

Chiropractically Speaking About...

Birth is a natural process, not a medical procedure.

www.childbirth.org

Weight Gain

It's important to allow yourself to gain weight during pregnancy, in order to prepare your body and nourish your developing baby properly. Throughout the pregnancy, the average woman gains between 28 and 35 pounds. Here are the components that comprise the additional weight:

Breasts	1-3 lbs.
Fetus	7-8.5 lbs.
Placenta	1.5 lbs.
Amniotic Fluid	2 lbs.
Uterus	2-3.5 lbs.
Maternal Fluid	3 lbs.
Maternal Blood	3.5 lbs.
Maternal Tissue	8-10 lbs.

Body weight increases at different rates throughout the pregnancy. In the first trimester, weight gain is usually two to four pounds. During the last six months, weight gain is about one pound per week. Weight gain should occur steadily throughout the pregnancy, instead of suddenly. Discuss any rapid weight changes with your doctor.

Pregnancy

Pregnancy is an especially stressful time for a woman's body. Throughout the pregnancy, both hormonal and postural changes take place, causing laxity in the connective ligaments and shifting of weight-bearing structures which is why at least half of all pregnant women tend to experience low back pain. In addition, women who have low back pain during pregnancy have a very high risk for recurrent low back pain during subsequent pregnancies.

As the center of gravity changes, so does the stress on the spine. Chiropractic can be quite beneficial, often helping to relieve the discomfort many expectant mothers experience. Chiropractic care helps normalize nervous system function which is an important component of overall good health. Chiropractic care may also play a key role helping to support the musculoskeletal system, easing the strain on the back and legs.



The benefits of chiropractic care may also be noticed during delivery. Many patients report that their deliveries were faster and more comfortable than deliveries where no chiropractic care was received.

Your Doctor of Chiropractic will take special precautions with you during your pregnancy. Modifications to the table or adjusting techniques are made during each stage of pregnancy. Pamper yourself and your baby with regular chiropractic checkups.

Developmental Milestones

Month 1: The embryo has a head and trunk. Limb buds have formed and will become arms and legs. The heart begins to beat. The baby weighs $\frac{1}{3}$ of an ounce and is a half inch long.

Month 2: The baby's sex will be determined. Spontaneous movements begin, toes begin to form and bones harden.

Month 3: Baby has developed elbows, external ears and an upper lip. Fingernails now appear and baby is moving.

Month 4: All 20 teeth are formed. Baby can now suck thumb, hair patterns are developing. Baby weighs 3 oz. and is 6.3 inches long.

Month 5: Loud noises may startle baby and girls will now develop ovaries. Baby now has hair and weighs 10 oz. and is 9.8" long.

Month 6: Eyebrows are growing and baby is almost completely formed. Baby weighs 1.5 lbs. and is 11.8" long.

Month 7: Baby can hear you and those around you and is aware of light and dark. Eyelashes develop. Baby weighs 2.4 lbs. and is 13.8" long.

Month 8: Baby regulates own body temperature, irises dilate and contract in response to light. Baby weighs 3.11 lbs. and is 15.8" long.

Month 9: Baby gains an ounce a day and may get the hiccups.

Safe Exercise Guidelines During Pregnancy

1 Before you begin your exercise program, get your doctor's approval. Certain medical conditions may require modification or elimination of your workout plans.

2 Drink plenty of water before, during and after exercising, particularly in the hot or humid weather. This holds true for swimming as well, as an increase in core body temperature in the early stages of pregnancy may cause difficulties.

3 Always include a warm-up and a cool-down period when working muscles. Gentle stretches will prevent strains, joint injuries and muscle cramps.

4 Dress comfortably in clothes that keep sweat off your body and wear shoes that have proper heel cushioning to avoid injuries to the foot or Achilles tendon.

5 Don't overflex or overextend the knee joints, as with deep knee bends, unless your body is well-conditioned for these motions. During pregnancy, joints are more prone to injury due to the prevalence of the

pregnancy hormone Relaxin, which softens ligaments and tendons.

