

# MAIN STREET CHIROPRACTIC NEWSLETTER

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## DEALING WITH THE PICKY EATER

By: Dr. Claudia Anrig  
To Your Health Magazine August 2009

Many parents have a daily challenge that goes like this: “My child is a picky eater.” How did they get that way? Children enter the world not knowing what they hate or love about food; for the most part, kids learn by example. If you hate vegetables and never eat them, chances are your children won’t be very willing to try vegetables, and you may not be particularly interested in serving them, either. If you’re a well-balanced, healthy eater, you’re on the right track, but it doesn’t necessarily mean you won’t have some picky-eater challenges to deal with.

What’s the solution? There really isn’t a single easy answer; however, there are a few simple ways to ensure even the pickiest eater gets varied, balanced nutrition at every meal.

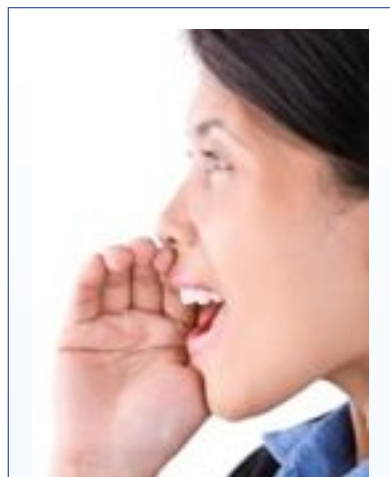
### What You Can Do: 9 Strategies

**1. Start with You:** Where do you begin? It starts right now, whether you’re already a parent or expecting your first child. **Start by reviewing your personal relationship with food.**

Consider how you and your significant other will blend or create new food relationships, and expand your knowledge or cooking base by researching books and web sites that take a wellness approach to raising healthier children.

**2. You’re the Motivator:** If you’ve already created a picky eater, don’t be nit-picky with them.

Start by reviewing a week in the life of your family and what everyone eats and drinks, and then divide your dietary lifestyle into two categories: Wellness/Healthy or Processed/Packaged/Unhealthy. Then add a third column, New Stratey, where you can add food items that will help the family get where it needs to



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Advertise in our newsletter and get your information out to a wide range of people. The Main Street Chiropractic Newsletter is sent (postal mail and email) to over 2000 people in the Oakland County. If you would like to advertise in our next newsletter please contact Lauren at 248-656-2273 or by email at [info@mainstreetcc.com](mailto:info@mainstreetcc.com).

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## How to Make Your Own Ice Cream

- ~ 1 carton of Meyenberg Ultra-Pasteurized Whole or low-fat Goat milk.
- ~ 2 vanilla beans, split lengthwise
- ~3 egg yolks (or egg substitute)
- ~3/4 cup of Sugar
- ~1 cup of fresh or frozen fruit (optional)



### Recipe makes one and a half quarts of delicious ice cream!

In a medium saucepan stir goat milk over low heat. Add vanilla beans. Remove from heat just as mixture starts to boil. Remove vanilla beans with slotted spoon. Set mixture to the side.

Beat the egg yolks and sugar together until lightly fluffy, approximately 2 minutes. Gradually add the warm milk mixture. Mix well until sugar has dissolved. Place in refrigerator to cool completely before placing in ice cream maker. Pour mixture into an ice cream maker and set timer for 20 minutes. Halfway through process, you can add optional fruit.

*Recipe provided by Meyenberg in Whole Foods Magazine.*

go in terms of better eating habits. **Evolve your family into the healthier lifestyle, and remember, the motivation has to come from you first.**

**3. Introduce Variety Early:** Regarding infants, it's ideal to go from breast-feeding to organic baby food, and then consider making your own. **Develop a strategy to introduce a wide variety of vegetables, remembering that the greener they are, the more vitamins and minerals they contain, and that vegetables with bright color bring antioxidants to your children's diet.** To prevent your child from developing a sugar addiction, avoid fruit juices, candy, ice cream and baked goods. The only sugar they should experience growing up should come from natural fruit.

**4. Say No to Processed Foods:** Avoid the trap many parents have fallen into, that of buying snacks marketed specifically by the manufacturers to start unhealthy habits. **Children's cereals, colored crackers, cookies and the like are not healthy choices when you see the processing, dyes, and artificial flavors added to make these items "fun" to eat.**

**5. Think Healthy Snacks:** Prepackaged toddler foods seem to be the "in" foods these days, marketed as great for kids and easy for parents. Instead of buying into the marketing hype, pre-plan healthier options for your family. **Chopped vegetables like red or yellow peppers, shelled snap peas, steamed broccoli or zucchini are better than prepackaged items; so are natural fruits - but not fruit rolls and juices, which are high-glycemic.** Many whole- or natural-food stores also have gluten-free crackers, cookies, and breads.

