

## *In This Issue:*

Chiropractic Care Helps 10  
year old with Bedwetting

Chiropractors Treat Babies!

Soda, Acid in a Bottle!

Grilled Eggplant Slices

### Grilled Eggplant Slices

These eggplant slices will  
melt in your mouth.

Ingredients:

- 1 large eggplant
- 3 cloves garlic, minced
- 3 tablespoons extra virgin olive oil
- 1/4 teaspoon sea salt
- 3 tablespoons balsamic vinegar

Preheat a gas grill to high. Slice eggplant 1/2 to 1/2 inch thick. In a small bowl, mix together the olive oil, balsamic vinegar, garlic, salt and pepper. Brush both sides of the eggplant slices with the mixture. Place eggplant on the preheated grill. If you wish to have nice grill lines, turn only once on each side. Grill eggplant slices 10 to 14 minutes.

*Calories: 87, Fat: 7g, Carbohydrate: 7g, Protein 1g*

### Chiropractors Treat Babies

## Wilson Family Chiropractic Newsletter

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## Chiropractic Care Helps 10-year old with Bedwetting

The above headline comes from a June 3, 2010 article on the [ParentalCentral.com](http://ParentalCentral.com) website by the Toronto Star. This story follows the plight of a 9-year-old boy, Tyler, who was still having problems with bedwetting.

The story starts by noting that medications had not helped, and an alarm clock did not solve the problem as the young boy slept right through the alarm. In spite of all his parents' efforts, each morning Tyler awoke soaked.

His mother, Gloria, initially attributed her son's problem to being genetic in nature as she stated that Tyler came from a family of individuals that suffered from this problem early in life. However, she expected that he would grow out of it. She stated, "I had the feeling he would grow out of it, or that I'd try something new and it would work." She had thought about chiropractic for her son, but was reluctant to start care.

Eventually, Gloria did bring Tyler to the chiropractor where the story noted that an exam was done and x-rays were performed. "The chiropractor showed me the X-rays," Gloria stated. "I could see there was a spine misalignment issue."

The article also interviewed Dr. Annette Bourdon, a chiropractor in Montreal, for an explanation of how chiropractic could help children with bedwetting. Dr. Bourdon commented, "Misalignment of the sacral bones or vertebrae in the lower back can lead to irritation or twisting of the nerves that control the bladder." She then added some words of advice by saying, "I would say all children who are bedwetters should be evaluated for the possibility of a spinal problem being an underlying cause."

The article reported that for Tyler results were profound and fast. His mother stated, "By early April (less than one month after starting chiropractic care) he wasn't wetting the bed anymore," said Gloria. "I mean, nothing! Not a drop! From the night he stopped wetting, he hasn't even had a dribble since." The article also reported that Gloria now hears Tyler waking to the bathroom at night, another first for the 9 year old boy. Gloria proudly expressed her appreciation for how chiropractic helped her son by saying, "Overnight, it became a non-issue."

The above is a headline from a feature article in the June 7, 2010 issue of the Omaha World-Herald. This article looked at the specific case of a baby boy named Trent, who at only a few months old was experiencing digestive problems and could hardly keep either breast milk or baby formula down. The article notes that Trent was spitting up several times per hour and was not gaining weight.

The article noted that even though Trent's mom Jennifer was seeing a chiropractor for injuries from a car crash, she did not consider chiropractic for her son. At the urging of a family member, Jennifer asked her chiropractor if he took care of kids.

After little or no help from medical care, Trent's mother, Jennifer, finally decided to take her baby to her chiropractor. The article reports that the chiropractor gently adjusted the baby's spine therefore restoring proper nerve function to the digestive system. Shortly after the initiation of care Trent would only occasionally spit up, and he was gaining weight.

In the article, a spokeswoman for the American Chiropractic Association, Dr. Karen Erickson stated that chiropractic care for kids is safe and effective. Dr. Erickson noted that chiropractors nationally report that they are seeing more children than they did 10 or 15 years ago.

Trent's chiropractor added that years ago most of the children that he took care of were the children of current patients. He notes that now many children are being brought to his office by parents who are not chiropractic patients, but want their children cared for by a chiropractor.

The Omaha World-Herald article did include interviews from several local medical doctors who expressed their skepticism about chiropractic even in the face of Trent's recovery. However, it was the boy's mother who got the final words in the article by saying, "As a mother," she said, "you are going to do whatever it takes to make sure your baby is taken care of."



**First of all, ANY soda -- diet or regular -- is acid in a bottle (or can).** In fact, it's SO acidic that it takes 32 cups of water to neutralize the acid in just ONE can of soda in your body.

