

Martin Rosen, DC

Raising a Healthy Child in an Unhealthy World

**Help protect them from chemical, emotional,
environmental & physical stresses**




Today's Objectives:

- This talk is designed to provide health education for families.
- In the next 30-45 minutes, we hope to empower and inspire you to take a few simple steps to maximize the health of your children.
- Remember it's all a process and is only under your control. Pick & choose what you want to do.

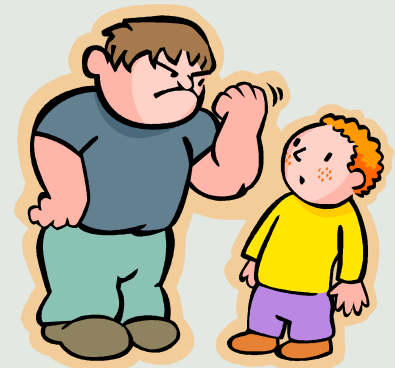


We live in a time when ...

- 
- ***Children are exposed to more drugs, toxins and stress than ever before.***
 - ***Drugs can be prescription, OTC, illegal.***
 - ***Toxins can be from foods, household chemicals, and personal products.***
 - ***Stress is from increased pressure to succeed.***

Emotional Stress

- *The most overlooked stress*
- *Sports/Events have gone from fun to competition*
- *Bullying/teasing has increased*
- *Parents expecting too much too soon*
- *Increase of violence on TV*
- *Increase of “beauty” on TV*



What to do to protect your child?

- ***Positive thought and affirmation --
“It will be okay”***
- ***Teach your children to say
affirmations***
- ***Laughter is the best medicine***
- ***Limit after school activities***
- ***Get them to breathe***
- ***Hydrate/splash water***
- ***Be a role model***



Environmental Stresses...

- How we manufacture things and how we dispose of waste can have a serious impact - both on us and the world around us.



- ***Traffic/crowds***
- ***Terrorism***

- ***Pesticides on foods & cleaners***
- ***Air/water pollution***
- ***Noise***



How to protect children from Environmental Stress?

- **Noise/Terrorism**

Teach them to accept and deal with stress

- **Water Filtration System**

Most water contains arsenic, fluoride, chlorine and a host of other unhealthy toxins. So when we drink it we are actually imbibing water that contains a mixture of toxic, poisonous chemicals that spells danger and at the very least overburdening work for our colons.


- **Get your children to drink water**

- **Traffic/Pollution**

Walk when possible; carpool



What about household products?



Manufacturers fail to alert users of the toxins contained in household cleaning products -- most parents find themselves cleaning off the baby's crib, toys, and floors with cleaning products, that are leaving more toxins behind than the toxins they are cleaning because the companies are NOT required by law to alert the consumer!

Formaldehyde, phenol, benzene and toluene are found in common household cleaners and all have been linked as cancer causing and toxic to the immune system.

In 1998, scientists at Rutgers University discovered that pesticides sprayed in a home evaporate from floors and carpets, and then re-condense on plastic and foam objects such as pillows and plush toys. By observing how frequently a group of pre-schoolers put clean toys in their mouths, the researchers calculated that contaminated toys are likely to give young children much higher doses of poison than adults would get in the same environment.

Children are highly vulnerable to chemical toxicants. Pound for pound of body weight children drink more water, eat more food and breathe more air than adults. The implication of this is that children will have substantially heavier exposures than adults to any toxins that are present.

How to protect children from Environmental Stress?

- ***Laundry detergent, lotions, window cleaner, shampoo, & dish detergent are just some of the products that people buy that may contain toxic chemicals.***



Go “Green”

Buy “Green” cleaners

- Look for "green" and non-toxic cleaners that don't contain chlorine, alcohols, triclosan, triclocarbon, lye, glycol ethers, or ammonia.


Chlorinated anti-fungal and antibacterial product

- Choose safer products that say “petroleum-free,” “90% biodegradable in 3 days,” “phosphate-free,” “VOC-free,” and “solvent-free.”

VOC free = Volatile Organic Compounds. Emit gases --- paint, correction fluid, pesticides, markers, cleaning supplies, etc.



What about food?