**6. Easy Meal Options:** Who says you can't introduce vegetables with breakfast? **Chop up, steam or lightly sauté veggies and combine with a good source of protein (eggs or beans) and you're on your way to a complete, tasty meal.** Wrap all this up in a whole-wheat or sprouted tortilla and you have a healthy breakfast burrito.

**For lunches and dinners, it's important to find a balance of proteins, vegetables, salads and whole grains.** If you're already thinking "How do I start?" realize there are resources and recipes that have been developed by parents who are in the same position as you.

**7. Make It Fun:** Depending on the age of your children, create fun recipes around themes to get involved and excited about the meal. For example, "Pirate Night" may include fresh fish, seaweed mash (spinach and mashed potatoes) and stolen treasures (a medley of fresh berries) for dessert.

**8. It's OK To Negotiate:** If you've created a truly picky eater who demands only certain foods, like macaroni and cheese, pizza, hot dogs, fast foods and sweets, you need to learn the art of negotiation. **Start with a strategy of slowly eliminating certain foods from your home and dining table.** Let your children know what you are doing and that it will not happen all at once, and don't be afraid to ask for their input - but also don't back down. (Note: Negotiation should not mean "You can have dessert if you finish your food." Dessert should not be construed as a reward. Negotiation is really about getting your children to try new things without "forcing" them to do it.)

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**9. Take Charge:** Grocery shopping without children can help to eliminate aisle battles. And consider signing up your older children for cooking classes. If you're having trouble getting them to adopt more nutritious foods as you eliminate some of their unhealthy favorites you can ensure good nutrition by purchasing "green" flakes ( which can be found in natural stores) and mixing it into foods to camouflage its appearance.

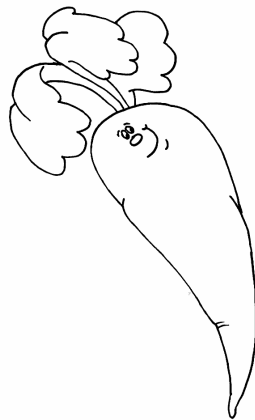
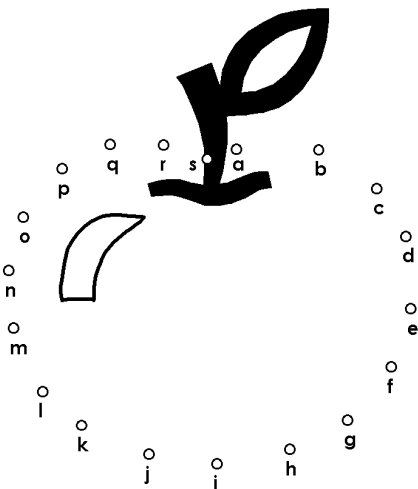
**In the beginning, when you are slowly replacing your family's old habits with new ones, it won't be easy.** Most children actually win this battle because many parents have trouble committing to their new lifestyle. However, the encouraging side is that **most picky-eater habits can be changed within 90 days if you stick with it.** Remember, it all starts with you. Teach your children healthy nutrition habits, lead by example and enjoy the results!

If you are looking for more ways to be healthier with your children consider chiropractic care. **Call our office (248-656-2273) today to schedule a consultation with Dr. Hamilton for your entire family. Consultations are always FREE so don't hesitate to call. You can discuss the benefits of chiropractic for your whole family, supplements that you can take that may be beneficial for you children who are picky eaters, and even nutritional information for your kids and you. Don't forget this month we are even offering FREE SPINAL EVALUATIONS for all children under the age of 18!**



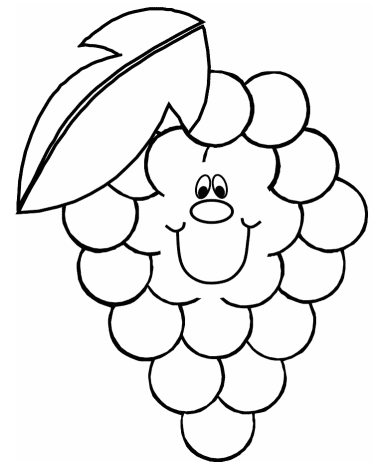
# KIDS CORNER

Connect the dots to make a delicious apple!  
Then have fun coloring the apple red!



Color the CARROT orange.

Color the GRAPES purple.



*Kids Corner Coloring Pages can also be found in our office. So bring your kids in to have some fun coloring while you get your adjustment and they get a free spinal evaluation.*

## MAIN STREET CHIROPRACTIC

## Why Should Children Have Chiropractic Care?

By: Jeanne Ohm, D.C.