6 Stop exercising immediately if you experience symptoms such as chest pains, shortness-of-breath, uterine contractions or vaginal bleeding.

7 Eat a balanced diet, preferably five or six small meals or snacks per day, to replace the calories and glucose used by your working muscles during exercise.

8 Avoid exercising on your back after the first trimester or whenever you feel dizzy, lightheaded or nauseated. The weight of your uterus puts pressure on the vein responsible for returning blood from the lower body to the heart.



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Chiropractically Speaking About...

Life's Foibles

"Fantasy is a necessary ingredient in living. It's a way of looking at life through the wrong end of a telescope...and enables you to laugh at life's realities"

Theodore "Dr. Seuss" Geisel

Scoliosis Check

Of every 1,000 children, three to five develop spinal curves that are considered large enough to need treatment. Scoliosis can be detected by uneven shoulder height, a loss of structural balance, a change in posture or unequal leg length. Here is a quick test you can perform on children of any age.

1. Have the child lie face down on a bed with their feet hanging off the edge. The legs should be kept together with their arms resting at their sides.
2. During the test, their head must be facing straight down. Check to see if one leg appears shorter.
3. Test further by bending their legs up at the knees and compare again. A short or contracted leg is a common condition that can lead to scoliosis related problems.

Children

The birth process may be one of the most traumatic events of our lives. Even so-called "natural" birthing methods can stress a still-developing spine. The resulting irritation to the nervous system can be the cause of many newborn health complaints. Colic, unexplained crying, poor appetite, breathing problems, ear infections and allergic reactions can often be traced to nervous system dysfunction caused by a malfunctioning spine.

Head support, followed by crawling, and a baby's first few steps should be followed by chiropractic checkups. If neglected, the bumps and falls during this period of rapid growth may lead to serious spinal deformities later in life. This can set the stage for scoliosis, "growing pains," and a weakened immune system response.

Chiropractic adjusting techniques are modified to fit a child's size, weight, and unique spinal problem. Parents of children who are regularly adjusted, often report that their children seem healthier than other kids their age.

Many spinal problems seen in adults begin in childhood. Proper spinal hygiene is an important key to better health. Do you know a child who can benefit from chiropractic care?



Few occasions make parents feel as helpless as when their children suffer from an ear infection. Also known as otitis media, ear infections are the most common childhood health problem. While chiropractic care doesn't treat earaches, it often revives the body's own inborn healing ability naturally—without drugs or surgery. Learn more about your options.

Consider This

The mother who gave birth to the most children was the wife of Russian Feodor Vassilyev. Her 69 children including 16 pairs of twins, seven sets of triplets and four sets of quadruplets.

Kids Food

As many as 50% of youngsters in the United States are overweight and about 25% are considered obese. The culprits are often too much television and junk food and oversized portions. Here's some ideas on how to get your kids to trim down naturally:

- Keep cold water and pre-cut raw vegetables and fruit in the fridge for snacking.
- Toss the junk food you have and don't buy any more.
- Share healthy family meals and restrict eating to the kitchen or dining room — not in front of the t.v.

Nosebleed Help

1. Tilt your head forward and down. Tilting it back can cause blood to flow into your throat.
2. Pinch your nose below the bridge and hold it.
3. Don't plug your nose with anything. Pulling it out could rupture the vessels.

Creating Special Time with your Children

Impactful time with our kids does not have to involve a major investment in time or money. Take small chunks of available time and combine it with your undivided attention and pleasant events to create wonderful moments.

1 Schedule a range of time into your weekly calendar just for your kids. Preferably one child at a time. Plan this bit of time one or two times a week.

2 During this time, don't answer the phone, watch television, do laundry, check your e-mail or review homework. Make this time exclusively dedicated to the child.

3 This time need not be spent doing any thing educational or productive. This is just together time and that, in itself, is beneficial.

