



Kids Our Family Newsletter first

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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!*

Neurology for Dummies?

You need to understand that your brain – your nervous system – totally controls you — all of you! Every little bit!



It controls the function of every organ, cell and tissue; your brain and nervous system control every part of your being. Your nervous system is comparable to a Super Computer that runs the whole show.

In order for your brain to communicate effectively with your body, however, there must be a connection between the brain and your body. That connection is called the spinal cord — just part of your nervous system. For those of you who are not very clinically oriented, think of the spinal cord as a telephone cable containing millions of tiny “wires,” called nerves. They originate in your brain and travel along your spinal cord to different

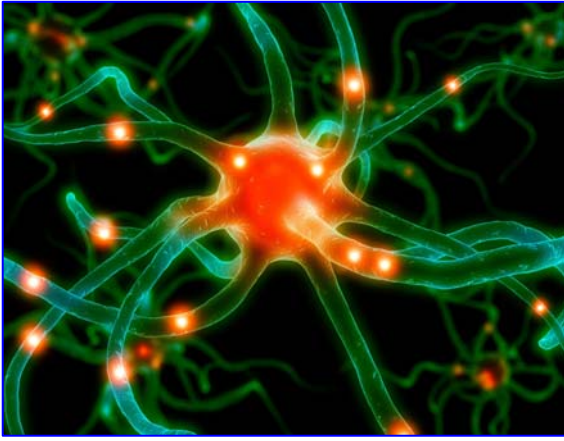
parts of your body; the longest nerve in your body being the sciatic nerve - it extends into your toes! And it can be up to seven feet long. That’s a lot of nerve!

The function of these nerves is to transmit information and messages between your brain and your body so that you can execute your program and maintain normal function and health. Isn’t that amazing?



The above message transmission is referred to as *Synaptic Transmission* - the nerve has to fire information across a tiny space — a synapse, located between the nerve and what is called, the end organ. This system relies on the release of neurotransmitter chemicals to affect message transmission. Synaptic Transmission is the conventional thought when people envision a “pinched nerve.”

Very recent evidence, however, points to a system that utilizes *Non-synaptic Transmission* to cause an effect on body



function. This research is brand new and deals with the idea of “wave propagation” and tone. It was discovered that messages sent by the nervous system could travel through “wave amplification” centers and affect other neighboring centers through resonance. Sounds complicated? Not really.



Imagine holding a tuning fork that is vibrating in the proximity of one that is not. You'll note that the vibration of one will start to affect the other. Thus, information is transmitted throughout the body by non-synaptic means – in waves.

To complicate matters even more, recent evidence points to a “chaotic construct” and individual cell neuronal synchronization - cell message centers. Now I am getting really complicated so let's leave that alone for the time being.

The bottom line is this: If the nervous system is allowed to function normally and

transmit information from the brain to the body and from the body to the brain with nothing interfering in this process, then you should have the best health you've ever had. We simply call this normal.

Imagine, however, taking a knife and cutting the spinal cord in half between the neck and the shoulders. How many of you suspect that this would not be a good thing to do? You are right. We have just caused a serious breach in communication between the brain and the rest of you. It would mean instant death.

Malfunction:

If on the other hand, we caused a small interference in the spinal cord – a tiny nick - making only part of your nervous system inoperative, and the rest transmitting information fairly normally, your body would then not function normally. In other words, your body would no longer be able to follow your program. It would malfunction.



Let's look at this closer. Consider, for example, driving your brand new Lincoln. Instead of having it running on eight cylinders, as it should, it is now only running on five. The dashboard warning bells, whistles and lights are all on, there is smoke appearing in the back of the vehicle and at every stoplight it stalls. But generally, it is still drivable. That would be a good example of malfunction.

Your body is similar. It can still function to a degree but you would not have what we call good health. I call this survival or just simply getting by. It is not OK.



To many of us, though, this seems to be the normal operating state for a human being. We even *expect* this state of affairs when we “get older,” and over our lifetime we surround ourselves with things we are no longer able to do. It soon becomes a wall so high we are unable to see over it. That is not health.

What would be examples of malfunction in the body? Let’s see . . . stiffness of movement (especially in the morning), numbness and tingling in the hands or feet, chronic cough, diarrhea, constipation, wheezing, dribbling in your underwear when you cough or sneeze (yes, the **DEPENDS** people love you!), ear infections, etc. There are thousands of examples of malfunction.

While I’m on this topic, allow me to say a word on the use of “Depends” or “Attends.” The simple problem of bladder incontinence affecting millions of people has been transformed into a “disease” so that a diagnosis can now be made and a drug can now be prescribed. Yes, this is now called “Overactive Bladder Disease.” Have you heard of it? I’ll bet you have. Listen up....How bizarre is that concept? Your bladder decided to dribble all by itself?