Pesticides may harm a developing child by blocking the absorption of important food nutrients necessary for normal healthy growth. Another way pesticides may cause harm is if a child's excretory system is not fully developed, the body may not fully remove pesticides. Their internal organs are still developing, so these pesticides need to be avoided.

Buy Organic foods

Ahh.....what to do?



- ***Infants and toddlers put things in their mouth; kids play outside***
- ***Germs can be good; getting dirty can be good***
- ***Wash hands often; don't be paranoid***

We live in a time when ...

- ***“...children are more harmed by poor diet than by exposure to alcohol, drugs, and tobacco combined.”***



We live in a time when ...

- “Due to poor diet, this generation of children has a shorter life expectancy than their parents!”**

David Katz, M.D. (2004) Director, Yale-Griffin Prevention Research Center Medical Editor for *O, The Oprah Magazine*

Fast Food, Fast Facts

- The typical American now consumes three hamburgers and four orders of French fries every week.
- 90% of adults eat out for lunch on the weekdays.
- American now spend more money on fast food than on higher education, personal computers, computer software, and new cars—COMBINED.
- The average business lunch is only 30 minutes long.
- In 1999, of the 50 fastest growing US franchises, 12 were fast food—and only three were fitness and nutrition.
- Nearly 10% of all food purchased in restaurants is consumed in the car.
- There are nearly 2 million different combinations of sandwiches that can be created from a Subway menu.

Source: Fast Food Nation



Super Sized In 30 Days

Activist Morgan Spurlock reveals personal health numbers after 30 days on a fast food diet.

Morgan Spurlock is the producer/director/producer of the Super Size Me, a film that documents what 30 days on a fast food diet can do to the human body. In an experiment of bizarre proportions, Spurlock made the commitment to eat only McDonald's—morning, noon, and night—for 30 consecutive days. With an average daily consumption of McDonald's foods between 3,500 and 5,000 calories, Spurlock was 185.5 pounds at the outset. In 30 short days, Spurlock gained 25 pounds! But that doesn't do justice to the rest of the story. Below you will find Spurlock's before and after numbers on body fat, liver enzymes, and total cholesterol.

A native of West Virginia, Spurlock is an award-winning writer, director and producer. Super Size Me was released in theaters in 2004 and is now available on DVD.

Morgan Spurlock: By The Numbers

Before and after numbers guaranteed to make you think twice about a steady diet of fast food

Metric	Before	After
WEIGHT (LB)	185.5	211.0
WEIGHT (KG)	84.1	95.7
BODY FAT (%)	21.5	27.5
LDL CHOLESTEROL (MG/DL)	175	200
TRIGLYCERIDES (MG/DL)	100	150
LIVER ENZYMES (ALT) (U/L)	30	40
GLUCOSE (MG/DL)	90	100
HEART RATE (BPM)	65	75
BLOOD PRESSURE (MMHG)	110/70	120/80

Health Week 2004. To learn more visit www.superdads.com.
*Some glucose levels may have been elevated due to the diet. **Blood cholesterol may include dietary.

PAGE 6

Generation XL

Being overweight is the No.1 health problem afflicting children in the United States. by Dr. Vicki Lashmore



Sarah was a patient of mine who had talked of being a missionary or a Bible translator. She loved the Lord, and she loved life. Unfortunately, her life was cut short. She didn't die from a car accident, a drowning or a gunshot wound. She died from obesity.

Sarah became obese as a toddler. She had diabetes at 7 years of age. Her first hospitalization for diabetes occurred when she was only 8. Her high blood pressure began at age 10. Her family's lack of attention to these problems led to asthma, heart problems and scores of hospitalizations.

Finally, at age 14, Sarah's body gave out. Her last hospital stay was for a diabetic coma that led to a massive heart attack. It was with Sarah when she took her last breath.

Sadly, Sarah's tragedy is repeated in pediatric wards across the country. A mind-boggling obesity epidemic is destroying children's lives and draining family resources.

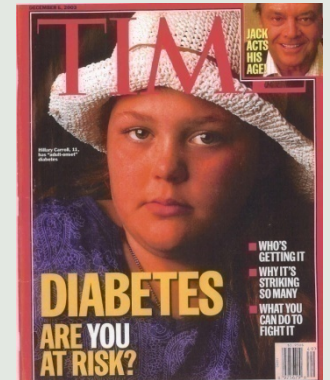
We have challenges!