4 Pre-plan the day with your child so they understand the range of time you will spend and can offer ideas on what they would like to do. Do something the child likes—even if it is not your top interest.

5 Be more concerned about the process than the outcome. Sharing time is more important that the perfection of the finished job. Don't "fix" their art or constructive projects. When the work is done the finished piece will be perfect in your eyes.

6 Begin this custom when your children are very young and continue it as long as your kids will allow. You may find that these special moments can help you through the more difficult times in your relationship.



Chiropractically Speaking About...

The Facts

Boys are 6 to 9 times more likely than girls to be diagnosed with ADHD.

60% of doctors agree that there aren't enough properly qualified ADHD diagnosticians.

Out of the three most commonly used medications for ADHD, Ritalin is prescribed for more than 70% of all patients.

From 1990 to 2000 world-wide use of Ritalin increased five-fold.

90% of all Ritalin prescriptions are consumed in the U.S.

In one study, a large subset of students on Ritalin failed to show improved academic functioning.

Data suggests that Ritalin may have persistent, cumulative effects on the heart muscle and height deficits.

Ritalin is an addictive substance that produces effects similar to those of cocaine and amphetamine.

The DEA lists Ritalin as a "drug of concern".

Some of the possible side effects of Ritalin are loss of appetite, weight loss, slowing of normal growth, high blood pressure, liver damage and drug dependency.

The American Heart Association recommends a cardiovascular evaluation by a pediatric cardiologist before initiation of stimulant therapy.

ADHD

ATTENTION DEFICIT HYPERACTIVITY DISORDER

It is currently estimated that about 8 million children have been labeled as having Attention Deficit Hyperactivity Disorder, or ADHD, since it was introduced in 1987. While it is a very real disorder, it is commonly misdiagnosed and thus, mistreated.

True ADHD is characterized by behavioral problems while reacting to average situations. The diagnosis is based on the history of displaying three types of behavior: 1) The inability to perform everyday tasks, or distractibility, 2) impairment to control impulses, 3) restlessness or hyperactivity.

Because everyone displays these behaviors occasionally, to classify for this disorder these behaviors have to be excessive, occur before the age of seven, last for a minimum of six months and cause a problem in a social environment. If these problems only occur at school, parents should first consider and review the learning environment.

The primary symptoms of the disorder are not those most commonly put forth by teachers and medical doctors. It is the non-verbal communication issues that create far greater problems including: 1) an inability to pick up on body messages; 2) lack of understanding of personal space; 3) inability to understand jokes and the context of speech. These issues will often lead to aggression and frustration on the part of the child.

Because other motor signs may also be present including tics, tremors, balance and



posture problems, ADHD cannot be considered just a psychological problem. Neurological signs may also be present including sensitivity to touch, movement, sights or sounds.

Traditionally, diagnosis of ADHD has been left to the completion of a questionnaire by a parent or teacher, where if six out of the nine criteria are present in the child, a positive diagnosis is then made and medication potentially prescribed.

Your chiropractic doctor is aware of the many issues surrounding ADHD and can share the latest research and drug-free methods available to lessen your child's symptoms. Regular chiropractic adjustments promote a healthy nervous system enhancing the function of the body by removing the interference to our natural, self-healing capabilities.

Know your options

The most common food allergens are eggs, milk, peanuts and red food dye. Removing some or all of these from your child's diet may significantly improve their symptoms.

Chiropractors are also experiencing a high success rate in treating ADHD patients. Musculo-skeletal imbalances can create or lead to irregular brain activity, causing many symptoms commonly associated with ADHD. Chiropractic adjustments can help correct these imbalances and help improve or eliminate these symptoms. Motor activity is the baseline function of brain activity—which explains the effectiveness of chiropractic treatment with ADHD patients.

When seeking help for your child, schedule an appointment with your chiropractor to discuss treatment options for ADHD.