Without your permission? Who is in charge anyway?

(I’ll cover how you develop Disease, Illness and Symptoms in the March Issue – stay with me!)

Because I’m a Man:

Because I’m a man, when I lock my keys in the car, I will fiddle with a coat hanger long after hypothermia has set in. Calling AAA is not an option. I will win.

Because I’m a man, when the car isn’t running very well, I will pop the hood and stare at the engine as if I know what I’m looking at. If another man shows up, one of us will say to the other, “*I used to be able to fix these things, but now with all these computers and everything, I wouldn’t know where to start.*” We will then drink a couple of beers and spit on the ground, as a form of bonding.

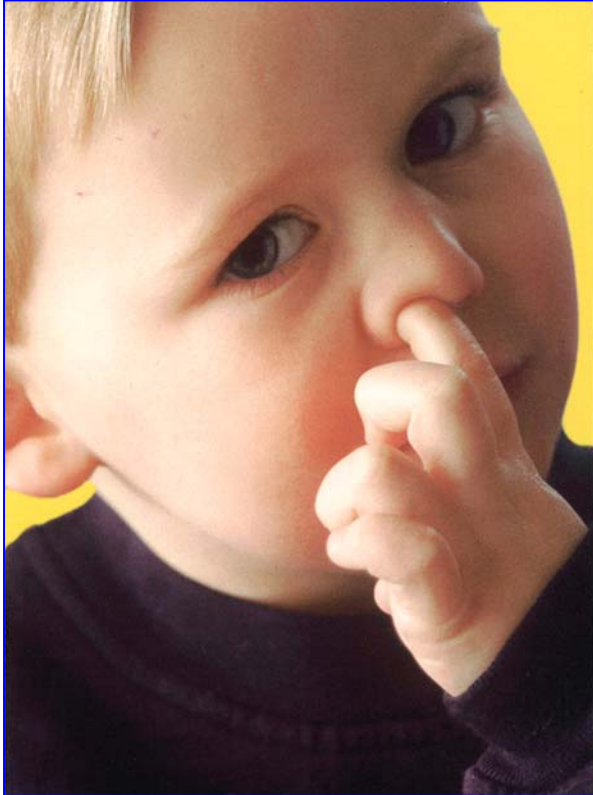


Because I’m a man, when I catch a cold, I need someone to bring me soup and take care of me while I lie in bed and moan. You’re a woman - you just never get as sick as I do, so for you, this is no problem.

Because I’m a man, I can be relied upon to purchase basic groceries at the store, like milk or bread. I cannot be expected to find exotic

items like 'cumin' or 'tofu.' For all I know, these are the same thing.

Because I'm a man, when one of our appliances stops working, I will insist on taking it apart, despite evidence that this will just cost me twice as much once the repair person gets here and has to put it back together.



Because I'm a man, I must hold the television remote control in my hand while I watch TV. If the thing has been misplaced, I may miss a whole show looking for it – and I will find it!

Because I'm a man, you don't have to ask me if I liked the movie. Chances are, if you're crying at the end of it, I didn't... and if you are feeling amorous afterwards, then I will certainly at least remember the name and recommend it to others .

Because I'm a man, I think what you're wearing is fine. I thought what you were wearing five minutes ago was fine, too. Either pair of shoes is fine. With the belt or without it, looks fine. It does not make your derriere look too big. It was the pasta and potatoes and margaritas that did that. Your hair is fine. You look fine. Can we just go now?

Because I'm a man, and this is, after all, the Year 2010, I will share equally in the housework. You just do the laundry, the cooking, the cleaning, the vacuuming, and the dishes, and I'll do the rest: Like wandering around in the garden with a beer, wondering what to do.

Comments made in the year 1955:

"I'll tell you one thing, if things keep going the way they are, it's going to be impossible to buy a week's groceries for \$20."

"Have you seen the new cars coming out next year? It won't be long before \$2000 will only buy a used one."

"If cigarettes keep going up in price, I'm going to quit. A quarter a pack is ridiculous."

"Did you hear the post office is thinking about charging a dime just to mail a letter?"

"If they raise the minimum wage to \$1, nobody will be able to hire outside help at the store."

"When I first started driving, who would have thought gas would someday cost 25 cents a gallon. Guess we'd be better off leaving the car in the garage."

"Kids today are impossible. Those duck tail haircuts make it impossible to stay groomed. Next thing you know, boys will be wearing their hair as long as the girls."

"I'm afraid to send my kids to the movies any more. Ever since they let Clark Gable get by with saying 'damn' in 'Gone With The Wind,' it seems every new movie has either 'hell' or 'damn' in it.



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.....