

# In Good Hands

A Free Monthly Newsletter For The Friends and Practice Members of Dr. Jacob Hans  
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"You don't aim at the bull's-eye. You aim at the center of the bull's-eye."~Raymond Berry, Coach  
**Urgent Information Every Parent MUST Know**  
**Before Sending Your Children Back To School...**

**"Last Year Alone, 3,300 Children Age  
5-14 Were Treated In Emergency Rooms For  
This Back-To-School Related Activity! ...  
Do You Know What It Is?**

*And How You Can Avoid It Happening To Your Child.*



**S**an Diego – It's an exciting time for millions of children and parents all over the world. After a well deserved summer vacation, it's time to head back to school. And what does back to school mean to most moms and dads?...

## **Shopping!!!**

That's right.... School supplies, notebooks, paper, pens, pencils, the latest fall fashion clothes... and... one of the hottest trends of the last few years... backpacks.

Back-to-school shopping will begin soon, and backpacks are a popular item. Millions of elementary, middle, and high school students are heading to their classes with overstuffed backpacks slung over their shoulders.

While carrying a backpack to school every day may seem harmless enough, it can cause painful neck and back problems and injuries for students who don't pack or carry their backpacks properly. Those heavy loads can cause repetitive stress injuries and spinal pain that will worsen with age and may last a lifetime.

Some studies actually say that if they are used improperly... they are outright dangerous and can cause permanent damage to your child's spine... possibly leading to herniated discs and arthritis.

Here are some shocking back pain and back pack facts:

- The Consumer Products Safety Commission estimates that more than 3,300 children aged 5 to 14 were treated in emergency rooms last year for injuries related to backpacks.
- Backpack-related injuries are up 256 percent since 1996.
- According to researchers at the University of Michigan spine program, up to 60 percent of children will experience back pain by the time they reach age 18.
- An Auburn University study shows heavy backpacks may be a serious threat to spinal development. In their survey sample, the average pack was 17% of the child's body weight. This is the equivalent of a 150 lb. adult carrying a 26 lb. pack. 67.2% of the children studied suffered muscle soreness, 50.8% back pain, 24.5% numbness and 14.7% shoulder pain. Studies at Johns Hopkins Children's Center also show overloaded backpacks as the cause of shoulder or lower-back pain and poor posture in kids.
- A study recently published in the journal, Spine, found that 6 percent of 10-year-olds complained of back pain, while 10 to 15 percent of 12-year-olds reportedly had back pain.
- A recent scientific experiment found that carrying a backpack alters the mobility of spinal bones, leading to restricted movement – a risk factor for back pain
- Another study using magnetic resonance imaging (MRI) to examine the effect of backpacks on their intervertebral discs of the spine, the fluid-filled "pillows" between spinal bones. According to the article, backpacks alter the fluid content of these discs, a risk factor for disc herniation and osteoarthritis.

- New research reveals an alarming danger associated with childhood backpack use. This research stems from the increasing number of reports of childhood back pain in recent decades. By the end of their teen years, 60% of youths experience at least one low back pain episode. And new research indicates that this increase may be due, at least in part, to the improper use of backpacks.
- Research presented at the American Academy of Physical Medicine and Rehabilitation's annual meeting in San Francisco stated that children carrying a load of 25% their body weight had balance problems and were more likely to experience injuries from falls.

It's obvious from all the research that CAN be dangerous and CAN cause damage to your child's spine IF they are not used properly.

**One of the biggest safety hazards with backpacks is overloading them.**

Many children are carrying up to 40 lbs. and are hurting themselves.

If your children are feeling headaches, neck aches, bad posture, achy and strained muscles, low back pain, muscle spasms, tingling hands, and increased scoliosis complications, they are carrying too much weight improperly.

Your children should carry no more than 10-15% of their body weight on their backs. Here are some backpack weight guide lines to go by:

**A child weighing...**

- 40 lbs should carry no more than 6 lbs.
- 75 lbs should carry no more than 11 lbs.
- 100 lbs should carry no more than 15 lbs.
- 125 lbs should carry no more than 18 lbs.
- 150 lbs should carry no more than 22.5 lbs.

