

GUARD YOUR PEACE \* THE INFANT MICROBIOME \* FEARLESS BIRTH

# pathways

to family wellness™

FOSTERING *natural* IMMUNITY

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to family wellness™

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The information provided is not intended to replace a one-on-one relationship with a qualified healthcare professional and is not intended as medical advice. It is presented as a sharing of knowledge and information.

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**Be a part of PATHWAYS!**  
*We love to hear from you.*

If you have stories and photos to share about pregnancy, birth, family wellness lifestyle choices, or healthy recipes and nutrition ideas, please contact us at [editor@pathwaystofamilywellness.org](mailto:editor@pathwaystofamilywellness.org).

# JOURNEY FROM FEAR TO TRUST



Every weekend in class I show a video clip where anthropologist Robbie Davis Floyd tells us, “From the time of Descartes on, we have been acculturated to believe in mind-body separation. You see it in the separation of mother and child, in a fetal diagnosis that separates a baby from his mother. You see it in hospital birth, when a woman is separated from her

own physical experience, which is monitored by machines that are external to her in her knowing. One woman said, ‘I don’t like dropping down into biology, so I didn’t want to experience birth. I didn’t want to breastfeed,’ because that would be ‘dropping down into biology’ in a way that she didn’t value. So, for her, the epidural and the cesarean were perfect.”

Every time I hear that line, I shake my head. How have we gotten so separated from our own selves that we want to detach from our biology? How have we become so disempowered to think we are not intimately related to our body, even while we are in it? How have we been directed away from our humanity into a contrived cultural concept of separation?

I believe that this has been accomplished through fear. The wonder and intelligence of life itself has been intentionally replaced by fear in our consciousness, so that we have lost the ability to trust that our own bodies represent the expression of intelligence striving for life.

In 1974, biology scholar Lewis Thomas compiled his collection of essays originally published in the *New England Journal of Medicine* into an award-winning book, *The Lives of a Cell: Notes of a Biology Watcher*. He prophetically observed what has become one of the greatest distortions of our time...the fear of germs.

He writes:

*Watching television, you’d think we lived at bay, in total jeopardy, surrounded on all sides by human-seeking germs, shielded against infection and death only by a chemical technology that enables us to keep killing them off. We are instructed to spray disinfectants everywhere, into the air of our bedrooms and kitchens and with special energy into bathrooms, since it is our very own germs that seem the worst kind. We explode clouds of aerosol, mixed for good luck with deodorants, into our noses, mouths, underarms, and privileged crannies—even into the intimate insides of our telephones. We apply potent antibiotics to minor scratches and seal them with plastic. Plastic is the new protector; we wrap*

*the already plastic tumblers of hotels in more plastic, and seal the toilet seats like state secrets after irradiating them with ultraviolet light. We live in a world where the microbes are always trying to get at us, to tear us cell from cell, and we only stay alive and whole through diligence and fear.*

We still think of human disease as the work of an organized, modernized kind of demonology, in which the bacteria are the most visible and centrally placed of our adversaries. We assume that they must somehow relish what they do. They come after us for profit, and there are so many of them that disease seems inevitable, a natural part of the human condition. If we succeed in eliminating one kind of disease there will always be a new one at hand, waiting to take its place.

These are paranoid delusions on a societal scale, explainable in part by our need for enemies, and in part by our memory of what things used to be like. In real life, however, even in our worst circumstances, we have always been a relatively minor interest of the vast microbial world. Pathogenicity is not the rule. Indeed, it occurs so infrequently and involves such a relatively small number of species, considering the huge population of bacteria on the earth, that it has a freakish aspect. Disease usually results from inconclusive negotiations for symbiosis, an overstepping of the line by one side or the other, a biologic misinterpretation of borders.

In this issue of *PATHWAYS* we take a look at natural immunity. Most childhood illnesses are not to be approached with fear. Parents today are operating with a restricted base of information. Holding on to what we have been told is true is not the same as having a true place of knowing. As you read this issue of *PATHWAYS*, it is my greatest hope that you may see how doctrines of fear have violated our intuitive wisdom. From conception to birth and for the rest of our child’s life, let us make our decisions from a place of trust, not fear, for it will always be the better approach.

In light of what *PATHWAYS* presents, may I suggest that you find your major premise within and then deduce your decisions from that premise. For myself, Life expresses intelligence, and the logical deduction from this premise, brings me to a place of trust. Humans have been conceiving, birthing, and adapting symbiotically for a long time, and we achieve the best evidence-based practice when we honor normal physiology.


I invite you to a journey from fear to trust, and conclude with another quote from Thomas’s *The Lives of a Cell*.



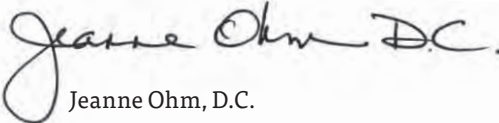


HOLDING ON TO  
WHAT WE HAVE  
BEEN TOLD IS TRUE  
IS NOT THE SAME  
AS HAVING A TRUE  
PLACE OF KNOWING.

Meanwhile, we are paying too little attention, and respect, to the built-in durability and sheer power of the human organism. Its surest tendency is toward stability and balance. It is a distortion, with something profoundly disloyal about it, to picture the human being as a teetering, fallible contraption, always needing watching and patching, always on the verge of flapping to pieces. This is the doctrine that people hear most often, and most eloquently, on all our information media. We ought to be developing a much better system for general education about human health, with more curricular time for acknowledgment, and even some

celebration, of the absolute marvel of good health that is the real lot of most of us, most of the time. 

For the raising of the consciousness,

  
Jeanne Ohm, D.C.





# The Blessed State

## A conversation with Mila Furstova

By Jeanne Ohm, D.C.

**M**othering brings us into another level of consciousness in which we share our inner life. How does having children affect our artistic expression when we are dedicated to a talent, a vocation, or a career? For some, it can mean putting aside that vocation; for others, amalgamating the two may bring out an even deeper expression of our talent.

Mila Furstova, a Czech-born woman, always knew she wanted to draw, and at 14 attended an art school. In spite of discouragements, including a rejection from the Academy of Arts in Prague, Mila wound up in England and studied at the Royal College of Art, and her professional career began soon afterward.

Then, one day, her agent, Fraser, suggested to her that the





AS A WOMAN MOVES FORWARD ON THIS JOURNEY, SHE WILL PASS THROUGH THE WISDOM OF DIVINE MOTHERING—EVERY MOTHER’S TRUE RESOURCE FOR HER NEW EXPRESSION. THROUGH THE CONNECTING FLOW OF ENERGY SHE WILL ACCESS THIS WISDOM AGAIN AND AGAIN IN HER JOURNEY AS A MOTHER.

band Coldplay might be interested in her work for an album cover. Mila brushed it off as a pipe dream, but as it turned out, Coldplay’s manager, Phil Harvey, already owned some of her artwork. He and Fraser introduced the band to more of her beautiful pieces, leading her to the opportunity of a lifetime—designing the cover for Coldplay’s album *Ghost Stories*.

Fraser also sent over Mila’s story to PATHWAYS, sharing her deeply moving gallery on motherhood. Each piece beautifully captured my soul’s attention. I set up a time to meet Mila. I had to know: Were my interpretations similar to hers? In the end, her message would inspire my values and the values of our PATHWAYS community.

Our conversation began by talking about motherhood. When Mila was first considering becoming a mother, she experienced discouragement from loved ones. She spoke about the artist Georgia O’Keeffe, whose husband, a great art

critic, said to her, “I don’t want you to have children—you’re an artist!” And so Georgia never did. Mila referenced the cultural bias that motherhood interferes with an artist’s creativity and ability. She had a different experience, however: “Being a mother—it reaches so deep into one’s essence that the art potentially becomes better.”

In her interview for the Coldplay website, Mila revealed her artistic process. “Etching involves working on metal plates. You cover it in wax and then you work on it. So I had the needle and I was listening [to *Ghost Stories*]. And it felt like walking into this dark room in which Chris was singing. And the darkness was the plate and I had the needle. So I tried to trace his feelings. And I tried to trust my intuition.”

Later she explained that intuition in more detail. “I don’t like doing sketches; I like drawing straight into the plate. When I draw I sometimes stop and think for a long time. If somebody saw me in my studio they’d go, ‘What is happening?’ because suddenly I will stop and go to the corner of the room, or I’ll turn the plate upside down and ask,

‘What’s coming next?’ Because I don’t know what’s coming, I almost try to imagine that the plate already exists, and I try to think of some sort of ‘memory of the future’—what *will* be there? And then I trace it, like archeology. I try to pull it out.”

This is so relevant to mothering. If mothers could take a moment and pause, they’d tap into the intuitive archetype of mothering. It’s an archetype we’re so separated from in our everyday lives. If only mothers realized how “not to force the drawing,” but to take that moment and pause, feel, and maybe turn it all upside down and ask, “How can I look at this differently and feel how I need to be with my child?” Mila’s experience as an artist is also a lesson in mothering—to trust that intuition.