Having to neutralize that much acidity puts a tremendous strain on your kidneys, which are responsible for filtering acid out of your bloodstream and putting it into your urine. Your body also uses its own alkaline minerals (which includes calcium from your bones and teeth) to neutralize the acid. Contrary to what some people believe, there is NOT an endless supply of minerals in your bones. Sooner or later, they break down. When they do, it's called arthritis, osteoporosis, tooth decay and brittle, porous bones that fracture easily. Hmm...I notice they don't show pictures like THAT on the Pepsi, Coke or Mountain Dew commercials. Acid also destroys your stomach's ability to digest your food, so soda is, in all measures, the absolute WORST drink on the planet to have with a meal. So in addition to what poor food choices do, soda will add to bloating, diarrhea or constipation. "Do the Dew" is taking on a whole new meaning.

The average American now consumes 828 sodas a year--that's over 2 cans a day. Even scarier is that millions of people drink 7 or more sodas a day. Many drink more than 10 sodas a day! This is the #1 reason for people getting arthritis in their 20's. That kind of pain is hardly worth it.

OK, here's some info specifically about diet soda:

An 8-year University of Texas study showed that soda use was linked to excess weight and obesity, which isn't surprising. However, when the researchers looked at people only drinking diet sodas, their risk of obesity was even HIGHER than the regular soda drinkers! The study showed there was a 41 percent increase in risk of being overweight for every can or bottle of diet soda a person drinks each day. Shocked? Don't be... Here's why that happens:

The artificial sweeteners (more on those below) in diet sodas create a hormonal response in the body that increases your cravings for sweets and refined carbohydrates (sugar). So, those 'diet' drinks are anything BUT diet. Another reason is that people often believe that because they are drinking a diet soda, that gives them more leeway to eat more of everything else, hence consuming more calories overall.

I used to work with a guy who used that ridiculous logic. He would eat a cheeseburger and fries for lunch and wash it down with a Diet Pepsi. He had then and still has a massive backside. Artificial sweeteners in diet soda: Simply put, they're poisons. No other way to say it. Most diet sodas contain aspartame (their better known brand names are Equal or Nutrasweet).

Here are just some of the documented side effects of aspartame:

Eyes:

- Blindness in one or both eyes
- Decreased vision and/or other eye problems such as: blurring, bright flashes, tunnel vision
- Eye pain
- Dry eyes/decreased tears

Ears:

- Ringing or buzzing sound in the ears
- Severe hardness of hearing

Nerves:

- Seizures
- Headaches/migraines
- Dizziness
- Confusion/memory loss
- Severe drowsiness and sleepiness
- Numbness of the arms and legs
- Slurring of speech
- Facial pain
- Tremors/trembling

Psychological/Psychiatric:

- Severe depression
- Irritability/agitation
- Anxiety/phobias (fears)
- Personality changes

Chest:

- Heart palpitations/rapid heart beat
- Shortness of breath
- High blood pressure

Digestive:

- Nausea
- Diarrhea, sometimes with blood in stools
- Stomach pain/pain while swallowing

Skin and Allergies:

- Itching without a rash
- Hives
- Worsening of asthma problems

Endocrine and Metabolic:

- Loss of control of diabetes
- Thinning or loss of hair
- Low blood sugar (hypoglycemia)
- Severe PMS symptoms

Other:

- Frequent urination or burning during urination
- Constant thirst, fluid retention, leg swelling, and bloating
- Increased infections

The most severe effects of aspartame poisoning are:

- Death
- Irreversible brain damage
- Birth defects, including mental retardation
- Ulcers
- Aspartame addiction and increased craving for sweets
- Hyperactivity in children
- Severe depression
- Aggressive behavior
- Suicidal tendencies
- Cancer

Welcome to the "Pepsi Generation."

"What about drinks with Splenda?" Splenda (sucralose) is essentially chlorinated table sugar. Chlorine is a carcinogen (cancer causer) and has been used in poisonous gas, disinfectants, pesticides and plastics. Studies are associating Splenda with a large and growing list of medical problems. Below are some of the reported adverse effects of Splenda use:

- Flushing or redness of the skin; rashes
- Itching
- Anxiety; panic attacks
- Nausea
- Stomach cramps
- Dry heaves
- Depression; becoming withdrawn
- Feeling forgetful; memory loss
- Dulled senses
- Unexplained crying
- Acne or acne-like rash
- Headache
- Altered emotional state, i.e. feeling irate, impatient, hypersensitive, moody
- Chest and body pain
- Bloating; diarrhea; vomiting
- Trouble concentrating/staying in focus
- Seizures

Doesn't that just sound "splend-id"?

Bottom line: Better alternatives to soda are iced herbal teas, water with a splash of fresh-squeezed lemon juice (and no, lemon is NOT acidic in the body!) and fresh vegetable juices.

If you want to sweeten your iced tea with a non-calorie sweetener, try Stevia. It's been around for centuries and has a proven track record of safety.

And if your motive for drinking diet soda is taking off pounds, the best way to do it is to eat more alkaline foods and correctly combine your meals.

Your body will respond quickly when you do this. Since you'll be getting more nutrients from your foods (because you won't have overproduction of acid), your body will feel satisfied and won't trigger the hunger signal.

So you end up eating less! ...And your elimination channels will be better able to detoxify your body and reduce fat without undue strain. Bye bye arthritis aches and pains.

To your health, Sherry Brescia