**More Tips on Wearing Backpacks Properly**

Make sure the weight is distributed evenly. It helps to put heavier items on the bottom... this keeps the weight off the shoulders and improves posture.

Have your child wear both shoulder straps unless there is a specially designed backpack that is designed to use only one strap. Lugging a heavy backpack using one strap can shift the weight to one side which can lead to misaligned spinal bones, neck and muscle spasms, low back pain and walking improperly.

Get a pack with well padded or air-filled straps. Non-padded straps will dig into your shoulders and cause pain and injury.

If the back pack comes with a waist strap... Make sure your child uses it.

Many injuries actually occur from simply lifting the pack off the ground. To avoid this, make sure your child always lifts with their legs bent and their backs straight up and not bent forward.

Also make sure that your children only take what they need to school. The extra weight adds up fast!

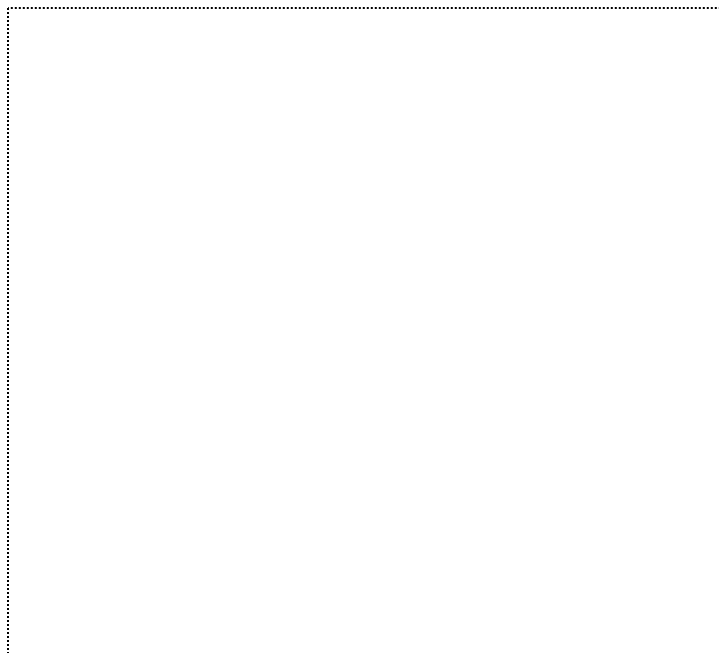
Last and most important, make sure your child has their spines checked here at the office to make sure their spine is in proper alignment and they are not setting themselves up for permanent injury.

**You Can Even Bring Them In With Their Backpacks And We Will Make Sure That They Fit Correctly!**

Remember 80-90% of all adults suffer from back pain at some time in their lives. More than 5 million adult Americans are sidelined from work each year due to chronic back pain.

I wonder how many of these problems started with injuries and lack of good spinal care as a child?

**....And don't forget, if you ever have any questions or concerns about your health, talk to us. Contact us with your questions. We're here to help, and don't enjoy anything more than participating in your lifelong good health!**



# Success Story Of The Month

(Names And Details Have Been Changed To Protect Privacy.)

## “How One Decision Can Shape The Rest Of Your Life...”

Life can be crazy. Sometimes it even seems to be out of control. At least out of YOUR control.

Things just seem to randomly happen. Sometimes we have good luck. Sometimes bad. No matter how hard we try... so many times NOTHING works out the way we wanted it to.

How many times have you thought... no matter what you do...things just aren't going to work out for you. It just isn't "meant to be." You're jinxed.

Some even believe their script has already been written... etched in stone... and they are just along for the ride. Nothing they can do to change it. They often give up when faced with tough times.

A wise man once said that where we are in life... right now... is nothing more then the result of all the decisions we made in the past. Let's be honest... who choose you spouse? Job? School? Town? House? How you spent you money? The only thing you didn't choose is your parents. Reality can be a tough pill to swallow.