“I think today, intuition is totally underestimated,” says Mila. “So much is driven through reason. If we look at something and have a feeling about it, we kind of say, ‘Oh, it’s just a feeling.’ Well, the feeling is archetypal, isn’t it? It’s that primal wisdom in us. And we in modern times choose often not to see it, because we don’t understand it. But I think that we should be open to it in motherhood, in writing, in art—in everything, really.”

“I try to talk about women universally throughout my work. I sometimes end up drawing myself, but it’s not my intention,” she says. “I want to talk about all of us, or about what I think we feel as women. So in this piece [pictured at left] I share the experience of the woman on the boat going toward this island in the sea. I have the feeling that I’m being drawn to motherhood, and there’s the image of mother Mary holding the child on the gatehouse.

“And the wave that is drawn can represent reality, but reality is being cut away,” Mila says. “It’s like a plate of light that slowly becomes invisible. I tried to have that represent the connection between the world and the heavens—the light of intuition—that you can’t measure. And so the woman in the boat is being drawn by this invisible force towards this gate representing sainthood and motherhood. And the whole thing is about entering a new land and becoming a different person through it.”

“This drawing shows the deeply woven essence of connectivity on the journey into motherhood,” says Mila. “As a woman moves forward on this journey, she will pass through the wisdom of divine mothering—every mother’s true resource for her new expression. Through the connecting flow of energy she will access this wisdom again and again in her journey as a mother. I think a woman becomes strengthened when she sees that she is always in the flow of that wisdom.”



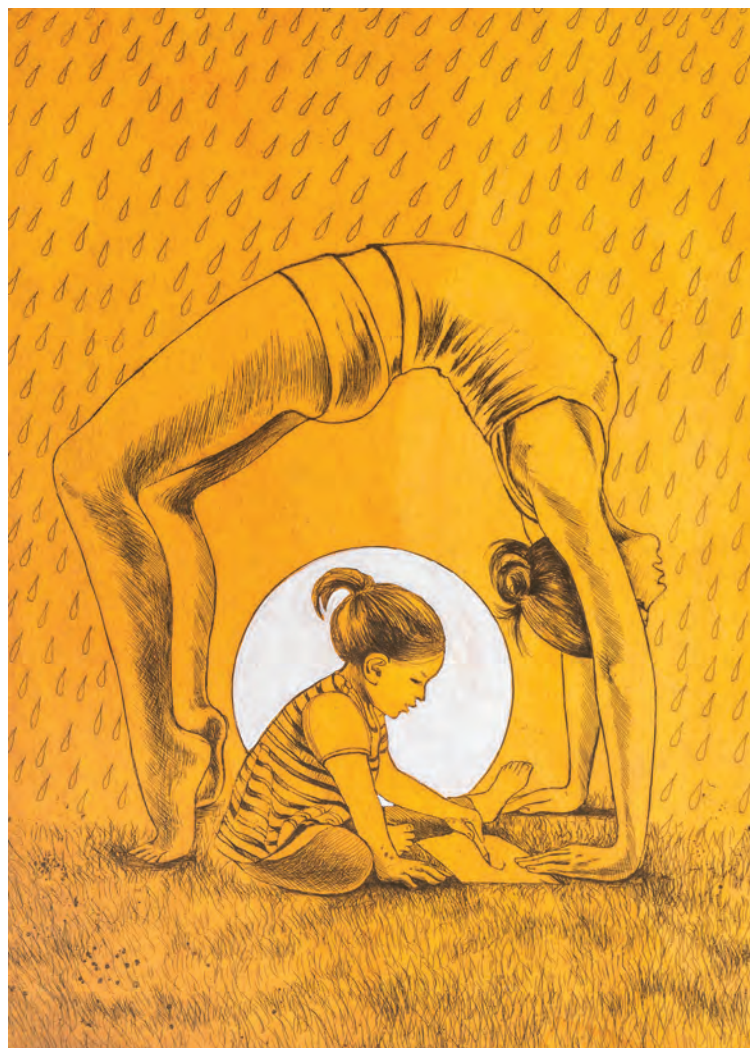
Mila's work captures the essence of a woman's journey into motherhood. Now we see the essence of that mother's shielding, protective mantle. The mother's state of being creates a veil through which her children perceive all of their experiences. If she is in peace, they can be in peace. The mother's presence assures them that it's all OK.

I remember when my kids were little they were all outside playing. Looking at them, I realized I wanted to capture the experience in every cell of my body so that I

would never, ever forget it. I wanted to know that 20 years later, looking back, I could feel as if I was always there. The contemplative look of this woman [above] looking off and yet still present in the moment with her children—this is the state of being I wish for all mothers to feel.

Children are happiest when they are with us. The drawing of the peaceful baby sound asleep in his mom's cradle [opposite, left] exemplifies this contentment. When the mother is content to do what she does, that in and of itself





CHILDREN ARE HAPPIEST WHEN THEY ARE WITH US. THE DRAWING OF THE PEACEFUL BABY SOUND ASLEEP IN HIS MOM'S CRADLE EXEMPLIFIES THIS CONTENTMENT. WHEN THE MOTHER IS CONTENT TO DO WHAT SHE DOES, THAT IN AND OF ITSELF OFFERS A STATE OF EASE AND TRUST IN THE BABY.

offers a state of ease and trust in the baby. Jean Leidloff addresses this in her book *The Continuum Concept*. Indigenous moms pick up their babies and go about their daily activities. And the babies, included in the mother's activities, are content to experience life through their mother's actions. They are not made to be the center of attention, so they learn to be part of the mother's activities.

Working with Coldplay has brought Mila to another level of life experience. She is careful to point out that she is not referring to fame or fortune, but rather the growth of understanding of mothering within herself.

Mila was blessed to have a loving mother and grandmother, and, like all women, she did not realize the strength it took to be a mother until her own journey began. Her drawing of the mother choosing her "angel wings" for the day comes

from her real-life struggles to stay present to her children's needs. She feels that each day she puts on a new set of angel wings to be prepared to show kindness and love to her children.

"With art it is much like birth," says Mila. "You reach that point and then you have to let go and allow your intuition to take over. To let go of the desire to control and to allow yourself to flow with it. There is no crossing the ocean without losing sight of the shore. Art and birth are both journeys of crossing the ocean. They both take courage and trust."

In pregnancy we tune into a language that has no sound. We are one with this silent secret within, and as mothers we dance between a continuous awareness of our little ones and our outer expression in the world.









### Wings for Coldplay

Wings for Coldplay is the exhibition accompanying the worldwide premiere of the documentary of the same name, which tells the story of Mila Furstova's journey to become the album artist for the biggest band in the world. The exhibition not only features many of Mila's *Ghost Stories* drawings and artworks signed by Coldplay, but it also displays more than a dozen of her intricate and imaginative new works that have been inspired by that journey, and how it has influenced her personal life.

Since Mila gave birth to her second child the same day she finished the last Coldplay artwork, motherhood features heavily in the show.

Our states of being during pregnancy are experienced by our children as well. About her second pregnancy, Mila says: "When she was growing in my tummy I was listening to Coldplay's new album over and over again. I was trying to see the images that I would draw. In the Czech Republic we call pregnancy 'the blessed state,' and I really felt I was blessed. I will never forget that time. And now when she hears their music she flows with it! It's sort of part of her."

"The Blessed State." What a beautiful way to honor and appreciate a mother and child's developing relationship.

The feelings of an artist's creation—anticipation, doubt, fear, joy, ease, and love—are the same feelings we all have throughout motherhood. The more we consciously trust in this internal communication, the greater our confidence becomes in our ability to express the masterpiece of motherhood. Mila's message to the world is this: Mothers, be courageous. Trust your intuition. There is a source of wisdom for you to tap into, and it is always there.

And since it feels like a dream to Mila that her work, created at the start of her labor, has been seen by more than a billion people, she has taken up dreams as the subject matter for her latest series. Alongside these works will be classic Mila Furstova pieces, including the very work which first inspired Coldplay frontman Chris Martin's idea for the *Ghost Stories* album cover. 🎨

The exhibition is scheduled for March 1–12 at A Gallery, located at 205 Royal College St., London, United Kingdom. Visit online at [agallery.co.uk](http://agallery.co.uk).



Jeanne Ohm, D.C., is an instructor, author, and innovator. Her passions include training chiropractors for wellness care in pregnancy, birth, and infancy; forming alliances for chiropractors with like-spirited practitioners; empowering mothers to make informed, conscious choices; and developing pertinent educational materials. View article resources and author information here: [pathwaystofamilywellness.org/references.html](http://pathwaystofamilywellness.org/references.html).



