



“You cannot teach a man anything, you can only help him to find it within himself.” - Galileo

### **LAUGHTER MAKES BREAST MILK HEALTHIER**

The Journal of Psychosomatic Research reports that breastfed babies with eczema experienced markedly reduced allergic reactions if their mothers laughed hours before feeding them. In addition, significantly higher levels of melatonin, which is associated with relaxation, were found in the laughing mothers' milk.

### **BIKE HELMETS - NOT JUST FOR CHILDREN**

Bike helmets are not just a good idea for children, but also for the adults that ride with them. Two major reasons make this so. First, anyone who has seen a family that has had to adapt to a parent with a head injury understands that this is no small matter. A head injury in a parent can drastically change the lives of all family members as they adapt to potential personality changes and the possible losses of job/income and physical and mental abilities. The second reason is that children model parental behavior (yes, both good and bad) and if helmets are only for kids, then as soon as a child THINKS s/he is grown up (usually about the ripe old age of 11 or 12) they may stop wearing a helmet.

### **WHY YOU NEED CHIROPRACTIC BEFORE AN ACCIDENT**

The condition of your spine at the time of an injury can affect the severity of (and recovery time from) a whiplash injury, which can occur from an auto accident or any other force that causes the head to be thrust forward and backward. In addition to whiplash and auto accidents, the spinal conditioning concept applies to other types of injuries that result from falls or sports.

### **ARE YOU TAKING YOUR NEIGHBOR'S MEDICATIONS?**

Flushing old medications down the toilet is no longer recommended by government agencies and private groups due to the growing concern that drugs in the waterways could pose hazards to fish, plants and possibly humans. There is currently no proven cause-and-effect relationship between drug residues and health or environmental harm, but common sense and some troubling indicators have let the EPA and other government agencies to issue the following guidelines for drug disposal:

- Throw most drugs in the trash after crushing them or dissolving them in water, mixing them with kitty litter, coffee grounds or other unappealing materials and placing them mixture in a sealed plastic bag.
- Remove and destroy any prescription labels before throwing away the containers.
- In some states, pharmacies can take back medications. When in doubt, ask your pharmacist for advice.

“Pain is inevitable but misery is optional.” – Barbara Johnson





“I would rather have a mind opened by wonder than one closed by belief.” – Gerry Spence

### **THE OTHER SIDE OF THE SUN**

The sun plays a variety of roles in our health and wellbeing. One of those is in producing vitamin D. We are designed to produce vitamin D in our skin when exposed to sunshine. Ingesting vitamin D through our food and supplements should be a secondary source. Vitamin D is critical to many body functions and a study has shown that people with greater exposure to the sun actually have significantly lower incidences of breast and prostate cancers. Using sunscreen to prevent all exposure to the sun can create a vitamin D deficiency, which is becoming more common as the fear of skin cancer rises. Burning our skin in the noonday sun is certainly not advocated, but, for most people, gradually increasing exposure to 20 minutes of early or late day sun can safely allow us to reap the benefits of sunshine. For more information, visit [www.vitamindcouncil.com](http://www.vitamindcouncil.com)

### **YET ANOTHER REASON TO READ LABELS**

Drinking high-fructose corn syrup (HFCS), the main ingredient in most soft drinks (as well as an ingredient in a vast number of processed foods) increases triglyceride levels and LDL (bad) cholesterol.

Consumption of beverages containing fructose rose 135 percent between 1977 and 2001. Food and beverage manufacturers began switching their sweeteners from sucrose (table sugar) to corn syrup in the 1970s when they discovered that HFCS was not only cheaper to make, but also much sweeter, a switch that has drastically altered the American diet.

The digestive and absorptive processes for glucose and fructose are different. Unlike glucose, which the body uses, when one consumes large amounts of fructose it is a relatively unregulated source of fuel for the liver to convert to fat and cholesterol. Fructose converts to fat more than any other sugar. Many sources indicate that the increase in HFCS consumption is directly related to the continuing increase in obesity among Americans young and old.