

Hi All,

We are only a couple of months into 2010 yet it seems like so much has already happened. Our nation continues to wrestle with the “healthcare crisis” and it seems like there is no good answer. I believe the root of this issue is that we have tried to solve a problem with the same level of thinking that created this problem. According to Albert Einstein, this cannot be done. You will not improve the “HEALTH” of an individual, a community, a society or a world with “SICK CARE.” The standard allopathic medical approach to health is reactive, only addressing problems at the point in which they have become so severe that symptoms arise and or the disease exists. This type of care is VITAL for those who have gotten to this extreme and I am glad to be in a place where the sick/acute care is so excellent but True Health is an ongoing process that requires a proactive lifestyle, the “Chiropractic Wellness Lifestyle”, to continue in a positive direction.

How can you grow and prosper as a person, business, community, nation or world if you are always “putting out fires?” Many of you already know that you cannot. A friend of mine takes time out every quarter to be alone, away from the everyday stuff, so that he can refocus, readjust his plans and goals and make sure he keeps the bigger picture in mind. He does this for his business as do many business professionals. Let me ask you this: If it is good enough for your business, isn't it good enough for your health and the health of your loved ones? Isn't it worthwhile to set health goals each year, make sure you are taking all the action steps necessary to move toward greater levels of health and wellbeing? As it is commonly said, “there is nothing more important than your health.” If this is true, isn't it worth a little time and effort to do all you can to create good health in your life and the lives of your loved ones?

You brush and maybe floss your teeth everyday to remove decay, avoid cavities and have health teeth. Now this is important but think about the fact that your nerve system controls and coordinates the function of every organ, tissue and cell in your body and unhealthy lifestyles lead to decay in your spine and nerve system. This decay leads to dysfunction in your body and eventually disease and death. Doesn't it seem as though it would be worth some regular proactive effort to brush and floss your spine, nerve system and lifestyle to reduce this decay? A little effort now can help you avoid BIG and COSTLY problems later as well as provide you with a greater quality of life now and in the future.

I am not talking about difficult, time consuming or costly things. I am talking about small and gentle adjustments to your spine and to different lifestyle components that not only will make HUGE positive changes in your quality of life but also may enhance your enjoyment of the NOW.

The brushing and flossing of your spine and nerve system (Chiropractic Care) and the lifestyle enhancements are much easier and less time consuming than you think. Dr. Stern is a specialist in Chiropractic Pediatric, Maternity and Family Wellness Care and regularly helps individuals and families improve the quality of their lives through chiropractic care and lifestyle counseling.

**Stern Chiropractic is Chicagoland's
Wellness Lifestyle resource and is here
to help guide you and your family to an
EXTRAORDINARY LIFE of Love, Joy,
Health and Happiness in 2010.**

**Call NOW to get your family started
on their EXTRAORDINARY journey!**

I hope you have enjoyed our newsletter. If you know someone this may help, please share it. This smallest act of sharing can have profound effects for generations to come.

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Mom's Diet During Pregnancy May Alter Infant's Allergies

By Joene Hendry

NEW YORK (Reuters Health) Feb 19 - Eating lots of vegetables and fruits during pregnancy may lower the chance of having a baby with certain allergies, hint study findings from Japan.

Greater intake of green and yellow vegetables, citrus fruit, and veggies and fruits high in beta carotene may lessen the risk of having a baby with eczema, Dr. Yoshihiro Miyake at Fukuoka University and colleagues found.

Foods high in vitamin E similarly may lessen the risk of having a wheezy infant, they reported online January 22nd in Allergy.

Beta carotene and vitamin E are two of many antioxidants thought to benefit health. But prior investigations of maternal antioxidant intake and childhood allergies offered conflicting findings. This area of research "is still developing," Dr. Miyake noted in an email to Reuters Health.

In the current study, Dr. Miyake's team evaluated vegetable and fruit intake during pregnancy in 763 women, as well as eczema or allergic wheeze in their infants.

The women were 30 years old on average and about 17 weeks pregnant at enrollment. When their babies were between 16 and 24 months old, the women provided birth and breastfeeding history, number of older siblings, and exposure to smoke.

The team found that 21% of the youngsters wheezed or had a "whistling in the chest in the last 12 months," and fewer than 19% had eczema.

According to the investigators, mothers who ate greater amounts of green and yellow vegetables, citrus fruits, or beta carotene while pregnant were less apt to have an infant with eczema.

For example, after allowing for other eczema risk factors, eczema was more common among infants whose mothers ate the least versus the most green and yellow vegetables - 54 and 32 infants, respectively.

Likewise, higher intake of vitamin E during pregnancy was associated a reduced likelihood of having a wheezy infant -- a finding that supports previous investigations from the U.S. and U.K.

Boosting intake of green and yellow vegetables, citrus fruits, and antioxidants such as beta-carotene and vitamin E among pregnant women "deserves further investigation as measures that would possibly be effective in the prevention of allergic disorders in the offspring," the researchers conclude.

Allergy 2010.