# VISION OF A Freebirth Community

By Jeannine Parvati Baker

Imagine a world where childbirth was a sacred event in the family cycle, where the birth of a child was completely free in all senses of the word. The word “free” historically connoted an affectionate relationship—between members of a household—that was not bound by slavery or payment. Contrast that to the reality in Western civilization where birth attendants are professionals. Midwifery is the world’s second-oldest profession; in ancient times, prostitutes and midwives worshipped the same goddess on the same altar.

The world wherein babies are born in freedom as a celebrated community event, instead of a privatized, medically managed emergency, would transform society. Mothers who give birth while focused on the spiritual dimension bring this awareness into the world with them forevermore. A mother who falls deeply in love with her baby will carry a fierce devotion to sustaining her child’s wholeness. Rather than the current scene of detached parenting that we can witness at any marketplace in Western countries, where mothers carry their babies in plastic baskets rather than on their bodies, we would see *mamatoto*—an African tribe’s term for the holy unit of mother and baby together.

There are no words in this tribe’s language for a mother and newborn as separate individuals. The African tribes see it the way I do—when birth is a spiritual, as well as natural, rite of passage, it doesn’t look as if mother and baby are two separate individuals after birth. We see that mother and baby are indeed one until such time as the baby moves to crawl off his mama’s lap. With six children, I can virtually see my heart walking around the planet in six different bodies.

Mothers who open their hearts through freebirth can make the next step in the spiritual journey—and we can extend this unifying vision to all people. Our capacity for compassionate care intensifies when we fully bond with our babies, and it doesn’t stop there.

We can feel on a cellular level that we must engage in the community to make it the best possible place for our children and our grandchildren. If, when giving birth, I hire

an institution and professionals to deliver me, I have less practice in being proactive for the sake of my children, at the very least. I also have someone else to blame. If I had taken drugs (such as an epidural) when giving birth, I would not have been able to secrete oxytocin, the love hormone. I wouldn’t care about, or for, my children—or, by extension, my larger community—as fully as I do because I missed this intense bonding by giving birth the American way. Does this describe the present condition of society? Apathy?

My vision of freebirth is a community where every mother is her own midwife. Giving birth is the miraculous culmination of love during conception. It is the world’s best-kept secret that she draws her strength from this same loving power in birth. We must build a community that supports living closer to the natural world, where birth is celebrated through empowering ritual, rather than managed control as if it is dangerous.

In tribal cultures, those which are not technocratic and are closer to nature, the visitor, upon asking who is the midwife, will be shown every mother. Mothers help their daughters give birth. There are tribal rituals that support the passage. Obstetric ritual has supplanted the less mechanical, more natural rituals in our culture. Mothers who were previously delivered by “experts” have lost the confidence to guide their own daughters.

Imagine a world in which birth was truly free, in all meanings, because each pregnant woman had a loving relationship with her own mother—a world in which mothers felt free to experience this rite of passage fully empowered from within, rather than in need of others to tell them they were OK. In a culture where freedom was experienced at birth, mothers would be empowered to not only protect their babies from harm, but also to care for their children without dominating them.

Mothers would teach, by example, that power is not control, but rather the freedom to be who we really are. How do we co-create a free community of beings who cease to dominate one another and the rest of creation? By giving mothers the body experience of freedom at birth,



so we can, in turn, nurture children who will neither allow victimization nor attempt to control or manipulate others. Power from within, not power over someone or something else, is the way to freedom.

Our communities and our planet are in crisis. We have reached the limit of the rapacious greed that focuses on domination. The problem doesn't seem to be overpopulation in and of itself so much as it is the overpopulation of greedy people. When individuals have been born gently, welcomed kindly into the community, and breastfed for many years, they do not become greedy. They come from a place of fullness and balance with all our relations. My breasts taught me a universal principle about giving and receiving, and the exchange of goods between people. When I would nurse my babies to completion, my breasts would refill even more. However, if I cut off the milk flow before my babies were done nursing, I would diminish my supply. My breasts express a spiritual principle of human relations: The more we give from the heart, the more we receive.

Contrast this to the imprint for intimate human relations that a bottle of substitute milk gives: Use it up, throw it away. Sound familiar? Could this be a description of our culture's values and its disposable relationships? These are relationships in which love is measured, and sometimes scarce. Enormous amounts of people are thrown into feelings of abandonment.

Our relationship with the Earth reflects this primal imprint as well. Our tendency is to relate to the Earth as we have related to our mothers. From this perspective, it looks like people are rebellious teenagers, trashing Mom's house before they leave for another planet. To sustain our matrix, the planet Earth, we must reclaim birth as a sacred creation event and free ourselves from old primal patterns.

As my father's Native American people say, "We did not inherit the Earth from our ancestors so much as we have borrowed the Earth from our children." Let us return this gift in good shape. Let us manifest freebirth and celebrate the possible family. May we all experience *mamatoto* with our communities and our shared planet. 🌱



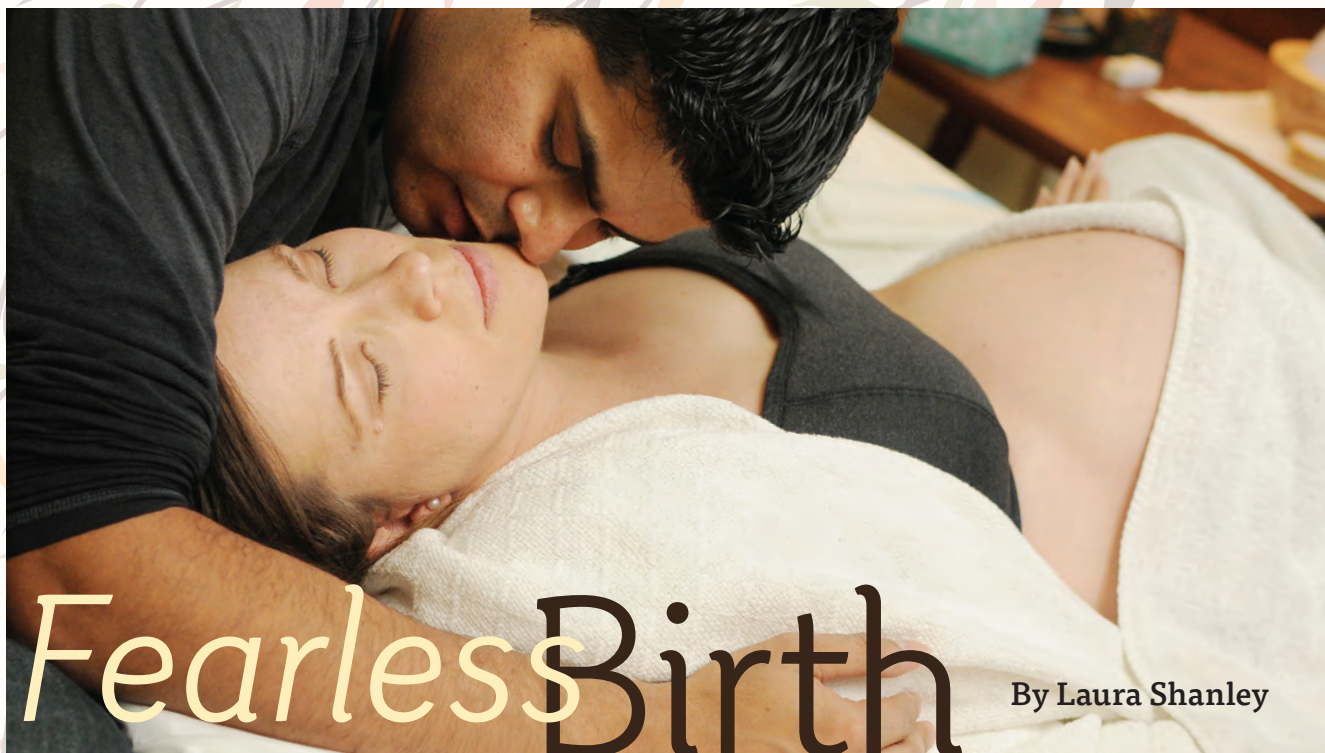
*Jeannine Parvati Baker was a yogini, midwife, herbalist, published author, and poet. She was also an international activist on the matters of homebirth, unassisted childbirth, and newborn rights issues. A groundbreaking work in women's studies and feminist women's*

*health, Baker's first book, Prenatal Yoga & Natural Childbirth, was the first text in the Western world on the subject. View article resources and author information here: [pathwaystofamilywellness.org/references.html](http://pathwaystofamilywellness.org/references.html).*

OUR RELATIONSHIP WITH THE EARTH  
REFLECTS THIS PRIMAL IMPRINT  
AS WELL. OUR TENDENCY IS TO  
RELATE TO THE EARTH AS WE  
HAVE RELATED TO OUR MOTHERS.