If we had made different decisions... we would clearly have a different life. Better decisions... better life. Worse decisions... worse life. The difference between Mother Teresa and Charles Manson is the decisions they made and acted on. They're roles in history could easily have been reversed.

### So what does all this have to do with YOU?

Well, ONE decision can alter your entire life and here's a story to prove it...It was 3:00 p.m. that Sunday after when my phone rang. Sarah was on the other end... and... she was hysterical.

Sarah told me here son, Dominick, had been born 3 days ago and at first seemed to be in perfect health. A short time after birth, however, little Dominick would not breast feed. All the nurses and doctors said this was "normal" and he would begin to eat again on his own

This was NOT normal and little Dominick began to get sick.

After three days, he was very jaundiced (yellow skin) loosing weight rapidly and still would not eat. The doctors wanted to start little Dominick on a course of drugs. As you can imagine, Sarah was beginning to panic and didn't know what to do.

She actually thought it was her fault... there was something wrong with her that caused little Dominick to reject her.

Sarah asked me if there was anything I could do before they started the drugs. I was honest with Sarah and said I really didn't know... but if Dominick is cleared from an acute medical emergency and can come in for a few minutes... I would take a look at him.

A few days later I did examined little Dominick and my findings were typical for many newborns... his neck had been injured in the birth process. The force of the delivery had misaligned the top bone in little Dominick's neck, impinging on the delicate nerves that control all the functions of the body.

His muscles had gone into spasm in an effort to protect the area. Basically he had hurt his neck during birth and was in too much pain to turn his head to eat. It's actually pretty simple.

### The Decision And Moment That Changed Little Dominick's Life... FOREVER!

I told Sarah what I discovered with little Dominick and that a simple, gently adjustment should solve his problem. She talked it over with David and decided to give it a try.

A few minutes later, little Dominick received his first chiropractic adjustment at the age of 6 days and a few hours. With gentle pressure that was barely even noticeable (Sarah asked me when I was going to do it after I was already done!) the pressure on little Dominick's neck was relieved. I could feel the tight muscles start to melt away immediately.

Little Dominick stopped crying and went right to sleep. But he didn't sleep long. Nope. About 40 minutes later he was crying like a little mad-man. Sarah picked him up and he instantly began to nurse.

I don't have to tell you the relief Sarah felt at that moment. Both Sarah and David got their first nights sleep in over 6 days.

Over the next couple days, little Dominick's jaundice rapidly disappeared, got a clean bill of health from the pediatrician, and is a healthy 3 year old boy today.

I often wonder about that decision Sarah made that day. I wonder what would have happened to little Dominick if she didn't bring in little Dominick in for check up. Would he be the healthy 3 year old boy he is today or would he have a life filled will pain and sickness?

I can't honestly answer that question... but... I can say this: The decisions we make today can have an immeasurable impact of our future and the future of our loved ones. They can shape your entire life.

Take the time to get ALL the facts, like Sarah did, before jumping into something just because it's the easiest choice. You'll be happy you did.

***We love helping our patients and their friends and relatives through their tough times and getting them feeling better! We are here to help you stay feeling better and looking younger! Don't be a stranger. Call us, and we will assist you in putting together a customized maintenance plan. It's not a luxury anymore! With our low monthly payment plan, it's less expensive to maintain your good health! You really can afford Network Spinal Analysis care! Don't wait until you can no longer move!***

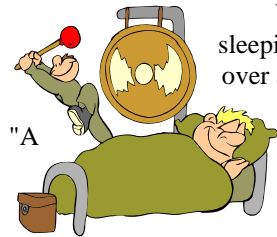
## Did You Know?...