- **1 in 4 children is obese.** (*Intl Journal of Obesity*)
- **Nearly 50% of obese adolescents remain obese as adults.** (*Intl Journal of Obesity*)
- **About 6% of elementary school children and 7% of adolescent children miss 11 or more days of school yearly** (*CDC National Center for Health Statistics*)
- **7% of school age children are diagnosed with ADHD.** (*CDC*)



And more challenges...

- **In the last 20 years, Type 2 Diabetes has increased 10-fold.** (*Intl Journal of Obesity*)
- **By the age of 12, an estimated 70% of our children have developed the beginning stages of hardening of the arteries.** (*Bogulusa Heart Study*)
- **Over 93% of all children and adolescents do not consume the recommended 3 servings of vegetables per day.** (*Archives of Pediatrics & Adolescent Medicine*)




Chemical Stresses: Food & Medications

Food Additives:

- **Acesulfame K**
- **Artificial Coloring**
- **Aspartame**
- **MSG**
- **Nitrate/Nitrite – in meats**
- **Sulfites - in veggies/fruit**
- **Olestra**
- **High Fructose Corn Syrup**



Nutrition


- 
- Dr. Dorris Rapp is a professor of pediatrics at the University of Buffalo, and is a board certified allergist who studied groups of children with ADD/ADHD. She found that 67-85% had food allergies that were never recognized by the family doctor or psychiatrist, and was the basis of their behavioral disorders. She showed that if you took these foods away their behavior improved by 75-90%.
 - A study in the Annals of Allergy showed children who avoided dairy, wheat, corn syrup, artificial colors, flavors and preservatives for two weeks reported considerably less hyperactivity, improved attention, less allergies, less medication, better sleep.

Study of 100,000 children




	After 4-8 MONTHS of taking Juice Plus+[®]	After 1 YEAR of taking Juice Plus+[®]	After 3 YEARS of taking Juice Plus+[®]
Increased awareness of health	82%	86%	92%
Eating less fast food/drinking fewer soft drinks	66%	71%	79%
Eating more fruits and vegetables	53%	59%	70%
Fewer doctors visits	56%	63%	74%
Taking less prescription or over-the-counter medication	49%	55%	67%
Less school missed	49%	55%	67%
Positive benefit of some kind	90%	93%	97%

Chemical stress from medications:

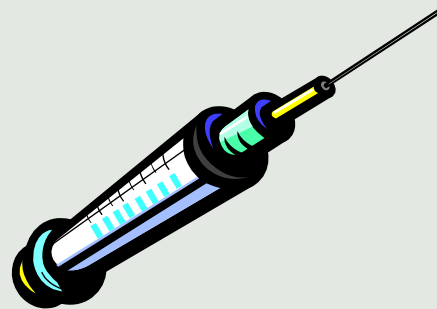
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- **July 2000 JAMA -- 106,000 deaths per year from non-error/ adverse prescription drugs**
 - **45,000 children die/year from unintended poisoning**
 - **drugs (OTC and prescription) account for half**
 - **Overuse of Antibiotics. In 2004 the AAP reversed its guidelines and said that in more than 80% of children, symptoms would subside on their own *without* antibiotics.**
 - **Research shows antibiotics have no value in treating ear infections (viruses, not bacteria)**
 - **National Vaccine Injury Compensation Program**
 - “**Establish and maintain an accessible and efficient forum for individuals found to be injured by certain vaccines.**”
 - **Close to \$2 billion awarded**

What are the numbers?


- 
- From Oct. 1, 1998 to Feb 2, 2009
 - **12,890 reactions reported**
 - ▶ 3,976 to DPT
 - ▶ 71 to DT
 - ▶ 830 to MMR
 - ▶ 5,365 unspecified
 - **999 deaths**
 - ▶ 695 DPT; 67 DPaT; 45 Hep B; 52 MMR

Why? Because of the artificial toxins in the vaccination

- Vaccines contain live and killed bacteria, viruses, formaldehyde, mercury, aluminum, phenol/ethylene glycol (antifreeze), dye, acetone (nail polish remover), latex, MSG, polysorbate 80/20, sorbitol, human & animal cells...



