



The holiday season is here! With our busy schedules and the swiftly changing weather, it's more important than ever to keep ourselves healthy and strong! In this issue of Hands on Health, we address some of the common health issues we face during the winter season- ear infections in children, cold and flu season, and effectively detoxifying the body. We want to keep you and your family happy and healthy this winter, so we hope this information will help make that a little easier! Happy Holidays!

**Yours in health,
Dr. Barron**

Give the Gift of Health

Don't know what to get for someone on your list this Christmas? How about a relaxing massage?



December Special

- Buy 1 – Get 10% off!**
- Buy 2 – Get 20% off!**
- Buy 3 – Get 25% off!**

Call Diana at (314) 707-9046 to purchase gift certificates for your family and friends!

Keep your family and friends healthy this holiday season by giving them a referral certificate for a complimentary spinal scan and evaluation at Barron Chiropractic. Please ask Brandi or Tarah for certificates.



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Chiropractic for Chronic Ear Infections

By Jane Sheppard



More and more parents are beginning to look to chiropractors to complement their children's health care. Chiropractic care involves diagnosing spinal misalignments and correcting them by adjusting the spine. A slight pressure is most commonly used with children rather than the more forceful manipulation sometimes used with adults.

Chiropractors attempt to get to the root cause of a health problem rather than just treat the symptoms. Misalignments of the spine (also called subluxations) can occur during childbirth, from tumbles or falls, or from any other normal activity. Misalignments left untreated can irritate the nerves and eventually disrupt the body's ability to function properly. The purpose of a chiropractic adjustment is to help to restore the normal functioning of the nervous system so the body can heal itself without the use of drugs or surgery.

Ear pain is the number one reason for child visits to chiropractors. Many chiropractors believe that there is a strong link between the birthing process and recurrent ear infection, also known as otitis media. During the birthing process, cervical (neck) vertebrae can become misaligned, disrupting nerve function, which can affect the eustachian tube. This may lead to fluid buildup in the middle ear and cause otitis media.

Ear infection or otitis media accounts for over 35% of all pediatrician visits in the United States. Antibiotics, the usual treatment, are not always effective and may even lead to a recurrence of ear infections. Many children are dealing with a continuing cycle of repeat ear infections, which lands them back at the pediatrician for more antibiotics. For nearly 100 years, the chiropractic profession has claimed that ear and other upper respiratory infections respond favorably to chiropractic adjustments.

A promising study published in the *Journal of Clinical Chiropractic Pediatrics* indicates that there is a strong correlation between chiropractic adjustments and the resolution of ear infections. 332 children with chronic ear infections participated in the study. Each child, ranging in age from 27 days to 5 years, was given a series of chiropractic adjustments. The results show that close to 80% of the children did not experience another ear infection within the six-month period following their initial visits. The six-month period included maintenance treatments every four to six weeks. Please visit www.icpa4kids.org for more information.



DID YOU KNOW?

For every 2.2 lbs increase in your weight, you increase your risk of diabetes 4.5%-9.0%.



STANDARD PROCESS PURIFICATION-DETOXIFICATION

Why do I need purification?

Purification, also known as detoxification, can help you remove natural toxins from your body and help maintain a healthy weight. We are exposed to external toxins every day, including pollutants, pesticides, and chemicals. Internally our bodies produce waste byproducts as a result of normal metabolic function. Although your body is designed to rid itself of these toxins naturally, it can become overburdened. Purification offers your body additional support to expel natural toxins and minimize your weight, which is important to maintaining your health and vitality.

What are the benefits of purification?

A purification program can have a significant, positive effect on the biochemistry of the body. By participating in a purification program, you may notice improvement with the following:

- Fatigue
- High Cholesterol
- Headaches/Migraines
- Skin Problems
- Arthritis
- Digestive Issues
- Weight
- High Blood Pressure
- Allergies-Asthma
- Female Problems
- Fibromyalgia
- Trouble sleeping

How is purification different than any other diet or detox?

The Standard Process Purification Program is not a diet. It is a program that helps you live a healthier life by purifying, nourishing, and maintaining a healthy body and weight. Most detox programs focus on herbs to stimulate bowel movements. This program uses nutrient-rich foods and whole food supplements that provide the complex combination of vitamins, minerals, and antioxidants needed to promote optimal health.

Our last group of participants lost 177 lbs. in 21 days and felt great!

Standard Process Purification Program Workshop

Presented by Dawne Watters

Tuesday, January 11th @ 6PM

At Barron Chiropractic

Invite your family and friends!

Please call to RSVP by Thursday, January 6th. Seating is limited.

IMPORTANT DATES

December

12/6-12/17- Animal Shelter Drive
12/23- Limited Hours- 8am-1pm
12/24- Closed- Merry Christmas!

January

1/11- Standard Process Purification Program Workshop

NOW AVAILABLE

Andrographis Complex

Immune System Rescue!



The immune system is our body's natural defense mechanism. When it's strong and healthy, we can be prepared for whatever comes along. Give it the boost it needs to stay strong with Andrographis Complex.

What is Andrographis Complex?

Andrographis Complex is a potent blend of Andrographis leaf, Echinacea angustifolia root, Holy Basil leaf and essential oil. This therapeutic formulation works effectively to support normal immune function, especially if your immune system is under stress.

Who needs Andrographis Complex?

Andrographis Complex is for everyone who needs short-term support for their immune or respiratory systems when they are under stress.

- *Enhance immune system function*
- *Support healthy respiratory system function*
- *Support and maintain normal body temperature already within normal range*
- *Support healthy immune response following stress, sudden changes in weather or temperature*
- *Encourage adaptive response to occasional everyday stress*
- *Promote healthy liver function*

ANIMAL SHELTER SUPPLY DRIVE

December 6th - December 17th



We will be collecting supplies to donate to Humane Society of Missouri animal shelters this month. A list of suggested donations is available in our office or on our website.



Thank you and Happy Holidays!