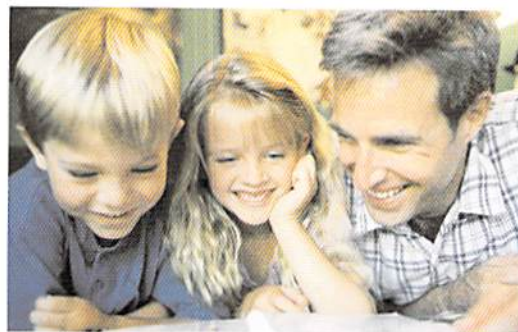
Consider this...

"What great thing would you attempt if you knew you could not fail?"

-Robert H. Schuller

Healthier diets make healthier people

Nutritionists have found that dietary changes can have a dramatic impact on the biochemical imbalances that may cause or contribute to ADHD type symptoms. Allergies and food sensitivities affect brain chemistry. There are more than 3,000 food additives, most of which were never studied when combined. Here's a list of suggestions:



What to avoid

1. Meats with additives such as luncheon meat.
2. Processed cheese, eggs and chicken, pasta and carbohydrates.
3. Pork, bacon, lard and meat with hormones.
4. Cow's milk, ice cream and yogurts with sugar.
5. Sugar and foods with sugar, sucrose, glucose, fructose or corn syrup or anything packaged or canned with sugar or salt.
6. Chocolate
7. Soft drinks, coffee, tannic acid teas, alcohol.
8. Deep fat fried foods.
9. Margarine and shortenings.
10. Artificial sweeteners or aspartame or food and drinks that contains these items.

What to add

1. Vegetables including squash, carrots, beets, celery, tomatoes, cabbage, broccoli, cauliflower, leeks, lettuce.
2. Fruits including apples, pears, plums
3. Whole grains including brown rice, rye
4. Raw, unsalted butter
5. Fresh raw nuts and seeds
6. Fresh fruit ice cream
7. Freshly juiced vegetables and fruits
8. Nut butters and milks
9. Organic eggs
10. Lentils, split peas, black beans
11. Sprouts

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Allergy Facts

Allergies are the most frequently reported chronic condition in children.

About 1 out of every 5 children and adults suffer from allergies.

Food allergies are believed to occur in 8 percent of children younger than 3 years old.

An estimated 6-10 million Americans are allergic to cats.

Children with allergies are more prone to develop asthma.

Current research suggests that the tendency to become allergic is inherited.

Asthma Facts

100-150 million people suffer from asthma worldwide.

17 million people suffer from asthma in the United States, 5 million of which are under the age of 18.

180,000 people die from asthma annually.

Asthma accounts for about 1.8 million emergency room visits and 10 million doctor office visits each year.

Asthma is the fourth leading cause of work loss.

Asthma is more common in industrialized countries than in the developing world.

ALLERGIES & ASTHMA

Asthma is a disease that causes airways to constrict or close altogether in reaction to an external catalyst. Though everyone's airways react to irritants, a person with asthma has a hyperactive reaction causing dangerous and sometimes deadly results.

Studies indicate that asthma may be hereditary and those who have asthma often have allergies as well. An asthma attack may come on gradually or suddenly and can be brief or last over a period of days. Attacks are characterized by:

- Shortness of breath
- Wheezing (a whistling sound when breathing out, not always audible to the naked ear).
- Coughing
- Rapid breathing
- Tightness in the chest
- Itchiness in the chest and throat

Asthma attacks are most often brought on by environmental factors. The most common triggers are allergens, smoke, cold air, animal dander and several types of viral infections. There is no cure for asthma—you can however control and reduce the symptoms of asthma by eliminating the triggers from your environment.

Allergies and asthma are only related in that those who have a predisposition to be allergic to things (called atopy), also have a propensity to be asthmatic. Atopy is hereditary but it is not



yet known if there is a specific asthma gene or genes. It stands to reason that if allergens are reduced, asthma attacks may also be lessened. The most common allergens and food allergies that have been associated with asthma are: Animal dander, dust mites, cockroach particles, mold, pollen, eggs, milk, peanuts, soy, wheat, fish, shrimp and other shellfish, as well as food preservatives and additives.