From: [www.icpa4kids.org](http://www.icpa4kids.org)



**More and more parents are seeking chiropractic care for their children. Many spinal problems seen in adults began as early as birth.** Even so called 'natural' birthing methods can stress an infant's spine and developing nerve system. The resulting irritation to the nerve system caused by spinal and cranial misalignment can be the cause of many newborn health complaints. **Colic, breathing problems, nursing difficulties, sleep disturbances, allergic reactions and chronic infections can often be traced to nerve system stress.**

**Since significant spinal and cranial trauma can occur at birth, many parents have their newborns checked right after birth.** As the infant grows, learning to hold up the head, sitting, crawling and initial walking stages are all times in spinal development where injury may occur and therefore spinal alignment can be adversely affected. They are therefore important times to have a child checked by a Doctor of Chiropractic.

**As the child begins to participate in regular childhood activities like skating or riding a bike and experiences traumas associated with these activities, small yet significant spinal misalignments (subluxations) may occur.** If neglected, the injuries during this period of rapid growth may lead to more serious problems later in life. Subtle trauma throughout childhood will affect the future development of the spine leading to impaired nervous system function. Any interference to the vital nerve system will adversely affect the body's ability to function at its best.

One of the most common reason parents seek care for their child is trauma from an injury of some sort. These misalignments may or may not result in immediate pain or symptoms. **Regular chiropractic checkups can identify potential spinal injury from these traumas, make the correction early in life and help avoid many of the health complaints seen later in adults. Proper spinal hygiene is an important key to better health.**



Another sought out reason for care is the resolution of a particular symptom or condition. **Parents seek care for conditions such as colic, ear infections, asthma, allergies and headaches (to name a few) because they have heard from other parents that chiropractic care can help.**

It is important to understand that the doctor of chiropractic does not treat conditions or diseases. The expertise of the chiropractor is in checking the child's spine for misalignments that impair nervous system function therefore affecting overall body function. Subluxations interfere with the nerves' ability to transmit vital information throughout the body.

The nerve system controls and coordinates the function of all the systems in the body: circulatory, respiratory, digestive, hormonal, eliminative and immune system. Any aspect of health may be impaired by nerve interference. The chiropractic adjustment restores nerve system function allowing the body the ability to express a greater state of health and well-being.

**The doctor of chiropractic will perform a chiropractic exam to determine if spinal subluxations exist. Chiropractic adjusting procedures are modified to fit a child's size, weight, and unique spinal condition.** They are both gentle and specific to the child's developing spinal structures. **Most parents report that their children enjoy their chiropractic adjustments and look forward to subsequent visits. They also report that their children experience a greater level of health while under regular chiropractic care.**

To enhance your child's ability to function in a greater state of health, stop by our office and get a **FREE SPINAL EVALUATION FOR YOUR CHILD. FOR THE MONTH OF AUGUST ALL CHILDREN UNDER 18 CAN GET A FREE EVALUATION FROM DR. HAMILTON. DON'T WAIT... CALL 248•656•2273 TO SCHEDULE TODAY!**

## MAIN STREET CHIROPRACTIC

## VITAMIN OF THE MONTH: VITAMIN C

From: 3 Cheers for Vitamin C  
To Your Health Magazine August 2009

Vitamin C is essential for a wide range of metabolic reactions, and it's manufactured internally by plants and animals, which can synthesize it from glucose. Humans are a notable exception, which means we need to get vitamin C from food and/or supplements.

The good news is that while our bodies can't manufacture vitamin C naturally, it is present in high amounts in a number of foods and is commonly added to foods that do not already contain this important nutrient - important because adequate intake is associated with numerous health benefits.

Vitamin C is required for tissue repair and growth throughout the body; that means it helps to heal wounds and repair and maintain cartilage, bones and even teeth. In addition Vitamin C is needed to form collagen, a protein used by the body to make everything from new skin to scar tissue to ligaments and blood vessels.

There has also been research showing Vitamin C may reduce the risk of cancers of the esophagus, oral cavity, stomach and pancreas. It has even been researched to reduce the risk of suffering a stroke, according to the *American Journal of Clinical Nutrition*.

Foods that are considered good sources of this vital nutrient include citrus fruits and juices, tomatoes, cantaloupe, sweet and white potatoes, broccoli, peppers, and leafy greens.

Vitamin C is a water-soluble vitamin, the vitamin C travels through your bloodstream and whatever your body doesn't use gets excreted. This means you need to replace your Vitamin C because the body cannot store leftover amounts, so make sure you get plenty of C every day.



**Stop by our office today and pick up your bottle of Vitamin C. We have 3 different forms of Vitamin C for you and your family. There is chewable Vitamin C, tablet Vitamin C, and even a liquid Vitamin C for your children.**

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## FREE EVALUATION FOR YOUR CHILD!

*For the month of August Dr. Hamilton is offering FREE evaluations for your children. It is easy to make your first appointment for your child with Dr. Hamilton. All you have to do is call our office at 248-656-2273 and we will get you scheduled for your child's FREE spinal evaluation. Call today and find out how Dr. Hamilton can help with*

*your child's allergies, ear infections, sports injuries, asthma, colic, back pain and much more!*