



# Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

## Dr. Wendy Lanser, Doctor of Chiropractic Breakthrough Patient Newsletter...

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Dear Patient and Friend,

Children are not just mini-adults – they have their own requirements to meet, to become healthy grownups.

For example, while most adults need seven or eight hours of sleep to keep their brain healthy, kids may need nine or ten hours. Kids need more protein in their diets, as they are growing, while most adults need less protein than they typically eat.

Kids also need their own type of chiropractic care. Some children may have symptoms like neck and back pain, often from staring downward constantly at their phones or devices. They would of course need a chiropractic opinion on the best course of action.

But any child can benefit from a checkup. To have a healthy brain, it's essential to have a healthy spine, since spinal movement feeds and stimulates the brain. An unhealthy spine in a kid may or may not hurt, but every one of them needs an exam to be sure nothing is interfering with their optimal brain function.

Consult your Doctor of Chiropractic and have a frank discussion of what it takes to develop healthy habits for your family. Proper diet, exercise, sleep, stress reduction techniques and appropriate chiropractic care – help those you care about make good choices and decisions to build a great lifestyle, and it will reward them for a lifetime.

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## Healthy Children Make Healthy Grownups

A recent study that followed children's health over thirty years discovered a logical but meaningful observation – cardiovascular risk factors in our youth tend to lead to poor brain function in adulthood.

The research was published in the American Heart Association journal called "Circulation," and was the first study to link long-term health issues beginning with kids to diminished cognitive function later in life.

Kids, adolescents, and young adults who had more risk factors, like obesity, high blood pressure and elevated cholesterol, performed worse on memory and thinking tests.

Dr. Eduardo Sanchez, chief medical officer for prevention at the AHA, said that "one-third of U.S. children are overweight or have obesity which puts them at higher risk of Type 2 diabetes and high blood pressure in childhood and a higher risk of heart disease and stroke in adulthood."

This is important because it foretells the early onset of Alzheimer's and dementia. Since there are limited treatments and cures for such brain problems, it makes so much more sense to help kids develop better lifestyle habits while they're young, to avoid unnecessary mental disorders as they age.

AHA spokesperson Dr. Thuy Bui, who serves as the associate medical director of the emergency department at Children's Healthcare of Atlanta, stated, "If we can resolve some of these issues early on, it's been shown that it not only leads to a much better cognitive life but also a much better cardiovascular life as you hit midlife and beyond."

In 1980, 3600 children were chosen to participate in this Finnish research project, examining cardiovascular risk in young people and the net effect of unchecked obesity, hypertension and raised cholesterol. Over the last 31 years, they arrived at an unmistakable conclusion – based on computerized testing, kids who grew into adulthood with consistently high blood pressure or too much bad cholesterol had compromised memory and learning in midlife.



*"Since there are limited treatments and cures for such brain problems, it makes so much more sense to help kids develop better lifestyle habits while they're young, to avoid unnecessary mental disorders as they age."*

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*" Six months ago I walked into Dr. Wendy's office in pain & despair. I could live with the pain, the pain of not having other options, but surgery was a devastating idea. After epidurals of cortisone, a year of physical therapy & a combination of chiropractic, acupuncture & massage I felt defeated & left with not much hope. A friend recommended Dr. Wendy & I had the good fortune to be handled in a different way. It wasn't the way Dr. Wendy explained her approach it was seeing how well my body responded that made me hopeful that I could heal. I have been getting better to the point that I am hiking, swimming, cycling & sitting with NO pain. That is a MIRACLE! Thank you Dr. Wendy! For an amazing summer. I am feeling alive & grateful to enjoy my body & feel reconnected with nature and the life flow."*

*-G.Q. San Jose*

## **Healthy Children Make Healthy Grownups**

Kids who grew up overweight or obese had slower visual processing and decreased attention span. And those kids who had all three risk factors – obesity, high blood pressure, and high cholesterol, scored poorly across the cognitive spectrum – weaker memory, slower visual processing and learning skills with slower reaction times, and diminished attention span.

The lead author on the research paper, Juuso Hakala, doctoral student in preventive cardiology at the University of Turku in Finland, reported on the relevance of these findings, saying, "We can use these results to turn the focus of brain health from old age and midlife to people in younger age groups -- children who have adverse cardiovascular risk factors might benefit from early intervention and lifestyle modifications."

It's clear that it's up to us to guide our children toward developing better lifestyle habits from an early age. When there is such a clear relationship between being overweight and having coronary issues and poor thinking and memory skills in later life, we can help safeguard our young against awful brain malfunction happening when they grow up.

Help your kids and those kids you influence to manage their diet and their weight, and encourage them to exercise, limit their screen time, and maintain a positive attitude about healthy habits. Not only will it increase the odds of your kids having healthy brains, but it will also be good for our society, as fewer people deteriorate mentally and more people live longer, healthier lives.

If you have questions about how to raise healthier children, ask your family chiropractor, your most trusted health and wellness advisor.

## Twelve Minutes To A Healthy Brain

Keeping your body in good shape is obviously part of leading a healthy life, but it turns out that keeping your mind in good shape is at least as important. Current research is demonstrating that as little as twelve minutes of meditation daily can greatly reduce the risk of Alzheimer's Disease and other forms of dementia and improve overall cognitive health.



A 2018 study looked at 60 seniors who reported diminished memory function, dividing them into two groups, one who simply listened to music, and the other who learned and practiced a form of singing meditation.

The results were clear – those who practiced meditation had improved thinking and memory. In addition, their blood chemistry showed fewer indicators for Alzheimer's and dementia. Amazingly, the inflammation of the brain's blood vessels, a predictor of poor brain health, was significantly reduced in those who meditated.

It's not known exactly why meditation has this positive effect on your brain, but the evidence should encourage us to take better care of our brains – if it takes twelve minutes a day, what better investment could we make in our own wellness and longevity?

There was a time when it seemed weird to meditate, but no more – athletes, CEOs and health professionals consider it one of the most efficient, most productive practices you can develop to promote overall health, including brain health. Like any other exercise, if you adopt it into your lifestyle, and do it regularly, it will give you the greatest reward.

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