Chiropractic adjustments can help relieve the muscle soreness that develops during asthma attacks and may reduce the frequency and/or severity of attacks by increasing the inhalation and exhalation capacity of the lungs and chest wall. Continued treatment can help asthma patients increase their motor coordination and improve the work of respiratory muscles.

Schedule a visit with your chiropractor today and learn how they can help you or your children with allergy and asthma symptoms.

Is it Asthma?

According to *Guidelines for the Diagnosis and Management of Asthma* key indicators include:

- Wheezing - a high-pitched whistling sound when breathing out, especially in children.
- A history of cough.
- Recurrence of the following: wheezing, difficulty breathing and chest tightness.
- Symptoms that worsen with exercise, viral infection, animals with fur or feathers, dust mites, mold, tobacco or wood smoke, pollen, weather changes, laughing or crying hard, airborne chemicals or dust, menses.
- Symptoms that worsen at night.
- Eczema, hay fever, or a family history of asthma.

Your chiropractor may collaborate with asthma professionals to help lessen attacks and maximize the work of respiratory and gut muscles to increase quality of life.

Consider this:

"Most problems precisely defined are already partially solved."

-Harry Lorayne

Create a comfortable home environment

Control the allergens in your environment:

- ✓ Vacuum 1 to 2 times a week - use a vacuum with a HEPA filter.
- ✓ Clean counters, walls and floors to control dust mites - bare floors are best.
- ✓ Prevent animal dander - keep pets out of your bedroom and cover air vents with cheese cloth.
- ✓ Use air conditioning - keeping your windows and doors closed will keep pollen out.
- ✓ Keep the moisture in your house to a minimum to avoid mold - limit the number of plants, fix leaks in the bathrooms and kitchen and clean moldy surfaces.
- ✓ Don't use fans since they stir up dust.
- ✓ Install dehumidifiers or steam vaporizers in basements and other areas of the house and clean them every week.
- ✓ Store firewood outside.
- ✓ Wash bedding every week in hot water.
- ✓ Don't allow smoking in your home.



Keep an asthma diary

Record the symptoms and frequency of your asthma attacks. The diary will help you recognize your specific triggers and enable you to identify and manage symptoms before a severe attack develops.

Increase vitamin E intake

The results of a recent study showed that the increased intake of vitamin E reduced levels of an allergy-related antibody potentially lessening allergy symptoms. Vitamin E is also a valuable weapon against cancer and cardiovascular disease and promotes normal blood clotting.

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Chiropractically Speaking About...

Did You Know...

Colds are the leading cause of doctor visits and both school and job absenteeism.

In an average year, the flu kills an estimated 20,000+ North Americans.

Over-the-counter cough and cold medication sales is in excess of \$3.2 billion per year.

Most adults get two to four colds each year.

Most children get six to ten colds each year.

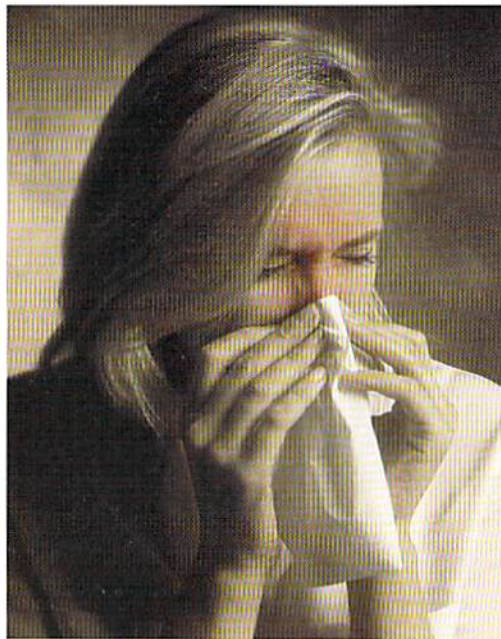
In test tubes, zinc has been shown to prevent cold viruses from reproducing themselves.

