

Mom's Magic Milk

According to a new study, breastfed babies with eczema experienced milder symptoms if their mothers laughed hours before feeding them.

Breastfeeding mothers were shown either a Charlie Chaplin movie or weather information, and samples of their breast milk were taken at regular intervals afterwards.

Their babies' allergic reactions to dust mites and latex was also measured two milk feeds afterwards.

Infants whose mothers laughed had markedly reduced allergic reactions. There were also significantly higher levels of melatonin in the laughing mothers' milk.

Melatonin, which is associated with relaxation, tends to have reduced levels in people with eczema.

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Amid controversy over state legislatures in the U.S. requiring young girls to take Gardasil, Merck's new vaccine for human papillomavirus (HPV), severe side effects are being reported.

1,637 adverse reactions have been reported by Judicial Watch, a public interest watchdog, **including three girls who died shortly after receiving the immunization.**

Judicial Watch obtained the reports from the U.S. Food and Drug Administration using the Freedom of Information Act.

In Australia, 25 girls who had just received their first injection of the vaccine experienced headache, nausea, and dizziness. In some cases, the problems were so severe that they were hospitalized.

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Osteoarthritis Normal?

Do you want a healthy smile? You probably do, which is why you likely brush and floss regularly even though your teeth may feel and look good.

If you don't take regular preventative care of your spine it too will decay similarly to your teeth. My role as your chiropractor is to educate you about this. Too many times I have heard people say "There is nothing wrong with my spine, I have no pain." Most people have spinal problems (vertebral subluxation) but are unaware. Not only does this predispose them to an increased risk of cancer, sickness, lowered mood, decreased sex drive, fatigue, weaker muscles, stiffness, increased chance of heart disease but also spinal decay AKA osteoarthritis or degenerative joint disease. Imagine what happens to a car when the alignment is off. Not only do the tires wear

more quickly and unevenly but it also increases wear and tear on the vehicle as a whole. What do you think happens to your spine when it bears loads unevenly due to being subluxated? That's right, it wears out. If only we could replace decayed vertebra like we do with teeth.

Many misbelieve that osteoarthritis is a normal part of aging. This is not true. People can live their entire life with spines free of decay. Some loss of spinal height is normal as the jelly portion of the discs in the spine dry. Osteoarthritis usually only affects certain vertebra, if it were a normal part of aging then it would affect the whole spine. Do you want a healthy spine? You probably do, which is why everyone needs regular chiropractic adjustments and a balanced lifestyle (think well, move well, eat well).

**THE
SPINE
IS
DIVINE**



Our mission is to create wellness by educating and inspiring people to live well and by adjusting the spine to allow full innate expression.

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