



Lotus of Life Chiropractic

Innate Intelligence and You!

Why Should Children Have Chiropractic Care?

Health Talks:

May 9th (Saturday) & May 19th (Tuesday) – “BGI: A Hands on Playshop” will be held at 7:15pm on Tuesday and 12pm on Saturday. This will last 1 hour with time for questions and discussion.

May 12th (Tuesday) & May 26th (Tuesday) – “Achieving Wellness” These events will be held at 7:15pm and will last for about 1 hour with time for questions/discussion.

Other Events:

Saturday, May 9th – Dragonfly Reiki presents “Heart Offering Reiki Clinic” from 12-3pm.

Saturday, May 16th – Dragonfly Reiki presents “Reiki Training” from 10am-6pm.

Thursday, May 28th – Juice Plus + presents “Catch a Rainbow Everyday” at 7:30pm. Come and learn how to create the essential variety in your everyday diet.

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 reasons 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. The bones of the spine, the vertebrae, house and protect the spinal cord. The spinal cord is an extension of the brain and carries information from the brain to the body parts and back to the brain again. Subluxations interfere with the nerves' ability to transmit this vital information.

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 take a case history and 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, we can help you find a doctor of chiropractic near you who is dedicated to serving children with the utmost of care. Once your family has experienced the many benefits of chiropractic care—please help us tell others!

Written by Jeanne Ohm, D.C.
(founder of ICPA)
for more information, visit
www.ICPA4kids.org





Starting at the end of April, Lotus of Life Chiropractic officially has a chiropractic assistant to help you with your needs in the office. We warmly welcome Michele O'Quinn to our chiropractic family and are very excited to have her on board in order to better share our love, passion and vision within chiropractic with those that we serve in office and in the community.

Michele lives in the community of Decatur and has two wonderful children ages, 18 and 14. She strongly supports the local businesses of Decatur and is going to be a wonderful asset to allow Lotus of Life to further serve the community of Decatur and the surrounding Atlanta area. She is here to assist you with files,

scheduling, paperwork, payments, and other questions/concerns that you may have. We look forward to being able to serve you with both overall better office flow more flexibility for walk-in participant appointments.

With this in mind, please remember the front desk is now her space. She will gladly get your file for you and help you as needed. If your children were used to playing behind the desk, please let them know that this is longer appropriate. There are toys and books available in both the reception room and the family adjusting room.

Thank you ahead for your understanding through our training process. We greatly appreciate you and look forward to the many gifts that Michele will bring to our Lotus of Life Chiropractic family.



Birth Is a Beautiful Event!

With the upcoming birth of my new baby and Mother's Day coming this month I have been on a baby kick lately. I have been exploring the naturalness of birth for myself and feel compelled to share my findings and thoughts.

With Eva, I had a natural home birth with a midwife. Her due date was November 10th and was ready to be born on December 6th! That is right: almost 1 month "past due".



Through this entire "past due" craze, I felt very blessed, honored, and calm in knowing that my body and hers knew the perfect time. I had a fast 10-hour labor with no complications. The only thing that I would have changed was my pain level/tolerance and my inability to interact with my husband.

So, for this birth I explored possible solutions. I looked into Hypnobirthing classes because I heard that women that practice these methods are able to achieve the birth that I desire. The main thing that I enjoyed in the classes, aside from the meditations and breathing exercises done at the end of each class and the families I met there, was the underlying premise of birth and the uterus as a muscle. The uterus is designed to hold, nurture, and birth a baby. It is a muscle, just like our biceps or quadriceps. When we drink, move our arms and legs and run, we do not experience pain unless something is wrong. In birth we are taught to expect pain even though it is a natural occurrence! This is not how it should be. There are other factors that play into creating the painful experience: too

many unknown (or known) people at the birth, fear, inability to relax or let go, an unfamiliar environment, and more. If we are able to relax, breathe and let go in the birthing process the experience should be one of pressure more than pain. There may be pain as well, but it should not be what we are taught to expect and pushed into fearing and therefore rely on medication to "take away" this experience.

