



DR. GOTTENBORG

Children and Antacids

We received a great deal of feedback regarding our article on indigestion. Many of you had questions about the use of acid stopping medications for your children. Surprisingly, it is quite common to see infants and young children on acid stopping medications for simple disorders, like colic and indigestion.

The dispensing of many drugs for high blood pressure, sleep, cholesterol, depression and stomach acid are unnecessary, as their only purpose is to control or manage a symptom, rather than address the underlying cause. There is nothing natural about giving your children acid-stopping medication, and while it may provide short term relief, there undoubtedly will be consequences.

"IT IS OKAY NOW FOR KIDS TO TAKE ANTACIDS!"

The Journal of Pediatrics, March 2007, reported that it is safe and effective for kids to use proton pump inhibitors (PPI's) to stop reflux and acid indigestion! Most of these kids took Prilosec, but Prevacid and Nexium were also OK'd for children. Despite the evidence that PPI's can cause all kinds of problems, including increased infections, vitamin and mineral deficiencies, iron and calcium malabsorption, and possible permanent illness - it is now deemed "OK" to treat kids with this stuff.

Why Are PPI's Bad for Kids?

1) These drugs cause acid rebound. Quitting these drugs is extremely difficult because the acid response in the stomach is even stronger causing severe rebound pains and heartburn.

2) Adequate stomach acid is critical as a primary defense against food-borne infections. So these drugs set kids up for more cases of food poisoning.

3) While kids are still developing their skeletal structure, they will suffer depleted mineral absorption needed to maintain strong bones.

4) While they are undergoing the emotional ups and downs of childhood and adolescence, kids will suffer from depleted B-vitamin absorption needed for good mental health.

Instead of drugs, feed your kids whole, natural food. Take away soda and give them clean water. Eliminate sugar and cut wheat and grains to almost zero. This will resolve almost all kids' heartburn. If not, and especially if they also have the "earps" (a chronic, "burpy", "hickupy" reflux), check them for hiatal hernia. I have used light, downward finger pressure at the base of a young children's sternum (the wish-bone area of their chest) to strengthen their diaphragm with miraculous and almost instantaneous results. (*Health Alert)

If you wonder why you've never heard this from your medical doctor, its because their education lacks the courses and training. Secondly, the science of nutrition is complex and testing is difficult to perform. Finally, nutrition is not standardized. The word standardized means to make all types or examples of something the same or bring them into conformity with one another.

It is my opinion that we are all unique and different and how we are treated should reflect this. Secondly, treatment choices are often dictated by the complaint and its severity, rather than the underlying cause. And finally, the pharmacy companies are just around the corner offering biased information, free trials, and protocols for the dispensing of their drugs.

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Carb Addiction?

Food is composed of three basic ingredients: carbohydrates, protein and fat. The body needs all three in moderate amounts to function properly.

During conversations with people I realize the confusion that exists relative to their consumption of carbohydrates and what they believe is a healthy diet. For example, a breakfast consisting of orange juice, whole wheat toast and oatmeal may appear healthy but without protein, it might challenge people with blood sugar issues, weight gain, cholesterol and mood swings.

When a food is being digested, enzymes in your stomach break down glucose, which is absorbed into your blood stream. The pancreas responds by releasing insulin, which allows glucose to be distributed to our body's cells for energy.

Consider what happens if you consume too many carbohydrates. The body breaks down the carbohydrate rapidly, flooding the bloodstream with glucose, which triggers a rush of insulin - too much insulin. Insulin does much more than dispersing glucose, it can cause blood sugar to drop lower than it should. As a result, hunger pangs return sooner.

Not only does your insulin level rise, but if you consume too many carbohydrates the body could store it as fat, **elevating your cholesterol, triglycerides and LDL's (bad cholesterol)**.

But I Don't Eat Carbohydrates

An imbalanced Ca/Mg ratio, on a **hair mineral analysis**, usually indicates excessive carbohydrates in the diet. Consumption of too many carbohy-

drates elevates the ratio between calcium and magnesium (Ca/Mg), even while healthy blood sugar levels remain somewhere in the range of 60-120 mg/dl. The strength of a hair mineral analysis is that it reveals metabolic trends (hypoglycemic or a pre-diabetic stage) sometimes long before the person develops clinical symptoms and findings, like an elevated blood sugar level.

Unlike a blood profile that provides values at the specific time of draw, a hair mineral analysis provides a picture of your mineral levels over a three month window.

For more information, about testing, healthy eating and making good choices, contact our office at 218-863-2134 or gott2134@loretel.net.

Why Vital Balance?

Let me tell you why we chose this heading for our newsletter and the idea behind our logo. Since 1990, I have worked closely with a massage therapist, one in particular, Ernest Huhta, CMT. I think both of us have benefited from a partnership that strives to understand the relationship between structure, soft tissue (ligaments, fascia and muscles) and the most intricate system of all, the nervous system.

It stands to reason that if a muscle remains tight, from overuse, injury, lack of exercise or poor nutrition, the ability to hold an adjustment or correction to the spine or for that matter any joint is compromised.

That being said, nutrition is fundamental to healing and repair. What we chose to eat provides the nutrients that support cell growth and replication (repair and healing), nourishment, energy production and the building blocks for the

ever important hormones.

This is the reason for the three leafed plant. The first leaf represents chiropractic, the second, massage therapy and the third, nutrition.

Questions & Answers:

Q: Will any of the supplements that have been prescribed for me interfere with prescription medications I am already taking?

A: No. the reason is that all the supplements that we prescribe are composed of natural substances, no chemicals or drugs. Think of these supplements as food or nutrition, not as medication.

Q: Do I need to inform my regular medical doctor about the supplements you have prescribed?

A: It is not necessary, nothing that we recommend or prescribe to you will in any way interfere with or cause reactions with any medical treatment you may undertake or already be under.

Remember, these supplements are just food.

Remember to Eat an Apple-a-Day!