# Fearless Birth

By Laura Shanley

## Changing fear, tension, and pain into faith, relaxation, and pleasure

**G**iving birth in a culture that continually depicts labor as painful and dangerous is a feat in itself these days.

Everywhere we look, we see images of women screaming while giving birth, and masked doctors heroically saving the day. TV medical dramas abound with women being rushed into operating rooms for emergency C-sections, and sitcoms are notorious for showing laboring women bitching at their guilt-ridden husbands for making them endure the “trials of labor.” Nowhere is birth depicted as a pleasurable experience. No wonder most women fear it.

Some women, in fact, are so afraid of birth that they literally can’t conceive. I spoke with a doctor recently who told me that she was infertile. “My husband and I have had numerous tests and there is absolutely nothing wrong with us physically,” she said. “But I’ve always been terrified of giving birth. I’ve known since I was a child that I was never going to give birth. Do you think my fear has actually kept me from conceiving?”

I’ve spoken with other women who have been able to conceive, but have been unable to give birth vaginally. They, too, have wondered what role fear played in their experiences.

Still others have given birth vaginally but endured a great deal of pain. One woman said to me, “My sisters and I were all C-section babies. For me, it was a triumph just to give birth vaginally. Maybe next time I’ll be able to eliminate the pain.”

So, as much as some women may criticize me for saying that one way of giving birth is more desirable than another, and that there are goals to strive for in birth, I truly believe

that there are. And the goal I’ve chosen to strive for is a painless, drug-free, medically unassisted home birth.

Red flags go up—even among unassisted birthers—when I talk about painless birth. Most women have pain in labor and they’re defensive if I say that birth doesn’t have to hurt. Some women feel that I’m “blaming” them for their pain, but that certainly isn’t my intention. Given the culture that most of us have been raised in, pain, unfortunately, is actually to be expected in most cases.

However, I don’t see birth as inherently painful, and I know there will come a time when labor will be enjoyed rather than endured. But before that can occur, there must be a change in the consciousness of humanity, and ultimately that change has to start with the individual.

If we truly wish to experience a painless birth, it helps to know a little about the nature of pain, including its function and cause. Pain is a sign telling us that something is wrong. It doesn’t happen indiscriminately. It only occurs when we’re doing something we shouldn’t be doing. The pain is a message telling us to stop.

In the case of a laboring woman, it is obviously not a message to stop laboring. What then, could the pain be telling us? According to natural childbirth advocate Grantly Dick-Read, author of the 1942 international bestseller *Childbirth Without Fear*, fear is the source of pain in labor. No other natural bodily function is painful, he writes, and childbirth should not be the exception.

When a person is afraid, the brain sends messages to the body telling it there is a danger that must be fought or run



away from. Blood and oxygen are instantly sent into the muscle structure, enabling the frightened person to strike out or run. But the extra blood and oxygen must come from somewhere, so the body drains it from organs it considers nonessential for “flight or fight.” This is why people turn white when they’re afraid. The body knows that the arms and legs need that blood and oxygen more than the face does.

Unfortunately, the body considers the uterus a non-essential organ when it comes to flight-or-fight. Dick-Read described the uterus of a frightened woman in labor as literally white. It doesn’t have the fuel it needs, so it can’t function the way it was designed to, nor can waste products be properly carried away. Consequently, there is pain. To eliminate the pain, we must eliminate the fear.



EVEN THE MOST “ENLIGHTENED” PEOPLE HAVE HAD CHILDHOODS THAT WEREN’T PERFECT. AND EVEN A CHILD WHO IS RAISED BY FEARLESS PARENTS STILL HAS TO LIVE IN A CULTURE THAT IS CONSTANTLY EMPHASIZING THE “DANGERS” OF BEING ALIVE.



Of course, sometimes that’s easier said than done. Fear runs deep in our culture and many of us could spend a lifetime (or two) purging ourselves of the fear we’ve developed. Even the most “enlightened” people have had childhoods that weren’t perfect. And even a child who is raised by fearless parents still has to live in a culture that is constantly emphasizing the “dangers” of being alive. I’m reminded of a statement made by the late Eric Severeid. “The biggest big business in America,” he said “is not steel, automobiles, or television. It is the manufacture, refinement, and distribution of anxiety.”

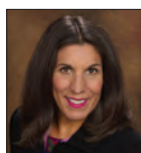
And yet, eliminating fear is not impossible, for there is something that is much more powerful than the most all-consuming fear: faith. Faith is believing that all is well. Faith is knowing that we’re not alone in the universe. Faith is understanding that the consciousness that created us does not want us to suffer in birth or in life. Faith is trusting that our bodies were designed to give birth safely and

painlessly. Faith is accepting the fact that we are the creators of our lives and our births.

Faith is not the opposite of reason. Having faith does not mean that we sit back and do nothing during our pregnancy. When we have faith, we understand the psychological origins for the majority of pain and problems women encounter in labor, and we do our best to face and conquer our fears. We don’t run to specialists for blood work or urine tests or vitamins, because we know that with good food (neither too much, nor too little), fresh air, exercise, and the proper beliefs, our babies will thrive.

Having faith is the first step toward eliminating the cycle of fear, tension, and pain that most women experience in labor. Faith leads to relaxation, and relaxation leads to pleasure.

There is no doubt that the energy of birth is powerful. But its power can be like the wind that scatters the seeds of the willow tree, or a sunrise that bathes the sky in a beautiful yellow light. This is my vision of birth. Someday, I know the rest of the world will share it with me. 🌱



Laura Shanley is an author, speaker, and childbirth consultant in Denver, Colorado. She recently published the third edition of her book, *Unassisted Childbirth*, now available on Amazon. For more information about Laura’s work, visit her online at [UnassistedChildbirth.com](http://UnassistedChildbirth.com). View article resources and author information here: [pathwaystofamilywellness.org/references.html](http://pathwaystofamilywellness.org/references.html).





WELLNESS LIFESTYLE

# mind OVER genes



By Bruce Lipton, Ph.D.



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arlier in my career as a research scientist and medical school professor, I actively supported the perspective that the human body was a “biochemical machine ‘programmed’ by its genes.” We scientists believed that our strengths, such as artistic or intellectual abilities, and our weaknesses, such as cardiovascular disease, cancer, or depression, represented traits that were pre-programmed into our genes. Hence I perceived life’s attributes and deficits, as well as our health and our frailties, as merely a reflection of our heredity expression.

Until recently, it was thought that genes were self-actualizing...that genes could “turn themselves on and off.” Such behavior is required in order for genes to control biology. Though the power of genes is still emphasized in current biology courses and textbooks, a radically new understanding has emerged at the leading edge of cell science. It is now recognized that the environment, and more specifically, our perception (or interpretation) of the environment, directly controls the activity of our genes. Environment controls gene activity through a process known as epigenetic control.

This new perspective of human biology does not view the body as just a mechanical device, but rather incorporates the roles of mind and spirit. This breakthrough in biology is fundamental in all healing, for it recognizes that when we change our perception or beliefs we send

When the mind perceives that the environment is safe and supportive, the cells are preoccupied with the growth and maintenance of the body. In stressful situations, cells forego their normal growth functions and adopt a defensive “protection” posture. The body’s energy resources normally used to sustain growth are diverted to systems that provide protection during periods of stress. Simply put, growth processes are restricted or suspended in a stressed system. While our systems can accommodate periods of acute (brief) stress, prolonged or chronic stress is debilitating for its energy demands and interferes with the required maintenance of the body. As a consequence, this leads to dysfunction and disease.

In general, we are consciously unaware of our fundamental perceptions or beliefs about life. The reason is that the prenatal and neonatal brain is predominately operating in delta and theta EEG frequencies through the first seven years of our lives. This low level of brain activity is referred to as the hypnogogic state. While in this hypnotic trance, a child does not have to be actively coached by her parents; instead she obtains behavioral programs simply by observing her parents, siblings, peers, and teachers. Did your early developmental experiences provide you with good models of behavior to use in the unfolding of your own life?

During the first seven years of life, a child unconsciously acquires the behavioral repertoire needed to become a functional member of society. In addition, a child’s subconscious mind also downloads beliefs relating to self. When a parent tells a young child she is stupid, undeserving, or any other negative trait, this too is downloaded as a “fact” into the youngster’s subconscious mind. These acquired

**THE MOST IMPORTANT THING WE NEED TO UNDERSTAND AS PARENTS IS THAT EVERYTHING WE SAY AND DO FOR THE FIRST SEVEN YEARS OF OUR CHILDREN’S LIVES IS BEING RECORDED AND WILL BECOME THEIR BELIEFS AND BEHAVIORS.**

totally different messages to our cells and reprogram their expression. The new biology reveals why people can have spontaneous remissions or recover from injuries deemed to be permanent disabilities.

