



Our Family Newsletter;



New Leaf

CHIROPRACTIC & WELLNESS CENTER

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Our goal is to inspire you, to provide you with the latest health care options available, make you smile, and help you to help us fulfill our mission – to reach as many parents and children as we can!

Breast-feeding. Smart:

There's just no easy way of saying this: Children who are breast-fed are smarter than those who aren't. And children who



nurse longer and more intensely are smarter still, according to the largest ever study on breast-feeding and intelligence.

The study, funded by the Canadian Institutes of Health Research, shows that children whose mothers breast-fed them for lengthy periods and more exclusively have consistently higher IQ scores than those who are nursed for shorter times and fed other foods.



Dr. Michael Kramer, head of human development and childhood health at the CIHR, led the study, published in the May edition of the *Archive of General Psychiatry*. "I haven't got a clue," Kramer, a professor of pediatrics and epidemiology at McGill University, said of the reasons for the difference. "It could be something in the milk

or, and this is my hope...it could be something related to the physical contact or the emotional contact between the mother and the baby during breast (feeding) that's not there during the bottle feeding," he said.

What his study does do, Krammer says, is dispel any lingering doubts that breast-feeding babies makes them an average three to five IQ points smarter than children who are fed formula.



The study comes on the heels of a 2006 paper out of the University of Edinburgh that attributed the heightened IQs of breast-fed babies to the fact many had more intelligent, health-conscious mothers.

The new study – by far the most thorough yet conducted – looked at some 17,000 healthy, breast-fed children from 31 maternity hospitals in Belarus.

Researchers divided the children into two groups, according to their mothers' breast-feeding training.

Roughly half of the mothers were given a nursing course developed by UNICEF and the World Health Organization to promote and prolong the practice. The rest of the

mothers nursed largely at their own whims and timetables.

Researchers found the mothers who took the Baby-Friendly Hospital Initiative course – given at some participating hospital and not others – nursed their babies considerably longer than mothers who breast-fed without instruction.



They also found the children in the former group scored higher average IQ scores when researchers tested them at 6 ½ years of age. About 14,000 of the original cohort were available for testing at age 6.

For example, the study found 43.3 per cent of mothers who took the nursing course were breast-feeding their children exclusively at three months compared with 6.4 per cent of untrained mothers. As well,



36.1 per cent of the trained mothers were still breast-feeding at six months compared with 24.4 per cent of the other group.

At their 6 ½ year follow-up exam, the children in the more intensely breast-fed group scored higher in every aspect of IQ testing and considerably higher – 7.5 points – in verbal skills. On average, children of the nursing-savvy mothers scored some 5.9 points higher than their control group counterparts.

It has long been argued that breast-feeding makes for smarter children. But past studies have typically relied on observation gathered years after the fact. Deborah O'Connor, a nutrition scientist and breast-feeding expert from Toronto's Hospital for Sick Children, says past studies have left doubt about apparent intelligence benefits, because they often were unable to weed out other factors that may have contributed to the results, including parental



income, education and infant health.

So there you have it. It is now official – Breast-fed babies are smarter!

45 lessons life taught me:

Written By Regina Brett, 90 years old, of The Plain Dealer, Cleveland, Ohio.

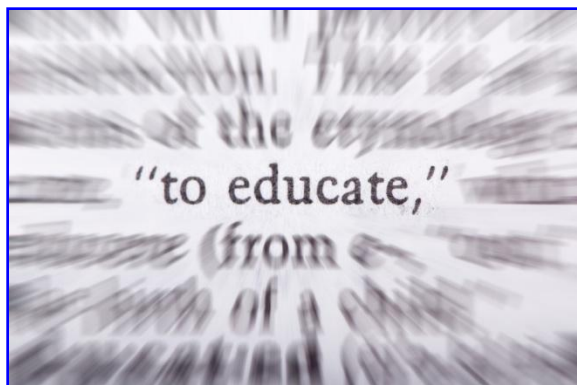


REGINA BRETT

"To celebrate growing older, I once wrote the 45 lessons life taught me. It is the most-requested column I've ever written."

My odometer rolled over to 90 in August, so here are the lessons once more:"

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short to waste time hating anyone.
4. Your job won't take care of you when you are sick. Your friends and parents will. Stay in touch.



5. Pay off your credit cards every month.
6. You don't have to win every argument. Agree to disagree.
7. Cry with someone. It's more healing than crying alone.
8. It's OK to get angry with God. He can take it.
9. Save for retirement starting with your first paycheck.
10. When it comes to chocolate, resistance is futile.
11. Make peace with your past so it won't screw up the present.
12. It's OK to let your children see you cry.
13. Don't compare your life to others. You have no idea what their journey is all about.
14. If a relationship has to be a secret, you shouldn't be in it.
15. Everything can change in the blink of an eye. But don't worry; God never blinks.

16. Take a deep breath. It calms the mind.

17. Get rid of anything that isn't useful, beautiful or joyful.

18. Whatever doesn't kill you really does make you stronger.

19. It's never too late to have a happy childhood. But the second one is up to you and no one else.

20. When it comes to going after what you love in life, don't take no for an answer.



21. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.

22. Over prepare, then go with the flow.

23. Be eccentric now. Don't wait for old age to wear purple.

24. The most important sex organ is the brain.

25. No one is in charge of your happiness but you.

26. Frame every so-called disaster with these words "In five years, will this matter?"

27. Always choose life.

28. Forgive everyone everything.

29. What other people think of you is none of your business.

30. Time heals almost everything. Give time time.

31. However good or bad a situation is, it will change.

32. Don't take yourself so seriously. No one else does.

33. Believe in miracles.

34. God loves you because of who God is, not because of anything you did or didn't do.

35. Don't audit life. Show up and make the most of it now.

36. Growing old beats the alternative -- dying young.

37. Your children get only one childhood.

38. All that truly matters in the end is that you loved.

39. Get outside every day. Miracles are waiting everywhere.

40. If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.

41. Envy is a waste of time. You already have all you need.

42. The best is yet to come.

43. No matter how you feel, get up, dress up and show up.

44. Yield.

45. Life isn't tied with a bow, but it's still a gift."

Remember that I will always share my spoon with you!
Friends are the family that we choose for ourselves.

Please...if you have any questions, or would like any information on any health topic, it would be my pleasure to help you! Talk with you next month.....