Through talking to other mothers and now through research, the only thing medication seems to take away is the mother's ability to have a natural birth without complications, therefore leading to further intervention and a possible c-section. According to the documentary, "The Business of Being Born", ninety Percent of births will go as planned when not interrupted by medical intervention. Then why are the medication and C-section rates so high? Because of a lack of trust in nature on behalf of the doctor and staff, mother, or all of the above. *(Continued on next page.)*



By Jenn Purdy, CLD

Take a stroll down the “Pregnancy and Birth” section of any bookstore and you will be inundated with a plethora of titles on the subject. So much information! You just wanted to have a sweet little baby, how could that possibly produce so much to write about? Haven’t women been doing this for millennia without having to read a whole library in nine months?! Yes, they have, but that was then and this is now.

Today, in our world of hospitals and medical insurance, the simple act of giving birth is not always so simple. There are many options of care to sort through, and your care provider usually does not have the time to guide you through it all. As in all of your health and wellness care, you are in charge and you are the one who will take best care of you. During pregnancy, taking care of you means hiring a labor doula.

The doula’s work is to provide informational, emotional, and physical support. These three things are

enormous needs through this journey of birth. A labor doula can help you choose the best pregnancy books, because she’s read most of them! She will explain the usual physiological and medical processes of birth. You can choose what is important to you and what you’d rather not see happen. During your labor, she is there with you the whole time, helping you stick to your preferences, but also providing information you need to make decisions when the circumstances of labor throw you a curve. She won’t make decisions for you, but she will be a guide and witness of your journey.

The intangible factor of a doula’s support gets to the heart of the matter. Whether it is your first birth or your fourth, the presence of an experienced, knowledgeable, supportive woman makes all the difference. She will be the quiet strength of labor for both you and your partner. Her encouragement and affirming touch provides the peace that a woman needs to simply give birth in an often complex

environment, joining the centuries of mothers who have gone before her. The abundance of information written about birth becomes much less overwhelming with the support of a doula. Be informed, be assured, and get back to the empowering, joyful experience of birthing your sweet little baby.

Jenn Purdy, CLD
Jenn is the founder and co-director of Decatur Doulas, providing birth support and education in Atlanta, Georgia. Her passion lies in educating her own four babies and empowering women in their birth journeys.



Birth Is a Beautiful Event! (cont.)

With medical intervention, the flow of nature is interrupted and now both the mother’s and baby’s bodies need to compensate for this interruption. That is when complications can arise from induction and epidurals. Being medicated takes away from the mother feeling/connecting with her body and the baby as it ascends down the birth path. Medicated births also seem to create longer healing times for both mom and baby, as well as overall fussier babies since they were not allowed to naturally come into the world on their own time, plan, and readiness.

I feel that this is robbing women of their given right to birth and be mothers, as nature intended. As far as the Hypnobirthing classes are concerned, I would recommend them to someone that wants a natural hospital birth or someone who is not

familiar with the naturalness of birth and the options available to them. If you are a second time mom and are already aware of natural options in both birth and baby care, then this might not be the exact class for you. The philosophy, meditations, exercises, information pertaining to Hypnobirthing itself are great, but you may want to find a class that spends the majority of its time practicing the techniques to better prepare you for labor. I feel it would be more beneficial to practice more during the classes as well as on your own time. Some other classes that I have heard are excellent are HypnoBabies and the Bradley Method.

Once I experience labor with Hypnobirthing, I will let you know my experience and the differences between my two births. Overall I am very excited

to have my second all natural home birth and experience being a new mom all over again. I am very excited to meet this baby who has been very active since 13 weeks. I am planning a water birth, so I am mostly excited to have Gary and Eva in the water with me as I pull this new baby out and up to my chest to meet its new family. I feel that is the most appropriate way to bring the new one into the world, with us all side by side since that is how we are going to live for many years to come!