The functional units of life are the individual cells that comprise our bodies. Although every cell is innately intelligent and can survive on its own when removed from the body, in the body each cell foregoes its individuality and becomes a member of a multicellular community. The body really represents the cooperative effort of a community of perhaps 50 trillion single cells. By definition, a community is an organization of individuals committed to supporting a shared vision. Consequently, while every cell is a free-living entity, the body’s community accommodates the wishes and intents of its “central voice,” a character we perceive as the mind and spirit.

beliefs constitute the “central voice” that controls the fate of the body’s cellular community. While the conscious mind may hold one’s self in high regard, the more powerful unconscious mind may simultaneously engage in self-destructive behavior.

### **Infant Connections**

Maybe you’ve seen the movie *Gravity* with Sandra Bullock and George Clooney; in it, their space shuttle gets barraged by a whole bunch of small meteors and breaks up. All of a sudden Bullock’s character lets go of the “umbilical cord” (which is a good name) and is blasted off into space, floating into the dark distance of nowhere.

People don’t understand that in birth and infancy, the situation is the same. The main thing an infant needs is close proximity to her parents. As long as she’s attached by the



umbilical cord she's in good shape—she's connected. Our conventional birthing processes take the baby away from the mother, which feels the same as floating off into space all alone. It produces a most fearful, scary disconnect of life.

When the baby is born, the natural process for the mother is to take the baby from the birth canal and bring her up to her chest. This is a reflex behavior—it's built into humans without any other knowledge. This puts the baby's head on the heartbeat. It's the heartbeat that the baby is connected to.

When western medicine brings birthing techniques into a civilization that's never had them, within a couple of generations, there's a breakdown of the social order—and it has to do with the fear that the infant has. You have to think about it: The baby is connected—she's part of the spaceship. She's got the mother's heartbeat and it's all in sync. And then, *Boom!* She's disconnected. Remember, you can't be in growth and protection at the same time. Now the infant is not in growth because it has no connection anymore. It's floating out in space with nothing there. It's fear! It produces fear and that inhibits the growth of the child.

This is how the medical intervention has really thrown a monkey wrench into normal parenting. In regard to nighttime education, for instance, I say, relax: The baby doesn't need any kind of education at night. The baby just needs to feel: *I'm OK. I'm here with my community, I'm not floating in space.* I don't see nighttime as an educational opportunity, I see it as a security opportunity—holding, loving, somatosensory affection—so the child knows she's being taken care of, that she's not alone, that she's got support.

### Exiting the Matrix

The biggest problem in the entire world is when people say, "I've become so aware of something, but my life is still the same..." We have to recognize the reason for this: The conscious mind and the subconscious mind do not learn in the same way. The conscious mind is the creative mind. As a result it has the great ability to synthesize and learn very fast. If I give you a test after reading a book, you might score 100 on the test. Your conscious mind has understood all the data because it read it and learned it. But did the subconscious mind learn from that? No.

The subconscious mind is the habitual mind, and it learns primarily in two ways:

Number one: In hypnosis during the first seven years of life—bypassing consciousness and putting data straight into the subconscious mind.

Number two: Through repetition after you're no longer in hypnosis.

While the conscious mind might say, "Aha!" and learn something new, it has no impact on the subconscious program. People think, "Can't I talk to myself and change the program?" But there's another problem. While you are an entity in the conscious mind, nobody is in the subconscious mind—it is a machine! It just records like an old-fashioned tape recorder. If you don't like the program that's playing, how much talking to the tape player will it take for the tape player to change? It will never change, because that's not how it learns. Frustration comes when the conscious mind says, "OK, subconscious, don't play that behavior anymore," and then the behavior repeats.

If you want the subconscious to learn, you have to teach





it in the way it is used to receiving information: hypnosis, repetition, and now energy psychology and belief-change modification.

If you don't use one of these three methods, you will not change the program in the subconscious.

If you want to change the subconscious in the fundamental way of hypnosis, you can put earphones on at night, because as you go to sleep you pass through theta brainwaves, and theta is the direct download into the subconscious.


If you want to use repetition to change, you have to consciously plan a new behavior and keep repeating that new behavior.

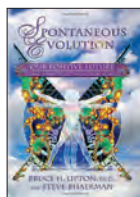
Thirdly, using energy psychology and belief-change modification is like pressing a record button for your subconscious. It can create a super learning moment where you can download a belief in five minutes. We have a necessity to change fast. So much of civilization is pushing itself against the wall. This invention of energy psychology offers us the opportunity to get our feet on the ground as soon and as fast as we can.

We are in the matrix. We are being programmed. And we have to own this fact. For 500 years, the Jesuits boasted, "Give me a child until he's seven, and I will show you the man." What they were actually saying is if you give them the first seven years of programming then they will create the child's fate. They knew that once the program was in, no matter what the individual wanted, the subconscious would run the show.

Something as serious and as important as this didn't get lost by the leadership of this world. So we have all been

programmed, and we are continuously being programmed. It's time for us to wake up. We have a responsibility, once we know this, to wake up, to clear our own programs, and at the same time not perpetuate the programming onto our children.

People think genetics is our only lineage. But programming is a lineage too, and if you change the programming you change the life—instantly, in that moment. And that's the most important thing we need to understand as parents—that everything we say and do for the first seven years of our children's lives is being recorded and will become their beliefs and behaviors. 



Bruce Lipton, Ph.D., is an internationally recognized leader in bridging science and spirit. He has been a guest speaker on hundreds of TV and radio shows, as well as keynote presenter for national and international conferences. Dr. Lipton began his scientific career as a cell biologist. He is regarded as one of the leading voices of the new biology, summarizing his findings in his book, *The Biology of Belief*. His new book with Steve Bhaerman, *Spontaneous Evolution: Our Positive Future and a Way to Get There From Here*, is available now.

View article resources and author information here: [pathwaystofamilywellness.org/references.html](http://pathwaystofamilywellness.org/references.html).



# Evolve INTO Love

## Conscious evolution in loving, for ourselves and future generations

By Nicole Moore

**I**ndividually and collectively, we have long endured a troubled relationship to love. Applying intention, attention, and the science of epigenetics, we can heal our internal access to love via the limbic imprint.

As a species, we have the ability to consciously evolve. We can meet the challenge of living in awareness of our interconnection, and repair the damage we have done to our planet and to ourselves. We are the nervous system—the feeling apparatus—of the Earth. We have the ability to give ourselves and future generations a blueprint of feeling totally safe, deeply loved, full of potential and completely connected.

The most well-known teacher of our time had a simple message: Love one another.

But how? That requires a huge amount of trust. Another great teacher said, “Don’t be attached. Accept what comes. Examine what is.” That would also require trust—trust that whatever result may come is OK, and trust that the world is safe to be in as we are letting go. It’s easier said than done, because of the way we are imprinted as we enter the world.

I was a VBAC (Vaginal Birth After Cesarean) baby. Mum was happy with this, feeling empowered after the difficulties of her first birth. She had post-natal depression after her first birth, so her next pregnancy (with me) had an anxious theme. The labor was induced and Mum was told not to breastfeed, because, she was told, the hormones would be disruptive. So she ignored my cries and kept her breasts covered. Slowly and sadly, I got the message: My needs weren’t important, love is unreliable, and I was not worthy of love. I’m sure it wasn’t easy for Mum. She was just doing what she’d been told was best. In 1974, there was no Internet and women didn’t question doctor’s orders. So my primal experience of deep longing—craving love, wanting something outside of myself for validation—was hardwired

into my limbic system, the part of the brain that governs the emotional body. The limbic system is our perceptual filter—the lens through which we see the world. And my experiences in infancy have influenced my life ever since.

Masculine unavailability was also imprinted, as I longed for my father throughout childhood. As a young adult with low self-esteem and a “longing habit”—my limbic imprint in action—all kinds of situations manifested where this melancholia could thrive. Traveling the world, far from family, I perpetuated this cycle for years. Long-distance relationships, where I could legitimately pine and long for love, were a personal specialty!

Through many years of seeking, I tried to address my longing for affirmation outside of myself. I tried to find my place in the sun, to accept love and feel safe to be myself. And I did. I found a way to work beyond the confines of my neural constructs, the habits of my mind—and since that time, everything has shifted. I’m happy to share my gifts and ideas with the world, and stretch all the boundaries of my previous comfort zones. I allow a flow of love like never before. Victory! Just like my VBAC birth.

Look within any life story and you’ll find patterns, ways of being that seem to appear time and time again. Familiar archetypes, recurrent themes, and behavioral and emotional tendencies are easily linked to events and circumstances in the formative, primal period—your conception, gestation, birth, and early years. More than 30 years of research in pre- and perinatal psychology (by Drs. William Emerson, Thomas Verny, David Chamberlain, and others) show us that there are very clear correlations between circumstances of birth and later behavior.

