

(201) 792 3544

50 Harrison Street Suite 316
Hoboken, NJ 07030

Newsletter

MAY 2011

What's the Big Idea?

It's the very foundation of chiropractic. What is it? It's the "Big Idea."

To appreciate the big idea, consider a couple of the smaller ideas. Pain relievers are a small idea. Sure, if you have an ache or pain, relief is a big deal. But ingesting any drug that stops your brain from sensing pain is actually a dangerous idea!

Germs are a small idea. Our body successfully deals with them all the time. (There are over 300 different types in your mouth right now!) They're only an issue on those rare situations when we create a hospitable environment for them to flourish. Germs are small, but the fear is needlessly large.

Just what is the Big Idea? It's the idea that people are self-healing. That perfect health is our birthright. When we function as we were created, we're naturally healthy and are able to heal. When you're not healthy, something is interfering with this ability. Since your nervous system controls the whole show, that's where we look.

Babies First Keeping Them Safe

The primary goal of parenthood is to raise a healthy, happy infant but this isn't always as easy as it would appear. Many items marketed to parents as safe, fun and healthy entertainment can be just the opposite.

Baby Walkers, Saucers and Jumpers

Promise a young mom a worry free shower or a leisurely conversation with a friend while her baby is presumably being safely entertained in a walker, saucer or bouncer and she is going to jump at it. The problem is that many of these products are anything but safe. It has been suggested that the biggest problem with baby walkers, saucers and jumpers is the position the baby is standing in and how it affects their future walking. Rather than heel to foot pad walking, it may predispose them to toe-walking, which can lead to posture issues as they get older.

When standing by themselves holding onto a piece of furniture the child is supporting their weight with their legs and trunk, utilizing stomach and gluteus muscles to keep themselves upright. When standing in a baby walker, saucer or jumper, the child's weight is typically being supported by their hips, crotch and underarms as they lean forward in the support mechanism. This allows them to stand with a lordotic or swayback posture, which is not beneficial.

Proven Dangers

In 2005 there were an estimated 1,900 bouncer-related injuries treated in U.S. hospital emergency rooms. The U.S. Consumer

“I don’t want you to catch what I have.”

From time to time chiropractors get calls from clients saying that they are either too sick to keep their appointment or fearful that their presence would needlessly expose others to their germs. Allow us to correct some serious misconceptions!

If you’re sick, you probably have subluxations and could benefit greatly from an adjustment. Try to keep your appointment. It’s likely to help your recovery. If chiropractors were to somehow “catch” everything that patients had, we’d be sick all the time. But we’re not. Because... We do many things to keep our immune systems strong. Among them is getting regular chiropractic adjustments. Just like you.

We appreciate your concern. But we’d rather you kept your appointment anyway.

Product Safety Commission has also received reports of three bouncer-related infant deaths.

Health Canada has issued a Consumer Product Safety report stating that in a 15 year span they received 47 complaints related to suspended baby jumpers. The majority of the complaints were based on mechanical failure which resulted in injuries that included everything from bruising to a skull fracture.

A search of the dangers of baby bouncers and jumpers in the UK reveals several stories of infant’s deaths because of the improper usage of the item or not having assembled the item correctly.

Australia’s version of the Baby Bouncer is the Jolly Jumper and it can be equally dangerous if it is not installed correctly. Be aware that any modifications made to the original equipment will put the child using the item at risk of serious injury.

Crib Design and Decoration

An increasing amount of research has shown that an enhanced attitude of gratitude can improve not only psychological well-being, but also emotional and physical well-being. Studies from the past ten years have shown that those who tend to be thankful have more energy, are more optimistic and more social.

Additionally, they are less likely to be depressed, envious, greedy or alcoholics. Add to that their penchant for earning more money, sleeping more soundly, exercising more regularly and having greater resistance to viral infections, and it’s not surprising that they are generally happier.

Grateful Children

As of June 2011, it is illegal to manufacture or sell any crib that doesn’t meet new tougher federal guidelines. Due to the number of deaths attributed to weak mechanisms for drop-down sides and poor supports, the newer guidelines require stronger material, mattress supports and hardware that can withstand active toddlers.

Tags with the code 16 CFR 1219 for full-size cribs and 16 CFR 1220 for compact-size cribs assure concerned parents that their infants and toddlers will be safe. Yet, the crib design isn’t the only risk for infants.

Many parents don’t realize that the things they put in the cribs

Diets Don't Work!

“What do you think of Atkins? Or South Beach?”

