



the
CHIROPRACTIC ZONE



Dr. Craig's Transformational Living News September 2010

As we enter September and the beginning feelings of Fall permeate our bodies and the Back to School cycle begins, I would like to send out a note of gratitude to my local Whidbey community who attended last month's Transformational Dialogue Benefit with guest Dr Grethe Cammermeyer. We were able to raise nearly \$400 for efforts of the [Whidbey Camano Land Trust's](#) purchase for the preservation of this 665 acre Trillium Woods parcel. The deadline for raising funds is less than a week away and we are SO CLOSE to making this a reality. Thank you all!

We are also continuing to expand our offerings here at The Chiropractic Zone and newsletter and webpage. If you missed hearing our last Transformational Dialogue (T.D.) with Dr Cammermeyer you can [CLICK HERE to listen to Grethe](#). In addition, several valuable resources were offered that evening and so I have included links along side the above recording link to the **August T.D. audio on Aging, and Preparing for Difficult Choices for Your Parents Care** for you.

I am excited to be presenting our **September 28 Transformational Dialogue with well respected Naturopath Robert Jangaard, ND to explore unique Bio Energetic Testing** procedures that complement more traditional diagnostic testing equipment. I am thrilled to say that this is the first time I have had the privilege of hearing Dr. Jangaard speak publicly and I feel honored that he accepted my invitation. The event will benefit the South Whidbey Childrens' Center. See below for more information.

Another new offering that I am thrilled to announce is our first evening [Mindfulness Meditation](#) led by psychotherapist, Erica Rayner-Horn of Mindul Psychotherapy, on **Monday, September 27, 6:30 - 8 PM** at the Chiropractic Zone/Sears House. See below for more information.

Are you ready to create something great in your life? This month Alina Frank and I will be putting on [The Manifestation Wheel Workshop](#) on Sunday, **September 12**, from 12:30 - 5:30 PM. This is a powerful process that has been to created using both Native American Medicine Wheel teaching methodology along with EFT based techniques to assist you in visioning what you are ready to create in your life (think home, relationships, abundance, work you love, etc) and removing whatever blocks are getting in your way. Cost is \$65 with partial payment in Terras (Whidbey Island currency).

Wishing each of you a fabulous September!
Namaste,

Dr Craig

Raising Drug Free Children... What Exactly Does That Mean?

By Dr Craig Weiner, D.C.

www.chirozone.net



When I say Drug Free Children, you have to wonder, just what does Dr. Craig mean? Is he referring to the illicit or licit (is there such a word?) drugs?

After all, of course I am strongly against the use of illegal substances for children and adolescents. I have spoken at and been involved with many red ribbon youth programs that have worked to educate parents and children on how to avoid their exposure to and prevent their involvement in such brain and body harming activities. But what about the prescription drugs and the over the counter (OTC) ones?. Surely they cannot be too harmful can they? With all of our awareness to the many side effects and dangers of recent drug recalls and problems with i.e. Vioxx, Fosamax and others, we would be very careful about indiscriminate medication use. Well, not exactly... apparently television drug ads sell, big time...

A new study, published in the CDC's National Center for Health Statistics, says the percentage of Americans who took at least one prescription drug, rose from 43.5% in 2000 to 48.3% in 2008 That is practically HALF of all Americans are on a prescription drug of one form or another. The use of two or more drugs increased from 25.4% to 31.2% over the same decade (ONE THIRD of us are on TWO OR MORE PRESCRIPTION DRUGS!!), and the use of five or more prescription medications jumped from 6% to nearly 11%. In addition, nine of ten older Americans used a prescription drug the previous month.

Here is the really frightening news, for the same time period, they found twenty to thirty percent of our kids are on prescription medications (that is NOT including OTC drugs or illegal drugs). Here are the report highlights:

- One of every five children reported using at least one prescription drug in the month prior to being surveyed.
- 22.4% of kids up to age 11 used at least one prescription drug.
- 29.9% of young people 12-19 used at least one
- Two of the most commonly prescribed medications are bronchodilators for children, especially for the surging rise in asthma cases, and central nervous system stimulants for youths 12-19 years old.

Why are so many bronchodilators being prescribed to kids these days and why is one out of every 10 children diagnose with Asthma, (7 million children)? A recent study correlating Acetaminophen (Tylenol) use in over 322,000 children in 50 countries reported a connection (though not necessarily causal) that found three out of every four

(73%) of the youths studied, had used Tylenol during the past year and one-third used it monthly. Now here it gets interesting. Children who used acetaminophen at least once per year were 43% more likely to have asthma, 38% more likely to have severe chronic nasal congestion and 31% more likely to have eczema. But if the one-third of our children that used acetaminophen monthly, the associated likelihood increased to 250%, 239% and 99% respectively. Could this link explain the coinciding timing of 50 years of increasing public acceptance of this OTC pain reliever with the significant rise of childhood asthma we have seen?

As far as I am concerned, this all points to the still growing trend of accepting drugs as the American way of dealing with problems resulting from poor lifestyle choices with our attention, diet, lack of exercise and much more. Programs such as the Michelle Obama sponsored LetsMove.gov and local programs like that of Tom French and the [Experience Food Project](#) that work to change the ways kids move and eat, especially at school, are critical to avoid what appears to be a growing storm of chronic health problems that turn children towards lifetime prescriptions of obesity related diabetes medication, respiratory inhalers and more.

As a practicing Chiropractor for twenty years, I have the privilege of being able to work in a drug-free profession, with powerful healing drug-free methods to assist children and adults in getting and maintaining their health. I feel fortunate to not have the option of offering an easy "quick fix" of prescribing a symptom-relieving medication to my patients that may come to haunt me later when I find out what long term damage may have come from that.