In his book *Windows to the Womb*, Chamberlain brings our attention to the millions of nerve connections firing throughout gestation. They double at birth, and double





THE LIMBIC SYSTEM IS THE PART OF THE BRAIN THAT GOVERNS THE EMOTIONAL BODY. IT IS OUR PERCEPTUAL FILTER—THE LENS THROUGH WHICH WE SEE THE WORLD.

again in the early months of life. However, by age 1, the removal of these connections rapidly outpaces their growth, so that by age 12 the average child operates on a mere 350 million neuronal connections, which the body has tested and deemed necessary. This is the new science of epigenetics in action—the way our environments and cultures form personalities, perceptual filters, and behavioral tendencies. It explains how musical geniuses often come from parents who are musicians. Their tiny brains are steeped in music starting at conception, which means that nerve connections for the language of music are constantly stimulated, and therefore they remain strong throughout life, increasing their capacity for musical brilliance.

So it is with love. We can have an increased or decreased ability to give and receive love due to the experiences in our formative period. Embryologists have defined week nine of gestation as the starting point for the “stunning choreography” of millions of neurons firing, each with a full load of genes, producing an array of chemicals, including the “love hormone” oxytocin.

The ability to produce oxytocin later in life is determined by our relationship to it in the formative period, which is largely dependent on the state of our mother’s well-being, her feelings about the pregnancy and motherhood, and the

flow of love between us and her. Oxytocin is greatly beneficial to all aspects of our relationship with love—our ability to empathize with others, be kind to ourselves, and feel safe. Even our healthy sexual functioning and ability to orgasm are deeply affected by our oxytocin levels.

The Primal Health Research Centre (the brainchild of famous French obstetrician and oxytocin expert, Michel Odent) has a data bank with hundreds of studies of the links between the “primal period” and health and behavior later in life. Likewise, the American Pre- and Perinatal Psychology and Health website and journals indicate that an “impaired capacity to love” has clear correlations with risk factors surrounding birth.

So what can we do if we weren’t lucky enough to arrive in a bubble of bliss? How do we release subconscious beliefs and liberate our limbic imprints? How can we “enter into the creation of our reality” and allow more comfort and ease with love and peace?

Many modalities, both modern and ancient, espouse the path to healing subconscious beliefs. The idea that we can indeed hold strong sway over our inner world is becoming quite mainstream, and more accessible to everyone every day.

To name just a few, Energy Psychology modalities such as Emotional Freedom Technique (EFT), and Thought Field



IN THE BIG PICTURE, WE CAN CREATE AN UPGRADED VERSION OF OUR SPECIES BY HEALING OURSELVES AND THEN BRINGING IN THE NEXT GENERATION WITHOUT TRAUMA.

Therapy (TFT) have their roots in ancient meridian-based therapies like traditional Chinese medicine. The common denominator underlying EP techniques involves stimulating or releasing blocked energy, whether by tapping, touching, or intention.

Psych-K is a process that initiates a whole-brain state, balancing right and left brain hemispheres while re-stimulating subconscious beliefs to create change in the habitual mind. Known as a “high-speed mindset change,” Psych-K was designed, in the words of its founder Robert M. Williams, M.A., “to help humanity catch up with the technological advances we have made, which outstrip the wisdom to know how to use them.”

There’s also Psychodrama and Experiential Group Therapy, an exploratory enactment modality in which many transpersonal elements come into play.

Meditative Self-Inquiry methods offered by teachers like Byron Katie and the insight meditation community dismantle the structures of held beliefs, identifying one’s own thoughts as the cause of suffering, thus effecting change.


Interpersonal Neurobiology is an emerging, multidisciplinary field that has many applications starting during the prenatal period and continuing through the aging process; it involves the integration of science and spirituality. Dr. Daniel Siegal, an author and professor of psychiatry, proposes that “Integration is at the heart of well-being.” He argues that humans have an expanded identity that acknowledges human and planetary interconnection by cultivating “mindsight” and developing integration of our individual and collective lives; he calls this “transpiration.”

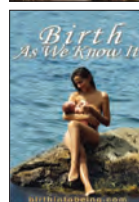
ReBirthing (aka Breathwork), Primal Therapy, and Prenatal and Birth Trauma Resolution Therapy approach change by going back to the source of all perceptions, the earliest experiences of life—conception, gestation, and birth.

Having been blessed with beautiful, expansive birth experiences, I became fascinated with the evolutionary potential of birth. I discovered the Russian visionary Elena Tonetti-Vladimirova and the Birth Into Being method she created during her 30 years of working with conscious procreation. It involves a range of processes that utilize concepts of neuroplasticity and epigenetics to create new

cellular memories, strengthen neural pathways to allow love in, and foster a deep sense of well-being, safety, and personal empowerment. Without indulging in what was, you simply create a new memory. Think of it as an alternative route for the emotional body, or a parallel reality for the nervous system to adhere to. Using a multi-sensory approach it is possible to revise the subconscious emotional comfort zone with current, conscious intention.

This “in the body” experience of being conceived, gestated, and born in love and ecstasy can have a profound impact on one’s experience of life, love, and creativity. Limbic Imprint ReCoding is wonderful for preconception or pregnant couples, and anyone seeking deeper understanding of their recurrent patterns, ready to shift inhibiting or imbalanced beliefs that obscure the truth of themselves or their life’s purpose. It lets us create the life we say we want—free of the neural constructs of our past. In the big picture, we can create an upgraded version of our species by healing ourselves and then bringing in the next generation without trauma.

Author Bruce Lipton says, “Conscious parenting is the rule of the day to help us evolve from the planetary mess we are in.” Addressing the gap between the way we were parented and the way we wish to parent is an integral part of the Conscious Parenting path. Likewise, we must parent our inner children in the way we wish we had been parented, unobstructing the flow of life force, and loosening up the limbic system to allow love in. These steps are vital if we wish to embody conscious evolution. 



Nicole Moore is a seeker, empath, artist, idealist, oxytocin enthusiast, storyteller, birth passionista, and provocateur. Living in a world of joyful, sustainable, curious co-creation, she most enjoys sharing unique transformative experiences in a field of safety and connection. Nicole brings many arts to her improvised life, her work with conscious evolution, and the Birth Into Being method—both in person and online. View article resources and author information here: [pathwaystofamilywellness.org/references.html](http://pathwaystofamilywellness.org/references.html).





## **Chiropractic Care for Children: *Safe, Gentle, Effective***

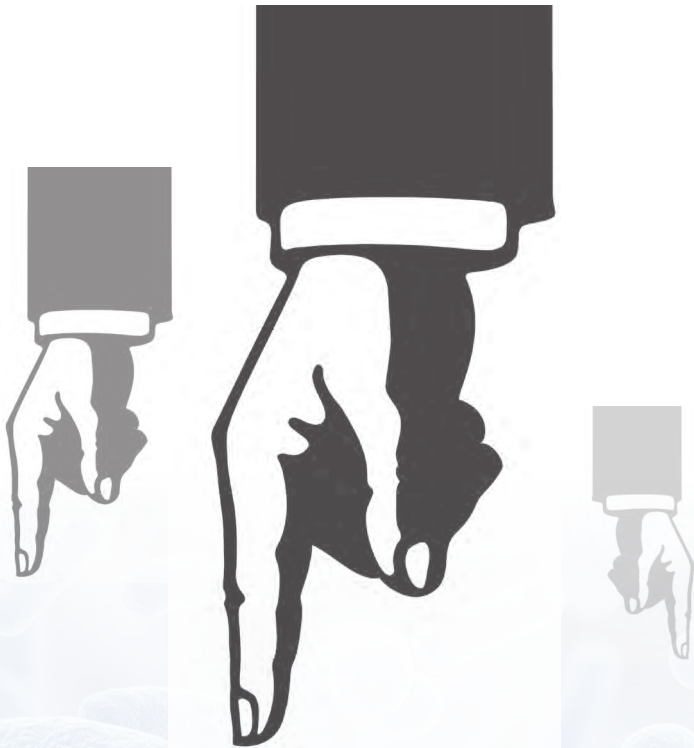
More parents are discovering the many benefits associated with chiropractic care throughout childhood. Our doctors provide special care for infants, children and pregnant mothers.



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# DON'T BLAME



# THE BUGS

By Roger Newman Turner, N.D., D.O.

**H**ave you ever experienced real fear? Most of us have tasted moments of panic at some time in our lives, even if it was only the first wobbling solo effort on a bicycle or canter on a horse. For others it may have been the first terrifying public speech or careening down a 30-degree slope for the first time on skis without having a real idea of how to stop.

These are all fears that fade with familiarity: As we gain confidence and experience there is no longer the same sense of trepidation. But there is another type of fear that is more insidious. It is instilled in us from an early age and conditions our minds and the way we conduct our lives for years to come. It is a fear that has created multi-million-dollar industries and the use of vast public and private resources to combat the perceived danger.