It's a question chiropractors get all the time from patients who have either begun a slimming program or are considering one. But virtually every diet has a serious flaw. It's the diet part.

Name the diet, and if someone follows it, they'll usually lose some weight. When they reach their goal, they congratulate themselves and soon return to their original eating and exercise habits. Soon, they're back to where they began. But discouraged and disillusioned. This is so common, it even has a name: the Yo-Yo Diet.

Similarly, many people see their chiropractic care as a short-term “diet” of sorts. They get adjusted religiously while they're hurting but stop when they're feeling better. Later, they experience a relapse.

That's because lasting spinal changes are made with continued care after symptoms subside. In fact, many cases require some type of ongoing supportive care for the rest of their lives.

So rather than a brief episode, getting and keeping our nervous systems interference-free is a lifestyle choice. That's why more and more patients opt to see their chiropractor on an ongoing basis. They're the ones who tried the chiropractic diet and decided to go for the chiropractic lifestyle.

with their babies are equally dangerous. For instance, bumpers are a commonplace item to find in a crib, as parents don't want their little ones hitting their heads on the crib, and yet if the bumpers are too puffy or improperly installed they pose a risk of suffocation.

Other items with such a risk include stuffed animals, pillows and even blankets. Anything that an infant can get in their face, wrapped around their head or neck or that can fall onto their face while they're sleeping is a danger. And just because the baby can't reach a cord now doesn't mean that they won't be able to eventually. It's vital not to place anything that can harm a child anywhere in their sleeping area. Parents cannot assume that they will be there the first time their child rolls over or scoots to another area of their crib.

Car Seats and Strollers

While not necessarily considered an infant toy, these items are typically part of an infant's first few years and can negatively affect their developing spine.

While in the womb the fetus' spine develops in a “C” pattern, which is perfectly normal. As the child grows and they become weight-bearing, their spine should begin to develop a more mature curvature, almost like a stretched out “S”.

A baby's developing spine can be affected by the repetitive positions they are put in. Car seats and strollers conform the child's spine to the “C” pattern and, if used for long periods of time, can interfere with the normal development of the mature curvature.

Hands-on Toys

During the first year of life an infant will begin by developing their large motor skills: for instance, crawling and walking. The fine motor skills are developed later.

By the age of 3 months an infant will begin reaching for objects but will typically close their hands too early or too late to actually grab the object. By 9 months they have typically developed enough hand-eye coordination to actually pick up objects. At about a year old, they can usually bang objects together and by a year-and-a-half be able to manipulate the objects their holding.

As a parent, it's important to provide a baby objects that will help promote this small muscle development. The recommended toys

Immune-Nervous System Link

Back in 1918, the Spanish influenza pandemic claimed the lives of over 25 million people around the world.

The death rate among those who consulted medical doctors often exceeded 6.5%.

Compare that to the death rate among people who went to chiropractors, which was recorded at a mere .06% to 1.2%! Yes, you read that right!

While suspected at the time, and more obvious today, there is a connection between the nervous system and the immune system.

When disturbed by subluxations the nervous system can have a dampening effect on the immune system, leaving people more susceptible to whatever is “going around.” In fact, most of us can recall getting a cold or some other illness immediately following periods of stress, sleep deprivation or the “let down” after taking an important test or completing a big project at work.

Whether you're concerned about the flu or know someone who is, the best defense is a good offense. Make sure your nervous system is in tip-top shape so your immune system can work to its fullest potential.

would include rattles, stacking toys, shapes that are sorted into containers and building blocks as these will help to encourage their hand-eye coordination.

Imported Toys

When considering what toys or items to purchase it's important to determine whether or not the items are imported. Many times items produced in other countries will not meet the same high standards of production required for safety.

China is the leading exporter of toys worldwide to Canada, the UK, Australia and the U.S., providing 80% of the toys sold in most of these countries.

In 2007 toys received from China were determined to have a hazardous level of lead in the paint. While this was caught and a recall was put in effect, many times these warnings come too late after there has already been harm or injury to an infant.

Dangers of imported products can also include chemical treatments used to either sterilize or preserve fabrics, wood and other materials. These chemicals might be absorbed by these materials. It's wise to take the time to thoroughly research an item prior to purchase and use.

Please visit the following websites: www.safekids.org or www.healthytoys.org to find the latest information on toy safety.

The Chiropractic Factor

Your Doctor of Chiropractic is the only healthcare professional who recognizes the importance of spinal development and how a child improperly weight-bearing or standing can have an impact on that development.

If you are concerned about any of the items that you are letting your child use, please ask your Family Wellness Chiropractor for more information.