

Life is fun!... chiropractic can help.

# gernerchiropractic



Holistic Family Health Center  
GENTLE CARE FOR ADULTS & CHILDREN



## CHANGES AT GERNER CHIROPRACTIC!

If you've been in for your regular adjustment lately, hopefully you've noticed some changes around the office. There's more to come! Here's how it got started:

Our mission statement is: *"To make a positive impact on the world, one person at a time, through our gifts of healing, education, and genuine care."*

You may have noticed that we are so serious about this that we've painted it on our main reception wall for all to see! In an effort to continually improve our service, I've begun to work with a professional business coach. He asked me immediately, "What is your goal in your business"? I began a long explanation about reaching as many people as possible to educate them about natural health, to protect from harm, and to set our office apart as a true healing center and not just another "rack'em, crack'em, pain focused Chiropractic clinic". We've embarked on some fun and creative projects to do just that. Here are some of our changes:

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## LEADING CONTRIBUTORS TO AUTISM

*An excerpt from an article written by Cam Baker-Pearson*

I recently came across an excellent article written by a mother of an autistic child. I am so impressed with it because the author doesn't merely rant about the dangers of just one thing (such as vaccines), but gives a very comprehensive, evidence based, picture of many different factors that weaken the immune system and set the stage for damage. So many of these things are completely avoidable. Unborn and young children can be protected from permanent harm. *It is critically important!* Please share this information. Due to the length of the article, I have taken the liberty to condense it. The full article with references is available to all at our office.

*These are the top contributors to autism according to her article:*

- 1) **Ultrasounds:** Ultrasounds have, in fact, been implicated in autism among other neurological disorders. While there is no definitive "causal link," enough has been found to warrant further research and precautionary measures. Research shows populations exposed to ultrasound have a quadrupled perinatal death rate, increased rates of brain damage, nerve cell demyelination, dyslexia, speech delays, epilepsy and learning difficulty.
- 2) **High-fructose corn syrup:** is processed with mercury. Coca Cola Classic was found to have one of the highest levels of mercury due to HFCS of any product tested. I didn't eat one bite of fish during my pregnancy for fear of mercury, but I was getting large amounts of it in all processed foods, especially sugary drinks.
- 3) **Lortab/Acetaminophen (Paracetamol) while pregnant:** I have Fibromyalgia. It is painful normally, but it was practically unbearable while I was pregnant. My OB prescribed Lortab telling me that it didn't cross the placenta and was perfectly safe. I was in so much pain that I wasn't about to look into this further. I trusted my OB thoroughly and needed to feel better.

Did I honestly think that this was good for the baby? Of course not. Lortab is a Category C drug which basically means that not enough human testing has been done to qualify it as safe, but based on animal studies, there is reason to believe that it could be dangerous or problematic.

- 4) **Pitocin:** In either induced or enhanced use of Pitocin, the blood supply, and therefore the oxygen source to the uterus, is greatly reduced. With naturally-paced contractions, there is a time interval between contractions allowing for the baby to be fully oxygenated before the next contraction. In induced or enhanced labor, the contractions are closer together and last for a longer time, thus shortening the interval where the baby receives the oxygen supply. Reduced oxygen to the baby in labor has life-long consequences on the baby's brain function.

*Gerner Chiropractic  
Changes Continued...*

**New artwork!** Many of our patients have commented on our beautiful and energetic artwork. We've recently added some pieces that also teach a lesson about health and our body's innate ability to heal itself.

**Television monitor in the reception room!** Now when you are waiting for your regular adjustment, you can be learning about Chiropractic care and your body. We plan on playing educational videos on many different topics such as natural birth, immunity, sports and performance, and much more. Please let us know if you have a video or favorite topic you'd like to see.

**Newsletter and updated research!** Hopefully you have enjoyed our monthly newsletters... we sure have! It's been a great experience to update our research, find current information on critical topics, and to literally help the public to be informed. We strive to present useful, evidence based information and to not just "fill the page" for our own benefit.

**Expanded media presence!** We're currently re-designing our Facebook and Twitter pages, our website, and a few others. Keep an eye out for us and make sure to LIKE us! The further we can reach out with our education, the more lives we can change!

**COMING SOON- WE'RE CHANGING OUR NAME!** My business advisor asked me, "If you want to be different from the average Chiropractor, then why does your name just say 'Chiropractic'? Why work doubly hard to educate people who are expecting the usual crack"? We are currently changing our logo, website, and all media presence to reflect our holistic mission. Keep an eye out for the big unveiling at the beginning of 2014. You're gonna LOVE it!

## LEADING CONTRIBUTORS TO AUTISM

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5) **C-Section:** George Malcolm Morley, OB/GYN has done extensive regarding C-Sections and autism and has concluded that, "A baby born by C-section is 3-4 times more likely to have autism." His theory is that it is due to ICC (immediate cord clamping). There are so many different elements that play a part in C-sections, however, that it is hard to determine which specific aspect is problematic: anesthesia, maternal immobility, labor trauma, cord clamping, post-op drugs or lack of friendly bacteria due to bypassing the vaginal canal are all suspect individually. It is easy to see how a combination of all of the above could have a negative impact.

6) **Antibiotics:** My son was exposed to antibiotics while he was in distress during labor. He was then exposed for the first two weeks of his life via breast milk. He then received five courses of antibiotics before he was a year old for chronic ear infections. At his six-month "well" visit, he was diagnosed with his second ear infection. He received vaccinations for seven different diseases despite being ill, and we left with a prescription for Amoxicillin, which didn't work so the pediatrician prescribed a course of Augmentin. After one dose of this drug and within 24 hours, my six-month-old baby had 35 acidic, liquid bowel movements. The skin literally peeled off of his bottom in sheets. I had never seen anything like it at that time, and I haven't since. The pain that he was in was beyond description. I called the doctor and she changed the antibiotic to yet a different kind. So he had three different types of antibiotics in his system within eight days. This episode was the biggie. His gut was never the same after that. Nothing was.