And what is it that has the power to disrupt our lives to such a degree, the potential to make intelligent men and women lose their objectivity and reason? It is something we cannot even see with the naked eye—microbes, bacteria, viruses—the “bugs” we blame for every minor ailment or affliction that besets us.

People say “I have a tummy bug” when they have indigestion, or a cough or cold is attributed to “a virus.” It not only passes the responsibility for their predicament to an invisible and malicious force, but it makes them a victim of circumstances beyond their control and creates the notion that they have only to kill off the unfortunate microbial scapegoat for all to be well. It has created a great misconception that has prevailed for well over 100 years: that health is synonymous with hygiene.

## The Sanitization of Life

From our earliest years hygiene is instilled in us: We must wash our hands, clean our teeth, use only our own towels. Millions of pounds are made by manufacturers of chemicals and detergents to kill all possible germs and sterilize our lives. We pour precious resources into the sanitization of our society. Sterility has become synonymous with purity, and cleanliness close to so much more than godliness. How else can we explain the universal preference for “whiter than white,” which has followed the missionaries into the remotest corners of the earth?

I’m not suggesting that hygiene and cleanliness are unnecessary. They have brought enormous benefits to mankind. We know, for example, that better conditions in childbirth have reduced infant mortality and, thereby, raised the average life expectancy. Many contagious illnesses have been controlled and a better quality of life is enjoyed by people as a result of



THE PROBLEM IS THAT THE WHOLE NOTION OF HYGIENE BEING HEALTH HAS LEFT US WITH THE WRONG PRIORITIES. WE SEEM TO HAVE FORGOTTEN THAT HEALTH IS NOT SIMPLY THE ABSENCE OF DISEASE.

the practice of asepsis in many spheres of life. The problem is that the whole notion of hygiene being health has left us with the wrong priorities; we seem to have forgotten that health is not simply the absence of disease.

The error of equating sterility with health goes back to the time when people were searching for an explanation of disease. Doctors had long recognized that poor sanitation and poverty were equated with illness. Water in the river Thames was believed to harbor all manner of evils.

### Fundamental Flaws in the Germ Theory

In the late 19th century, Louis Pasteur came up with a plausible explanation of disease: Germs were responsible for the symptoms of disease, and, by implication, their eradication would effect a return to normal health. This seemed such a logical explanation for many of the ailments that afflicted man and animals that it soon became accepted as a universal truth. Any other theories of disease causation were eclipsed, and the germ theory became a sort of dogma in the manger. Pasteur's fame (and the fortunes of many manufacturers of antiseptics and antibiotics for a century) was based on some largely false assumptions. These were:

- That bacteria were found everywhere in the atmosphere, and cause not only fermentation and putrefaction, but also many diseases.
- That each type of bacteria is a distinct species, and that each species causes a specific disease.
- That a normally healthy animal has bacteriologically sterile tissues, and therefore...
- That any disease of bacterial origin must be caused by an invasion of external germs through direct or indirect contact with pre-existing cases of the disease.

With the exception of the first assumption (which is largely correct), these have since been proven false, but they have not stopped the momentum of the pharmaceutical industries which have based their main products on the eradication of microbes.

In fact, modern bacteriologists recognize that, in spite of asepsis and what Professor Rene Dubos in his 1965 book *Man Adapting* called "the euphoria of modern medicine over infectious disease," mortality and morbidity rates have not changed appreciably since Pasteur's day. In fact so over-chemicalized have our bodies become that new and more virulent strains of bacteria, such as MRSA, have appeared, posing a real threat to patients in many of our hospitals.

From time to time, the media carry warnings of impending epidemics of flu—caused, it is believed, by new viral strains from the Far East, transmitted by birds, or from tropical zones, transmitted by mosquitoes. The pharmaceutical industry endeavors to provide new vaccines to prevent contagion, but there is always concern that there will not be enough to go around. In any case, they simply weaken the immune system, making people more vulnerable to other microbes.

### A Better Outlook

The outlook is not as gloomy as it might appear, however. We don't need to be afraid of illness and disease. We are not the inevitable victims of vicious external pathogens waiting to strike us down at every grubby corner we may frequent. Our health is sustained by the dynamic interplay of our emotions (the way we think, act, and feel); our structure (our posture and the physical condition in which we maintain our bodies); and our biochemistry (the way we use food and other nourishment to maintain our function). These are largely under our personal control. If we become unwell it is usually the result of the breakdown of this balance, and the bacteria and viruses which proliferate are a secondary consequence of that breakdown. They may, in fact, have a vital function to perform in bringing things back to normal—for example, by scavenging and cleaning up unhealthy tissue.

So the next time you feel ill, don't blame the bugs! Try instead to see where things may have gone wrong with your internal balancing process. Find the real cause of the disorder and see if you can, in some way, start correcting it. Seek ways to strengthen and sustain your own resilience and immunity. As you learn to do so, you will begin to respect and understand the wonderful self-regulatory powers of your own body and mind.

Above all, you will gain a confidence that can eradicate the leading cause of disease, which is fear itself. 

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# THE ARC OF *Healing*

## When your child is sick, you don't need to freak out

By Heidi Skye, D.C.

One thing I teach all my clients is that symptoms follow an arc. Like every process, there is a cycle to healing: a beginning, middle, and an end.

In the beginning of the arc, when a child is first showing symptoms, most parents will ask a series of questions or offer simple advice:

*"Do you have a headache? A glass of water could help."*

*"You're looking peaked. Maybe you need to lie down."*

*"You seem a bit cranky—is everything okay?"*

*"If you're congested, a steamy shower or cup of herbal tea might be nice."*

*"Want to cuddle?"*

As parents, we offer simple suggestions to allow our children's bodies to process and move through an illness. We feel concerned, but not overly concerned. We're comfortable with the body's symptoms and our repertoire of supportive tools. And, truth be told, we haven't stayed up with our kid three nights in a row...yet.

At the arc's beginning, the pathogen (a virus or bacteria) enters the body, which initiates the healing mechanism. The response can be coughing, fever, gunk in the lungs, fatigue, thirst, or wheezing. Your child's body is calling out from the inside, saying, "Hey, we've got visitors!" Her immune system responds by identifying the bug and using its first responders. The symptoms are the signs of that adaptation (a good thing, right?).

At this point, we've identified that her body is clearly cycling through *something*. This phase can last two hours, two days, or even a week.

The middle section is the crescendo. Your kid has been coughing all night, sweating up a storm, running a significant fever, is unable to eat comfortably, and is missing school or outside activities. This is the moment where parents may freak out and stop trusting the body's ability to resolve things, and often where they start to reach for over-the-counter medications. Panicked calls and late-night Internet searches can ensue. Add in a tired parent, and we're not so connected as we might ideally be.

Guess what? The crescendo is evidence of healing. It's *supposed* to happen.

Just realizing that there will always be a crescendo can help us understand the nature of illness. The body's

immune system is in the process of adapting, learning, integrating—*growing*, for Pete's sake—and it's a little uncoordinated until the lesson is learned.

Internally, during the crescendo, the initial responders are waning and the immune cells are taking over. This is where the real learning takes place. The body is moving from reaction to integration. And the intensification of symptoms almost always happens.

And this, moms and dads, is where loving support and trust are your biggest allies. Of course, we do our due diligence and make sure our kid gets hydrated, is not delirious, and that our gut is not saying, "Call 911." And if you can get some rest yourself, you might find it a lot easier to be patient with your child's suffering.

I tell all the people in my practice something my mentor taught me: "It will get worse before it gets better, and when it's the worst, 95 percent of the time you are 24 hours from resolution of the illness."

Just knowing this changed my parenting. Instead of fearing the height of symptoms, I now understand that it's merely a part of the healing process. I wasn't afraid of the crescendo anymore; I listened to this cue that my child's body was healing.

The crescendo isn't pretty, and both parent and child can feel uncomfortable. It's just like that place in your favorite Netflix show: All heck is breaking loose and you are scared for your main character. You almost cannot bear the tension. And then...

A resolution happens. The end of an illness is when the cells of the immune system have identified the pathogen and integrated it. The body is returning to normal—except the new normal holds the invaluable lessons learned during the infection. On the inside your child is wiser, better equipped, more developed, and smarter. Yes, they had to go through a miserable process, but the result is how nature works. Chaos leads to order.

Think of a preschool classroom. At the start of the day, a child might be clinging to his parent as he puts his coat in his cubby. The transition into the play area requires a bit of warming up, maybe with a teacher leading him by the hand into the room. This is the beginning of the arc.

Then play builds to the crescendo. The child goes to the dress-up area and tries on every piece of clothing, every crown or hat, and every scarf. The area soon looks like a





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fluffy, brocade-laden mess of garments. Next, he moves on to the “library,” taking out every book, perusing each page and “reading” to friends. Books go everywhere and the kids are surrounded by piles of words.