Let children develop their immune system naturally

- 
- Symptoms are beneficial because they can activate the immune system, which is how a child becomes immune to other illnesses.
 - When the symptoms are treated with drugs, the children develop weakened and suppressed immune systems and often end up with *more* chronic diseases.

Immune System and your Nervous System



“Every function of the human body is under the control of the nervous system. Its function is to coordinate all the other organs and structures and to relate the individual to his environment.”

Source: Gray's Anatomy, 29th edition

Facts:

Fact 1

- A living body is self-healing and self-regulating.

Fact 2

- The nervous system is the master system and controller of that body.

Conclusion

- If you interfere with nervous system function, you necessarily interfere with the ability for the body to heal and regulate properly!



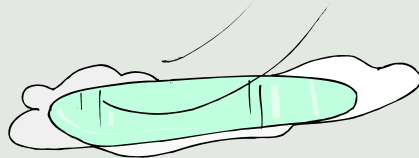
You live your life through your Nervous System!

How important is it
that your nervous
system is
functioning
optimally, as often
as possible, from
this day through the
rest of your life?



The 4th major stress in our life:

Physical



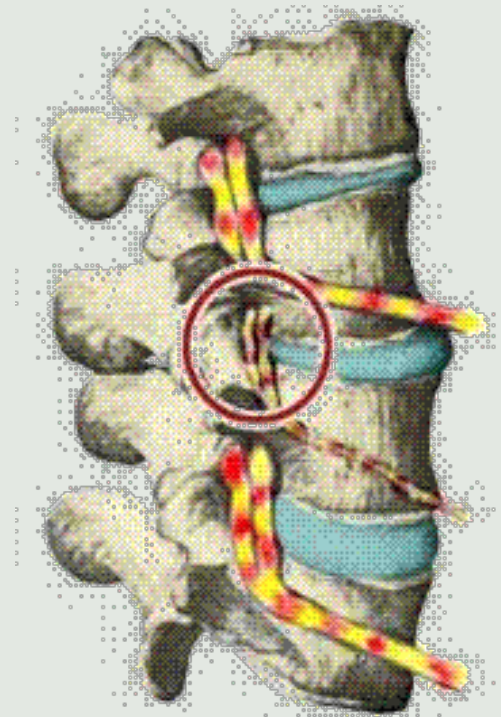
As the twig is bent ...

- ***“...so grows the tree”***
- ***Spinal degeneration begins at a young age (if uncorrected) and is from repetitive falls and motions.***
- ***Most adult spinal problems, aches & pain, begin in childhood yet go undetected or unnoticed until adult.***



Subluxation

- **“Subluxation” – a fancy name for a misaligned vertebrae.**
- **Can lead to degenerative changes if uncorrected.**
- **Causes interference to the nervous system and affects overall health and healing.**
- **Can begin during the birth process**



Chiropractic



- Chiropractors correct subluxations
- Chiropractic can start at birth
- A healthy, properly functioning nervous system is one of the best ways to keep your children healthy
- Your nervous system should be taken care of for the rest of your life.

Protecting Your Children



- Positive thought and affirmation
- Go “green” and organic
- Avoid Food Additives
- Add whole food supplements to child’s diet
- Avoid antibiotics (overuse) and medications
- Avoid/delay vaccinations
- Trust in the body’s ability to heal
- Correct physical bumps & bruises as they happen
- Visit a Chiropractor on a regular basis

Chiropractic Patient Satisfaction and Utilization: A Review of the Current Research

Patients believe that long-term chiropractic health care has resulted in:

- **Taking Less Medication. 71%**
- **Improvement in Overall Health. . . 87%**
- **Living a Healthier Lifestyle. 92%**
- **Physical Problem Improvement. . . 98%**
- **Decrease in Physical Pain 99%**

Source: June, 1996



Thank You!

Wellesley Chiropractic Office

471 Washington St.

Wellesley, MA. 02482

781-237-6673

wellesleychiro@gmail.com

