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Current Events at LifeArts – Howard Chiropractic, PC

I would like to offer my sincerest apology for not writing a July newsletter. With the increased business in the office, my vacation, and life in general, the newsletter did not get written. I am truly sorry. Thank you to those who asked about it, it is great to know that people are reading what I'm writing.

As most of you know, I took my first vacation since opening LifeArts – Howard Chiropractic, PC. It was WONDERFUL! My husband and I traveled to Castle Rock, CO and had a great time. The weather was hot, but not nearly as humid as here. We met some wonderful people and really enjoyed the time away.

Now that I'm back, however, I'm catching up on everything that I didn't get done while I was gone; including writing *this* newsletter. ☺ I will be gone

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again this month for a few days for the Nebraska Chiropractic Physician's Association convention in Kearney, NE. I will be out of the office from late Thursday afternoon to Monday morning the 9th thru the 13th of August. I will be closing the office at 3 pm on Thursday the 9th in order to travel to Kearney and will open at 10 am on Monday the 13th. I am excited to go to convention for the opportunity to learn new things; however, I do not like having to close my office. Thank you for understanding the necessity of the closure.

Back to School Time – Keep Young Athletes Healthy & Fit!

With school starting in a few weeks, many of our local youth will begin practicing for various sporting activities (if they haven't already). Many student athletes look forward to the beginning of the season with excitement and anticipation for a great year. Some realize that summer has wound down and they didn't quite keep up their level of fitness like they thought they would. Parents and students need to note the importance of proper nutrition and body-conditioning needed for preventing injuries both on and off the field.

Highly competitive sports such as football and

wrestling have rigorous training schedules that can be potentially dangerous to a teen or adolescent. Parents need to be aware of the risks of under conditioning as well as over conditioning in order to keep their young athletes healthy during and after the season. Parents need to be aware, also, of the potential of sports related injuries, and help their athletes protect themselves.

“Proper warm-up, stretching and strength training activities are important for sports, but many kids learn improper stretching or strength training

techniques, making them much more susceptible to injury. Young athletes should jog slowly to warm up, then begin a sport specific warm up followed by stretching all the major muscle groups in the body." states Dr. Steve Horwitz, an American Chiropractic Association member and former member of the US Summer Olympic medical team.

Proper nutrition and hydration are also vital to young athletes. Athletes need to drink much more than the typical "8-10 glasses" of water per day. These students should NEVER skip breakfast, and they should eat a meal two to four hours before practice or a game. They should then follow the practice or a game with another meal about one to two hours later to replenish and refuel the body.

The meals should not include high fat foods such as candy bars and fast food. Eating fruit and vegetables will replenish the body much more efficiently than high fat, high sugar foods will. Sports drinks are good ways for athletes to replenish nutrients during and after long duration events such as cross-country running. Avoid sugary colas and carbonated drinks. Caffeine should also be avoided. Nutritional supplements and vitamins should be discussed with a health care provider before being given to a child under 18 years of age.

Lastly, proper rest and sleep are essential to the student athlete. High school athletes should get AT LEAST 8 hours of sleep per night in order to increase their performance on the field, and in their daily lives. Less than 8 hours of sleep can lead to fatigue, sluggishness, and irritability.

Immunizations, Autism, and Thimerosal

August is National Immunization Awareness Month. I have avoided making too many comments on the issues of vaccinations and immunizations to avoid stepping on toes regarding that issue. However, I did find some interesting information regarding vaccinations and mercury that I felt compelled to pass along.

Mercury is a common ingredient in paints, pesticides, batteries, skin creams, vaccines, and some oral thermometers. Mercury is, however, an extremely toxic metal with significant effects on the body. A developing fetus that has been exposed to a tiny amount of mercury could suffer from slower reflexes, language problems, and shortened attention spans. Adults have significant risk factors as well, including heart disease, Parkinson's disease, Alzheimer's disease, multiple sclerosis, and autism.

Even knowing the toxicity of mercury, many of the common pediatric vaccinations were made with thimerosal, a mercury derivative. In 1999, the FDA recommended that thimerosal be removed

from vaccines – and manufactures have complied in many of the vaccines, but not in the influenza vaccine. Some scientists, however, are convinced that thimerosal in the vaccines has already caused the significant rise in autism in the US.

An estimated 400,000 Americans have autism. This was once a very rare neurological disorder that was characterized by social withdrawal, difficulty communicating, and involuntary, repetitive movements. The rate of diagnosis has climbed sharply in the last 10 years. In California, for example, the rate was six times higher in 2002 than in 1987.

"By 2003, the number of cases of autism in Nebraska rose to 649 from 37 in 1993!"

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Office Hours:

Monday: 7:30-4:00
Tuesday: 8:00-6:00
Wednesday: closed
Thursday: 8:00-6:00
Friday: 9:00-5:00

Closed from 11:00-12:00 for lunch

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In Nebraska, the number of cases of autism in 6-22 year olds in 1993 was 37. By 2003, this number rose to 551! In 2000, the statistics started including 3-6 year olds as well, and the number in 2003 was 649 for 3-22 year olds!

Between 1982 and 2002 federal health officials added four new kinds of vaccines to the immunization schedule. The amount of mercury given to infants in the first six months of life more than doubled. Throughout the 1990's, a 3 month old could receive as much as 63 micrograms of mercury in a single visit for vaccinations - this is approximately 100 times the daily EPA safety level. By 6 months of age, the children who have received all their "shots" were exposed to at least 188 micrograms of mercury in a series of 9 injections.

Although the FDA recommended minimizing exposure to thimerosal in 1999, some infant flu vaccines contain 12.5 micrograms of mercury per dose - this is more than 10 times the daily EPA safety level for a 20 pound baby.

According to the FDA website, many vaccines still contain some thimerosal. These include some manufactures doses of: DTaP, Td, TT, DT, Hepatitis B, HepA/HepB. ALL forms of the influenza vaccine still contain thimerosal.

There is much controversy regarding vaccines. I am not writing this information to tell you not to vaccinate your children, however, I do feel that you should have more information about what potential poisons are being given to your children. I personally know 5 young boys who had absolutely no symptoms of autism before they received their 2-year old vaccinations. All 5 of them now have varying degrees of autism.

I truly hope that the safety of vaccines improves, and I am interested to see if the occurrence of autism will reduce with the removal of thimerosal from the vaccines. I truly hope so.