*(Our monthly feature of tidbits of news and info to make your life easier and more fun, so you're healthy all the time!)*

1. You can save tens of thousands of dollars by sending your kids to Canadian colleges instead of schools here in the US? The schools rank with the best of the US universities, but are heavily supported by the Canadian government, so they are much more affordable than a comparable college in the US!
2. Auto insurance rates are actually dropping for many drivers! Now may be a great time to check with your agent, or when your renewal notice comes to check with some other companies. Rates are very competitive, and many companies are trying to lure you away from your current carrier and switch to them. Nothing like a buyer's market to get what you want at a lower cost!
3. If you get stuck with a travel schedule that is changing and you are told that the flight you want to take instead of your original flight is booked, don't panic yet. Many airlines have big no-show rates, and going stand-by can be just what the doctor ordered! British Airways, for example, says a recent no-show rate average was 22%! So, keep this Plan B in mind if you need to make adjustments to your plans!
4. You could increase the risk of coming down with age related disorders such as diabetes and hypertension (high blood pressure) much sooner in life if you don't get enough sleep! Researchers at the Free University in Belgium found that people who don't get adequate sleep for prolonged periods of time are far more likely to get these ailments at younger ages than people who do get proper amounts of sleep. Moral of the story: You need to get enough sleep along with the right amount of exercise and correct nutrition!
5. One out of six missing children is found because their photo is widely distributed? People who recognize the child from the pictures call the hotlines and help them get reunited with their families. Guess who the biggest distributor of missing children's photos is? You'll never guess. OK, it's the IRS! How about that? In the 1999 tax forms, it printed millions of copies of photos.
6. If you want to retain some measure of privacy, you should be careful when surfing around on the Internet. Many web sites quietly track everything about each visitor, and use the information for profiling users. Information they will use for their own marketing purposes, and sell to other web marketers who will chase you around to buy their wares. You should read every site's privacy policy, and opt out of information you don't want to receive. Avoid entering on-line contests or sweepstakes, as they usually only in existence to get email addresses to sell. You can also use software to make yourself more anonymous on-line. Two companies who sell this software are: Zero-Knowledge and Anonymizer. (They both have web sites with their names as the web address, but swear they won't profile you if you go there!)

## Tip of the Month...

### How To Help Your Kids Stay Awake And Alert On Their First Day Of School...



We all face it every year. The story plays like a broken record... After a summer of staying up late and sleeping in, it's impossible to get your kids up for the first day of school. They moan. They groan. They just roll over and play dead!!! Well here's some advice from sleep specialists so when the school bell rings this year your kids pop right out of bed... bright-eyed and bushy tailed... ready to take on the new school year!

"A good night's sleep is important to a child's health and safety," says Timothy Hoban, M.D., a pediatric sleep specialist in the Division of Pediatric Neurology at the University of Michigan Health System. "When children come to school feeling alert, they are ready to learn."

To help children get the sleep they need throughout the year Dr. Hoban offers the following tips:

Create a bedtime pattern. Bedtime patterns are important, regardless of a child's age. It should include at least 15-30 minutes of "slow-down" activities. Just before bedtime, encourage quiet time. Stop television, exercise, computer and telephone use, and avoid caffeine and sugar.

Establish a regular schedule for going to sleep and waking up. Parents and children should plan a daily schedule that includes the basic daily sleep requirements for particular age groups. It is important to stick to the schedule... even on weekends.

Balance is the key. Always be on the look for and keep a list of activities that allow for downtime and sufficient sleep time. Avoid an overloaded school schedule that can lead to stress and difficulty coping, which can contribute to poor health and sleep problems.

Children mimic what they see. Parents and guardians can be role models for school-aged children by establishing their own regular sleep schedules and a home environment conducive to health sleeping habits.

Become a sleep champion. Take steps to encourage... scheduling of events to help children keep their sleep schedules appropriate activity start times. Discuss the importance of sleep to help your children better understand the importance of sleep to their overall health.

**Here are the sleep guidelines for children recommended by The National Sleep Foundation:**

Preschoolers 11-13 hours/night

Elementary school students 10-12 hours/night

Pre-teens 9-11 hours/night

Teens 8.5-9.5 hours/night