~ Namaste



WHY WE RECOMMEND JUICE+

Lotus of Life Chiropractic

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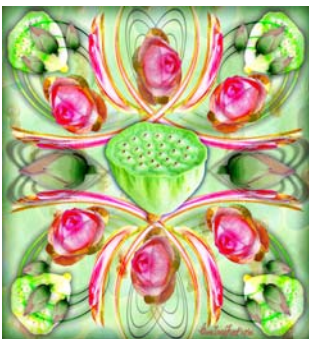
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*We welcome you to
join us for a
life-enhancing
experience through
the science, art, and
philosophy of
chiropractic.*



Almost every day another piece of research or news story confirms the life-giving power of eating whole foods – especially fresh, local fruits and vegetables. They contain an unparalleled array of nutrients that offer protection for our bodies down to our very DNA. We simply cannot recreate that with synthetic vitamins because our bodies do not use isolated vitamins in the same way that we use the thousands of micronutrients found in fruits and vegetables. Science is just beginning to explore the innumerable ways these “phytonutrients” work in our cells.

Even without any scientific “proof,” it’s clear that we need more of the healthful whole food nutrition of fresh fruits and vegetables. When we eat the foods our bodies are designed to eat, we feel better, look healthier, rest deeper, think more clearly, and reduce our risk of contracting the myriad of chronic diseases facing Americans today... obesity, heart disease, diabetes, cancer, and stroke. The American Cancer Society recommends a plant-based diet that includes 9-13 servings of

fresh fruits and vegetables each day. How many did you eat yesterday? The day before that? And the day before that?

A lifetime of health is built on daily habits of healthy eating. Unfortunately, this is often difficult to do. We recommend Juice Plus+ because it is a convenient and inexpensive way to add more nutrition from fruits and vegetables to your diet, every day. The Garden and Orchard Blends together are made from 17 different fruits, vegetables and grains. Juice Plus+ contains a wider variety of naturally occurring vitamins than vitamin supplements, and also contains the phytonutrients, antioxidants, and even some of the fiber found in the fruits and vegetables that it’s made from.

Getting back to the science of proof, thirteen independent studies published in peer-reviewed professional journals speak to the power of Juice Plus+ to reduce oxidative stress, promote cardiovascular wellness, protect DNA, support the immune system, and be readily absorbed by the body. Several more studies are ongoing at university research centers

around the world.

There is no substitute for actually eating a wide variety of fruits and vegetables every day. When was the last time you ate 17 different fruits, vegetables, and grains every single day? And, Juice Plus+ contains only trace amounts of sodium, sugar, and calories. It’s a simple, sensible way to give your body that whole food nutritional power, day after day, month after month, year after year! Combine that with your chiropractic care and you’re giving yourself an amazing gift of good health for a lifetime!

To learn more about Juice Plus+ contact our Juice Plus+ Wellness Coordinator, and participant, Jenn Purdy, CLD, at 404-964-1319. You can also visit our Juice Plus+ web site to read more of the research or to place an order at www.LotusofLifeJuice.com. And, watch our newsletter and office signs for regular Health Talks on Juice Plus+.



Appointment “No Shows”

When you schedule your appointments make sure that you have a record of all your scheduled dates/times. We, thankfully, are getting very busy in the office and every time slot is needed for everyone to be served within the week, as well as starting up new families and individuals under chiropractic care. There have been many occasions when we have had families/individuals scheduled and we never received a phone call canceling the appointment. Please remember that we reserve these times just to serve you.

If you don’t show up, we miss the opportunity to serve someone else who is available at that time.

We have always had a \$15 missed appointment fee, but have chosen not to apply it. Please keep us from having to enforce this. Be sure to call, even if it is right before your appointment, and let us know if you are unable to make it. This applies to both plan members and pay-as-you-go members. Thank you for your understanding and help!