Symptoms of the common cold are caused by more than 200 different viruses.

Many herbal teas contain a substance called tannic acid or tannins. This is a dehydrant and causes your body to lose water. These teas should be avoided when you have cold or flu symptoms.

Echinacea and Goldenseal are two common herbal supplements that can help alleviate symptoms of cold or flu infection. These should only be taken when needed and not as a daily supplement or they may lose their effectiveness. Goldenseal is a natural dehydrant and can help dry out the sinuses and mucous membranes. Remember to offset this with plenty of water intake.

COLDS & FLU



Would you rather be healthy or just feel good? You can be healthy and still not feel well. Coughing, sneezing, headaches, aches and pains are not the result of a lack of medication. Fevers, diarrhea, and other symptoms are natural ways your body responds to infection and disease. These are just a few of the many symptoms associated with colds and flu.

A traditional medical approach has been to treat symptoms by using drugs to numb, slow down, or to speed up the malfunctioning body part(s). It surprises many patients when they discover chiropractic doctors focus, instead, on the underlying cause of their symptoms. Correcting the cause, allows the body to eliminate symptoms of ill-health naturally.

Judging your health by how you feel can be dangerous. The first symptom of high blood pressure is often a deadly stroke. The first symptom of heart disease could be a fatal heart attack. Because your body is so adaptive, by the time many symptoms warn you of a problem, it can be well advanced.

Chiropractic adjustments can help stimulate a positive immune system response, helping your body fight against invading organisms. The proper function of your nervous system, which is the key to good health, is the primary interest of your chiropractic doctor. Schedule a visit with your chiropractor today and help your body function at its best.

Cold or Flu?

Common Cold

Symptoms of the common cold usually begin two to three days after infection and often include nasal discharge, obstruction of nasal breathing, swelling of the sinus membranes, sneezing, sore throat, cough and headache. Fever associated with colds is usually slight. Cold symptoms are the result of the body's immune response to a viral invasion. Virus infected cells in the nose send out signals that recruit specialized white blood cells to the site of the infection. In turn, these cells emit a range of immune system chemicals that create the symptoms of the common cold.

Influenza

The flu is an acute respiratory infection caused by a variety of flu viruses. Flu viruses generally enter the body through the mucous membranes of the eyes, nose or mouth. Symptoms include headache, chills and a dry cough that is followed by body aches, malaise and fever. Typically the fever will start declining on the second or third day of the illness as upper respiratory symptoms like nasal congestion and sore throat become more noticeable.

Self-Care Techniques for Colds and Flu

1 Rest. Listen to your body. If you feel the need to rest or sleep, do so. Though regular exercise can boost your immune system, during a cold or flu it may be wise to lighten or skip your usual workout or exercise program depending on the severity of your condition.

2 Drink plenty of water. Drink one half your body weight in ounces of water every day. For example, a 200-pound man should drink 100 ounces of water daily. When you have a cold or flu, increase that number by 20 percent. You can also drink clear soup broths or diluted vegetable juices.

3 Minimize sugar intake. Sugar, even if derived from natural sources like fruit juice and honey, can impair immune function. Keep sugar to a maximum of 50 grams per day.

4 Suck on zinc tablets or lozenges. Zinc is a nutrient which can help the immune system function. A zinc gluconate lozenge every two waking hours may help eliminate



some symptoms and can cut the duration of the cold. Discontinue the zinc after one week if symptoms persist.

5 Maintain a positive attitude. At the most, your cold or flu will last three to seven days, so follow these guidelines and allow your body to fix itself.

6 See your chiropractor for frequent chiropractic adjustments, maximizing your nervous system, stimulating your immune system response and allowing your body to heal itself.

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