The first rule of being a physician of any discipline is "Do No Harm". This also applies to us as in being our own inner healer for ourselves and our children.

Transformational Dialogue with Robert Jangaard

Tuesday, September 28, 6 - 7:30 pm

Benefiting the South Whidbey Childrens' Center

Bio-Energetic Medicine Techniques



Many of the cutting edge techniques and technologies in energetic medicine have been created in Europe and are still quite unknown here in the U.S, leaving many individuals and health care providers questioning their use and application. On Whidbey Island we have a well respected and long-practicing naturopathic physician who has employed a wide variety of these techniques and will be sharing his insights and knowledge as to their application and effectiveness.

Dr. Jangaard has practiced naturopathic medicine in Washington State since 1977. His undergraduate education was at the University of Washington (5 years) with a degree in Medical Technology. He was employed by Group Health Hospital for 4 years in Laboratory Medicine. He then attended medical school at the National College of Naturopathic Medicine in Seattle (graduating in 1976). His interest in the latest healing methods and his technical background led him to the emerging electronic systems of diagnosis and treatment called German Bioenergetics Medicine (also known as

German Functional Medicine). He began studying these methods in 1982 and has trained extensively in the U.S., Canada and Germany. He now incorporates this system into conventional and naturopathic methods at the [Jangaard Clinic](#) in Freeland, Washington.

Manifestation Wheel Workshop

Sunday, Sept. 12, 12:30 - 5:30

Cost: \$65 (or \$35 and 30 Terras)



How ready are you to create something fabulous in your life? I cannot tell you the magic that has occurred in my life within the last year...marrying my dream partner, creating a magical new office in the most wonderful location I could imagine, my practice transforming into what I always felt and knew it could be, creating an amazing new home and garden that we are about to purchase in a supportive community....it really is possible! So how did we do it and how can you do it?

this powerful process uses the Native American medicine wheel as a teaching paradigm, along with paired work, journaling, EFT techniques and more to empower you to manifest your greatest desires.

There is limited seating and we expect will sell out at this low price...so [CLICK HERE](#) to register.

Yoga with Annapoorne New Fall Series

Begins Thursday, Sept. 16, from 12 - 1:15



A new Hatha Yoga 6 week class series on Thursdays, will begin on September 16.

If you have been considering exploring Hatha Yoga, a gentle form of yoga for all ages you may wish to try this class. For more information, [CLICK HERE](#).

I also thought that I would post some recent research that reports how Yoga can effect important brain neurotransmitters that have a beneficial effect on health and well-being.

The study findings, published in the Journal of Alternative and Complementary Medicine, indicate those who practice yoga report greater decreases in anxiety and more improvement in mood than those who walked.

[CLICK HERE](#) to link to this article.

Mindfulness Meditation Premiere Offering with Erica Rayner-Horn, M.A.

Monday, September 27, 6:30 -8 PM

Cost: \$10 or free for anyone in financial distress



We live in very stressful times and in our struggle to manage our ever more demanding lives and frenzied schedules, it is easy to be continually on the run. As we juggle our busy lives, we hardly realize how distracted and tense we are, and the effect this accumulated tension is having on our health and well-being. Meditation is an appointment with yourself- a time to slow down, take a breath and relax into the present moment. It's a time for being-not doing.

What is Mindfulness Meditation?

It is the practice of bringing our attention to the present moment, without judgment, to whatever is arising inwardly and outwardly. It is being fully aware of our experience without any effort to change it. It is cultivating awareness of our life as it unfolds moment to moment.

Why is this helpful?

If you pay attention, you realize we live mainly in the past-in our memories, reliving what has already occurred- and in the future planning and strategizing for what will happen, but we rarely experience being fully present in this moment. Being distracted becomes a habit, and we distance ourselves from our own experience. Mindfulness meditation offers a way to face and embrace everything that arises -just as it is. We learn to develop a pause so we do not go into immediate knee-jerk reflex reactions of resisting or rejecting. Instead of pushing things away, we turn to face them. As we relax more and more, we develop the capacity to embrace everything that comes our way, with curiosity. It is not about escaping from reality or being in a trance...it is about waking up to richness of being alive. Right now- in this very moment! [CLICK HERE](#) to register or for more information.

We're not trying to improve or to get anywhere else. We are not running after special insights or visions. Nor, forcing ourselves to be non-judgmental, calm, or relaxed. We are simply inviting ourselves to interface with this moment in full awareness, with the intention to embody as best we can an orientation of calmness, mindfulness, and equanimity right here and right now. - Jon Kabat-Zinn

Erica Rayner-Horn MA, LMHCA, is a local psychotherapist with a private practice in Seattle. Erica has more than 30 years meditation training and experience as a practitioner in Zen Buddhism and Tibetan Buddhism-Vajrayana and Dzogchen. Her much-acclaimed CD *Finding Tranquility-Guided Mindfulness Meditations for Stressful Times* arose from her work teaching meditation in cancer support groups. Erica specializes in Mindfulness, Stress Reduction and how to live mindfully in these challenging times. She was professionally trained in Mindfulness-Based Stress Reduction at Kabat-Zinn's Center for Mindfulness, and is passionate about integrating Mindfulness into everyday life.

NEXT MINDFULNESS-BASED STRESS REDUCTION CLASS- begins in Seattle SEPTEMBER 30TH

CD *Finding Tranquility-Guided Mindfulness Meditations for Stressful Times*- available locally at Moonraker, Star Basics, Llynas and Book Bay.

More information: www.mindful-therapy.net & erica@mindful-therapy.net



Back Fitness Classes Continue on Mondays at Noon. Drop-Ins welcome!

See what happens when you forget to take care of yourself? Don't lose muscle tone or this might be you! \$15/class if pre-paid.