that are the most natural, least invasive and stress-free for the newborn



– respecting the emotional and physical health of the baby, and especially the delicate spinal cord and spinal column.

Hospital deliveries may pull, twist and put other terrible stresses on the baby's spine (whether or not forceps are used) and are often traumatic for the newborn. There are recorded instances of brain, spinal cord and spinal nerve damage due to obstetrical procedures. "The birth process...is potentially a traumatic, crippling event...mechanical stress imposed by obstetrical manipulation – even the application of standard orthodox procedures may prove intolerable to the fetus. The view has been expressed clinically that most signs of neonatal injury observed in the delivery room are neurological...." (2)

### Did You Know?

Breast-fed babies' IQs are 3 to 5 points higher than that of formula-fed babies...the longer a baby is breast-fed, the greater the IQ benefits. Numerous studies have reported the same conclusions – no formula can substitute for breast milk. (3)



### Over The Counter (OTC) Cough Medicines Are No More Effective Than Sugar Water

A study of 100 children with upper respiratory infections revealed that the active ingredients in cough medicines (dextromethorphan and diphenhydramine) were no better than a placebo (syrup without the drugs). But adverse effects made the medicines more dangerous – the cough suppressant dextromethorphan can cause insomnia and diphenhydramine may cause drowsiness. (4)

**Comments:** First, sugar suppresses the immune system and can make a disease worse. Second, anyone who studies health literature knows that the hygienic or natural school has always maintained that coughing is usually beneficial – a way the body keeps the respiratory system clear of germs, how



the body externalizes disease and is usually the last stage in a disease process. When coughing is prevented or suppressed illness may actually be prolonged.

### Words of Wisdom



*The body has an innate ability to fight germs and infections and heal itself. Western doctors are frozen in a disease-oriented mode, concentrating on curing disease with drugs and surgery rather than on prevention and stimulating the body's natural healing power. Most drugs just prevent the disease from expressing itself symptomatically. Symptoms disappear but the disease actually gets progressively worse.*

– Andrew Weil, M.D.

**February 9<sup>th</sup>** - The last day to bring in your Mardi Gras Beads for St. Michaels Special School. This is an event we hold every year to help raise money for the special children at St. Michaels.

**February 16<sup>th</sup>** - "Create a Healthy New You". We will be hosting this informative event so that our patients can continue making healthy choices. Ask Shari for more information.

**Referral Contest**- Referring your friends and family not only encourages a healthy family, but also gets you a chance to win 3 massages at *Jardin De Beaute*

### References

1. For information on chiropractic and healthy birth visit the International Chiropractic Pediatric Association at <http://www.icpa4kids.com>.
2. Towbin A. Latent spinal cord and brain stem injury in newborn infants. *Develop. Med. Child Neurol.* 1969;11:54-68.
3. Anderson JW, Johnstone BM, Remley DT. Breast-feeding and cognitive development: a meta-analysis. *Am J Clin Nutr.* 1999;70(4):525-535.
4. Paul IM, Yoder KE, Crowell KR et al. Effect of dextromethorphan, diphenhydramine, and placebo on nocturnal cough and sleep quality for coughing children and their parents. *Pediatrics.* 2004;114(1):e85-e90. <http://pediatrics.aappublications.org/cgi/content/abstract/114/1/e85>