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To: Dr. David Taylor

In this issue of *To Your Health*:

- [Chiropractic for Kids](#)
- [Don't Fear the Weights](#)
- [Laughter Really Is the Best Medicine](#)

[Chiropractic for Kids: Get the Word Out](#)



According to a recent survey by the International Chiropractic Pediatrics Association, chiropractic care of children is associated with high levels of patient/parent satisfaction and a near-perfect safety record. So, have you brought your child(ren) to the chiropractor yet?

In general, the chiropractic adjustment is a very safe procedure for children. With millions of children visiting a chiropractor every year, adverse events (the technical term for injury) are very rare. A study published in 2008 in the prestigious medical journal *Pediatrics* found only nine incidents of adverse events related to spinal adjustments in children worldwide over the past 100 years, an enviable safety record.

All doctors understand that any form of health care comes with some degree of risk, whether we're talking about a dose of antibiotics or a chiropractic adjustment. As with any procedure, your chiropractor should discuss the benefits and the risks of the adjustment as it applies to your child.

Chiropractic care for children is very different than chiropractic care for adults. The adjustments are much softer and gentler because the child's joints are looser and easier to move. The procedure is quite comfortable and children often look forward to their chiropractic

treatment. In addition, children generally heal much more quickly than adults, so typically require just a few treatments to restore normal motion to their joints, and thus restore normal function to their nervous systems and related end organs.

Since chiropractors improve the health of the nervous system by removing irritation stemming from the structural elements of the body, chiropractors can help children with a wide range of conditions, from colic to ear infections to asthma.

If your children aren't already receiving regular chiropractic care, talk to your doctor about getting them into the office for an initial visit.

If your chiropractor doesn't specialize in treating children, particularly very young children, and doesn't know someone who does, they can help you find a pediatric chiropractor in your neighborhood using several resources, including <http://acapedscouncil.org/unitedstates.html>, www.icapediatrics.com/members-referral.php or www.chiropractic4kids.org.

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When It Comes to Working Out, Don't Fear the Weights

There are misconceptions about weight training that prevent people from truly understanding the value it provides in shaping your body, developing lean muscle, and improving athletic and day-to-day performance. Women are especially prone to neglecting this form of effective training for fear of getting "too muscular" or looking "too bulky." This is unfortunate, because when done correctly, weight training is a great way to make a noticeable difference in how your body feels, looks and performs. Here are a few suggestions on how to make weight training work for you:



1. **Design a program that's right for you.** Some fundamental questions to ask yourself prior to beginning a weight training program include the following:

- *How many days per week can I realistically exercise?* Three days minimum is suggested, preferably with a day of rest in between each exercise day.
- *How much time can I allocate to work out per exercise session?* Twenty minutes is ideal for most people, up to a maximum of 45 minutes.
- *Am I trying to build size or simply tone muscle?* A quicker, lighter pace is more for toning, while a heavier, slower pace generally builds muscle size and strength.
- *Do I have more than 10 pounds of body fat to lose?* Do higher reps at a quicker pace to maximize fat loss.
- *How much experience do I have with weight training?* Be careful not to over-exercise. Progress slowly; remember, if you get hurt, you won't be able to exercise at all!

The answers to these questions will determine the amount, tempo and frequency of your training program.

2. **Work your entire body.** Here's a sample of the exercises you can perform using weights to get a full-body workout. You can perform these exercises one after the other with little or no rest three days of the week (Monday, Wednesday, Friday), and add in other exercises as you advance. Here are a few to get you started (remember to talk to your doctor for more information and before starting any new exercise program):

Incline Dumbbell Presses: Angle an exercise bench at approximately 45 degrees. Take two dumbbells and lie on your back. Starting at chest level, press the dumbbells over your chest and lightly touch them together at the top. Keep your head resting on the bench, lower weight to starting position and repeat for desired repetitions.

Dumbbell Rows: Take two dumbbells and stand with feet just outside shoulder width. Hinge your hips backward and lean forward toward your toes with a slight bend in your knees. Pull the dumbbells up to your sides with palms facing each other. Lower and repeat. Keep your head up and maintain a slight arch in your lower back. Resist the temptation to round your shoulders forward.

Seated Dumbbell Biceps Curls: Using two dumbbells, curl weight from your side up to chest level. Be sure to keep your elbows perpendicular to the floor and tight by your side to isolate the muscles and prevent swinging.

Dumbbell Triceps Extensions: Lie on your back with two dumbbells and palms facing each other, arms extended toward the ceiling. Slowly bend your elbows, keeping them close together, until the dumbbells reach ear level, and then return to starting position.

Dumbbell Squats: Stand shoulder-width apart grasping two dumbbells by your sides. Squat as deep as you can, keeping your head up and shoulders pulled back. If you lean forward and your heels come off the ground, place a 1- to 1-inch support under your heels. This tilts your pelvis, which prevents you from leaning too far forward and keeps the heels stationary.

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Laughter Really Is the Best Medicine



It's a well-known saying that may actually be true, according to a number of studies. Evidence suggests laughter is a true health promoter, helping reduce stress, boost your heart rate, increase circulation, and even burn calories.

For example, laughter helps combat stress, which is well-known to decrease

immune-system response. Less stress means a better immune system, making your body less prone to infection and disease. Reducing stress levels also makes it easier to fall asleep, and as has been discussed in this publication on several occasions, poor and/or inadequate sleep can contribute to a whole host of negative health consequences.

But how could laughter possibly burn calories? It's actually a simple concept, if you think about it: When you laugh, your body moves in various ways; muscles throughout the body stretch and, depending on the strength of the laugh, your abdomen and other areas of the body may even contract repeatedly. That's a workout and a laugh all in one!

It all boils down to finding ways to relax, reduce your stress levels, and enjoy life – a great recipe for a healthy, happy life for you and your whole family.

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