Augmentin has been implicated in autism. It is comprised of Amoxicillin and clavulanate potassium. When it is manufactured, the clavulanic acid is fermented which involves large amounts of urea/ammonia. Even a small amount of ingested ammonia can potentially cause gut and brain inflammation. This was never mentioned when I was handed the prescription. If it had been, I would have made a very different decision. I strongly urge you to do your homework before using this (or any) drug.

7) **Vaccines:** I really don't even know what to say about vaccines other than to say that if I had it to do over again, I would have made a very different decision. Shortly after my son turned three, we left the pediatrician that led us to this point. The new MD looked at my son's blood work and heavy metals testing and informed me unequivocally that my son was vaccine injured and that he had never been a candidate for immunization. Due to my history of fibromyalgia and the fact that autoimmune disease and digestive disorders are pervasive across both sides of our family, he never should have been vaccinated. Add in the birth history and the fact that he had severe jaundice and a cephalohematoma that took more than six months to resolve, plus rashes, severe reflux, chronic rhinitis and ear infections along with eczema, it should have been very apparent that his immune system was not functioning properly. Vaccination **REQUIRES** a properly functioning immune system to work, which may explain why he has ZERO titers to the diseases he was immunized against. According to the CDC and the vaccine inserts, children should not be vaccinated if they are sick or on antibiotics. My son was sick and/or on antibiotics for almost every single round of vaccinations. People, I know what happened to my kid. I KNOW. I watched it.

I am not suggesting that vaccines are **solely** responsible for **every** child's autism. I **know**, however, that they caused irreparable damage to my son's immune system, which ultimately led to his autism. There. Done.

## LEADING CONTRIBUTORS TO AUTISM

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### UGLY SWEATER SPECIAL



Show us your ugliest Christmas sweater! We will take your picture and enter you in our contest to win great prizes like FREE ADJUSTMENT, FREE MASSAGE, DINNER OUT ON THE TOWN, STRENGTH TRAINING SESSIONS, and DAVIS DOLLARS!!!

You can also vote for your favorite ugly sweater to enter our drawing. There will be a winner on each 12 days of Christmas!



8) **Acetaminophen/Paracetamol:** My baby received an incredible amount of this. Acetaminophen shuts down the production of glutathione, the body's #1 antioxidant. Glutathione is absolutely critical in the body's ability to rid itself of toxins. So, one of the absolute worst things you can do is to give a baby acetaminophen when they get vaccinations or when their body is trying to fight an infection. The nurse at my son's pediatrician's office literally dosed him with acetaminophen at the exact moment she stuck in the needle. When the ear infections and stomach pain and fevers started as a result of the vaccine damage, I gave him acetaminophen to alleviate his pain. Are you starting to see how all of these horrors interlace.

9) **Fluoride:** Fluoride contains fluorine. Fluorine is only slightly less toxic than arsenic and is more toxic than lead. It is also a carrier molecule. It loves to combine with other materials and create even more toxic situations. It also can cross the blood/brain barrier. So if there is circulating aluminum in the body from say, vaccine adjuvants for instance, or if there is lead in the joints of water pipes, the fluoride can attach itself to these toxins and escort them right across the blood/brain barrier and into the brain. According to the National Research Council, 36 studies have linked fluoride with reduced IQ in children.

We didn't even **have** fluoridated water. I actually purchased it and gave it to my son **on purpose**. My pediatrician told me that he needed it because our water wasn't fluoridated. I bought "nursery water" that came in cute little plastic bottles with pictures of Bert and Ernie and Cookie Monster on them. I also gave him prescription vitamins—Poly Vi Flor—that contained fluoride. After all of this, he still required dental work by the time he was five, which required general anesthesia that contained- you guessed it—fluoride. Fluoride is also in many pharmaceuticals, including the antibiotic Cipro—drops used for ear infections—and Diflucan—the yeast killer we used off and on for years. Why did I make sure that I didn't give him toothpaste that had fluoride in it because it was poisonous, but give him fluoridated water? If you want a good scare, read the label on a tube of fluoridated toothpaste sometime. Ingestion of only half a tube of that candy-flavored fluoridated toothpaste could be fatal to a child, and yet we fluoridate our water supply. It is criminal in my opinion.

I can think of many more things I did wrong that I am sure contributed to my son's health crisis. I will mention diet, toxic cookware, benzocaine teething gel and toxic building materials. I am writing this to try to hit the biggies that people really need to research to make better decisions than I did. I truly believe that my son's autism was preventable. Think. Research. At this point, you can't afford not to.

*Comments from Dr. Lynn- I can't help but be excited that many of these things can be avoided by receiving Chiropractic care during pregnancy and childhood- reduction of pain and discomfort for Mom during pregnancy (avoidance of medication), easier/safer births due to pelvic alignment (avoidance of Pitocin and C-sections), and an increased immune system to avoid infant/childhood infections (avoidance of antibiotics and medications) and a higher resistance to toxins.*

**\*\*\*** *If you choose to vaccinate your child, I would advise supplementing your child with **glutathione** (the anti-oxidant mentioned, which is inhibited by Acetaminophen), either through the breast milk or directly. This can be purchased in most any health food stores in the form of **N-acetyl cysteine** (NAC) which then converts to glutathione in the body.*