

Dr. Robert Kuhn, Chiropractor

September 23, 2009

CoPA Meeting at Child Development Resources

Summary Notes

Dr. Kuhn is a student of Deepak Chopra, and other natural healing. He is a teacher of chiropractors and a lecturer.

Obstacles to Peak Performance: Trauma, environmental stress, and environmental situations can be a barrier to a person's peak performance, including the birth process, falls, car accidents, medications, preservatives in food, gravity, emotional stress, poor sleep habits, sports injuries, etc.

Common childhood health problems often include ear infections, Vitamin D deficiency, bladder infections, symptoms of ADHD, etc.

There are 3 types of stress: Chemical, emotional, and physical

Chemical Stress: Decrease or eliminate chemical stress by monitoring diet (esp. your child's diet).

- Dairy products – 66% of known allergies are from milk products. Green leafy vegetables and orange juice have just as much calcium.
- High fructose corn syrup – known to be harmful and can build plaque on the brain
- Transfats – raise cholesterol
- Soda – there can be 12 teaspoons of sugar in one drink, diet soda is worse than regular due to the artificial sweeteners and formaldehyde
- Drink water – in correct proportion to your body weight
- Eat organic whole foods and vegetables
- Don't smoke, keep children away from cigarette smoke
- Keep clear of allergens - Mold can kill you. Learn about symptoms of prolonged mold exposure. Have your house checked for leaks and moisture that can cause its growth.
- Decrease or eliminate medications - long term use of Tylenol leads to kidney failure, multiple flu shots can be hazardous (i.e., 5 shots in a row can lead to Alzheimer's disease)

Emotional Stress: Decrease stress to create balance in life and preserve youth.

- For children, limit watching television and videos, especially those with violence
- Create a loving environment for children
- Talk to your child, talk about issues, don't let things fester
- Follow dietary suggestions (listed above)

Physical Stress:

- Exercise 3x/ week at a minimum - Lack of exercise decreases cognitive function
 - Yoga can help but it may not re-align your spinal column.
- Vitamin D from the sun - Outdoor play increases creativity and is calming
- Everyone should have proper vitamins/supplements to build a strong immune system and provide balance of body system.
 - Quality multivitamins and fish oil
 - Quality Vitamin C (large recommended dose) and Echinacea when you have a cold

Wellness Solutions:

Maintain a healthy spine and nervous system - Postural adjustments can change neurological patterns (e.g., respiration, hormone production) and can decrease pain, headaches, and change mood.

Exercise and get out doors – Exercise 3x/week at a minimum and go outside for 10 minutes/day of sun.

Drink water – 80% of us are dehydrated, we don't drink enough water and have too much caffeine

Follow a nutritious diet – Eat 5 meals a day of organic whole foods, fresh fruits and vegetables

Sweeteners – Use honey, Stevia/estevia, or agave (not fructose, not artificial)

Vitamins and supplements – ask your doctor or go the chopra.com or other recommended websites

Limit antibiotics – Antibiotics destroy the good bacteria and compromise the immune system.

Take osloconium (spelling) for flu - Flu shots are not recommended because of the additives. See merculo.com for a medical perspective.

Chiropractic Treatment:

Chiropractic treatment addresses postural distortion and good postural alignment can help musculature and internal organs. There are 2 types of chiropractors: those who treat injury and those who seek prevention. A chiropractor cannot cure anything but can “help the body to heal itself”.

A Harvard study stated that 83% of babies born have spinal trauma due to the medical birthing process. The newborn is pulled from the womb using a cervical twist and back extension. This often results in muscle pull and mal-alignment. 94 % of babies who are adjusted by chiropractors resolve issues such as colic. Dr. Kuhn demonstrated the adjuster that he uses.

Chiropractors and physicians should use x-rays and other diagnostics to see what is wrong with your spine. X-rays should be taken in standing.

Regular adjustments can improve your immune responses by 200%.

In a 40 year study, only 9 people had strokes while being treated by chiropractors.