This looks like chaos. But actually, the child is learning through play. The immune system works the same way—chaos first, then order. (And in reality, the sequence of chaos/order/chaos/order repeats throughout a lifetime.)

At the end of the day, everything in the classroom is put back in its place. The floor is swept, the light switched off. Everything appears to be back exactly where it was before. But the child, having spent the day happily engaged in play, has new experiences, new learning, and a new set of neural connections.

He may look the same from the outside, but inside, he’s incorporating real knowledge.

When you allow a child to move from sandbox to painting station with a bit of chaos, he will grow, learn, and develop. If you stop him in the middle of his creative play and try

to force a lesson, it’s like giving a medication to suppress symptoms. Suppression stops growth and development. Adult intervention may seem like it’s called for, but the kid’s innate wisdom, given free reign, will lead in stronger, new directions.

Although it feels counterintuitive, giving the symptoms room to play means you’re creating a learning environment for the immune system. And the body even puts its own toys away. 



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# Are We Making Our Children Sick?

By Maya Shetreat-Klein, M.D.

**C**hronic illness has become the new normal for children. Yet much of what is being done to children—medications they receive like Tylenol and antibiotics, the bleach and Purell we use to sanitize, processed foods they eat in school cafeterias and their own homes, and even time they spend trapped in a classroom or doing homework instead of playing outdoors—play a significant role in this growing epidemic.

Dr. Maya Shetreat-Klein believes that children's bodies naturally have the capacity to be healthy and heal when they have the tools to do so. In her recent book, *The Dirt Cure*, she details a plan that starts with the soil, using fresh foods and nature to heal children from the inside out and the outside in. Revealing the profound connections between food, nature, and children's health, she explains how food is constantly changing kids' bodies, brains, and even genes—for better or for worse. She also shares success stories from her practice and tips as a working mother of three on stocking healing foods (from veggies to chocolate!), reading labels, and getting even picky eaters into the new menu. This paradigm-shifting book empowers you to transform your child's health through food and ensure the long-term wellbeing of your kids and the entire family.

Below, Dr. Maya fields many of the questions she's often asked about her work.

## What is *The Dirt Cure*?

*The Dirt Cure* explains how the health of our inner terrain reflects the health of the terrain around us. It's allowing kids to be exposed to germs and microbes. It's feeding them fresh, unprocessed food from healthy soil. And it's making sure that kids spend plenty of time outdoors in nature.

## How is chronic illness the new normal?

A healthy child gets sick and bounces back within a couple of days. Children today are exposed to fewer beneficial challenges—fewer microbes, less fresh food, and time outdoors in nature. Challenges create resilience, which is the key component of good health. A child who doesn't have the resilience to bounce back in the face of a challenge will become chronically ill.

## GERMS

**Exposing kids to germs on purpose? Every classroom has hand sanitizer and bleach spray to keep kids from getting sick. Aren't germs bad?**

"Germs" is just a pejorative term for microbes. Consider: We have 3–4 pounds of microbes—bacteria, viruses, fungi, even parasites—in our digestive tracts, where they help us digest our food, regulate our immune systems, produce neurotransmitters, and make us smarter, more focused, and happier. A recent study showed that children exposed to bleach cleaners are actually 20 percent likelier to have



infections like chronic coughs or the flu. Many hand sanitizers contain toxic triclosan, even though studies show that soap does just as good a job at cleaning hands.

We actually need exposures to microbes. We think we are protecting children by sanitizing them, but in fact it is the opposite.

### **So infections can be good?**

They can be. In most cases, it's not the germ itself that's the problem; it's the health of the person who has the germ. Small infections are opportunities for the immune system to flex its muscles, but we act like they are unequivocally bad—we jump to medicate with Tylenol and ibuprofen or antibiotics right away. Think of the immune system learning in terms of your learning to play the violin: You can't expect to play the violin well at a performance if you always bring someone in to practice for you, or have your hand slapped away every time you try to play. Yet that's what we're doing to children's immune systems.

### **Name a few examples of good microbes.**

Certain strains of bacteria, called *Clostridia*, induce the body to produce proteins that prevent severe allergic reactions. Certain childhood viruses help our bodies recognize and fight cancer. In areas of the world where digestive parasites are common, rates of type 1 and 2 diabetes are much lower than in other parts of the world. Exposure to lots of different microbes teaches our bodies how to discourage any one organism from replicating out of control, which is how microbes can kill us.

### **How do you determine between a good illness and a bad one? Many parents use fever as the barometer. Would you agree?**

Fever is a temperature over 100.4 degrees and is actually the sign of a healthy immune system—it means the body's natural defenses are working. Some chronically ill children don't get fevers at all, which doesn't reflect well on their immune systems. The most important thing is to look at the whole child. If a child is acting fairly normal, or even laying around feeling miserable or fussy, the fever isn't necessarily the sign of anything serious. The American Academy of Pediatrics doesn't necessarily recommend treating fevers in those children if their temperatures are under 104. Instead, let them rest, give them plenty to drink, including nourishing soups, and use cold compresses with a couple drops of peppermint essential oil to keep them comfortable. Cause for alarm would be a severely ill child who is very lethargic, or extremely irritable or inconsolable, or in pain. Sometimes parents have an intuition that something is really wrong. Those children should be evaluated by a healthcare professional immediately.

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## **FOOD**

### **Why are children having food allergies and seasonal allergies these days?**

Our immune systems are very social, and they want to meet and greet all sorts of things every day: food, microbes, dirt. When their interactions are limited, they get bored and cause trouble. We've known for some time that children who grow up on farms develop fewer allergies and asthma. We thought it was due to something called the Hygiene Hypothesis, which states that children are so sanitized that it's causing them to be chronically sick. And that's true, with a twist. It turns out that researchers found that an urban apartment had the same number of microbes as the farm. But the difference was that the microbes on the farms were more diverse. Eating diverse foods help prevent allergy for the same reason—because it satisfies the immune system's social needs. Biodiversity in microbes, in our food, and in our soil is the key to healthy bodies and brains.

### **In your book, you make a case for the connection between what children eat and things like chronic ear infections, enlarged tonsils, asthma, headaches, and even seizures. Can you explain?**

When a child's gut, immune system, and nervous system don't have the opportunity to be exposed to plenty of dirt—through diverse food, germs, and nature—they become a bit paranoid, and may come to regard things like food or pollen as an enemy. While acute inflammation is important for healing, chronic inflammation happens all over the body and leads to chronic illness. The ear canal is the diameter of a strand of hair; when it becomes inflamed, it blocks normal flow which can lead to bacterial ear infections. Chronic inflammation causes asthma in the lungs, eczema in the skin, and triggers neurological symptoms in the brain: ADHD, tics, headaches, and even seizures. Data supports that inflammation related to reactive foods like dairy and gluten can trigger all of these conditions.

### **What's the first step to cleaning up a child's diet?**

First and foremost, I recommend removing food chemicals in the diet, because that alone can resolve a lot of symptoms. Look for the Big Five: hidden MSG, artificial sweeteners, food dyes, preservatives, and high-fructose corn syrup. I provide a guide for this in my book, but the easiest method



is to read labels, and only buy the food when you recognize every ingredient on the label. Eat no foods with ingredients you couldn't grab from your own cabinet.

### How do you recommend addressing allergens in the diet?

If the health problems don't improve or disappear, it's time to look at common allergens in your child's diet: dairy, gluten, soy, corn, eggs, citrus, nuts, and shellfish. If you notice that every time your child eats a certain food, he or she gets red cheeks or ears, or gets hyperactive or foggy, or has other physical or mood symptoms—that may be a culprit. If the problem is severe, or is going on all the time, we remove a high-allergy food that they eat a lot—usually dairy or gluten—for a one-month trial and look for improvement.

### What are five foods you think kids should eat to protect them during flu season?

**Pastured meat, milk, butter, and eggs:** Animals raised outdoors as they're meant to be embody the elements of nature that make them—and us—healthy and happy. Fresh air, water, soil, plants, and sunshine become part of the eggs, butter, and meat we eat. Those products actually are measurably higher in many nutrients, including Vitamin D, a key immune-system vitamin. And high cholesterol in egg yolks

are associated with improved immunity and fewer infections.

**Bitters:** Bitter compounds in foods improve digestion, which helps things like reflux and constipation. They regulate appetite and blood sugar, and they boost the immune system in the gut and the ear, nose, throat, and lungs. You may be thinking that your child would never eat anything bitter, but it can be as simple as peeling vegetables in strips, having a nice cup of chamomile tea, or a steaming mug of high-quality hot cocoa with some orange zest (both of which act as bitters).

**Raw unprocessed honey:** High blood sugar can actually suppress the immune system, but sweeteners like raw honey, maple syrup, and molasses have surprising health

benefits. Molasses is very nutrient-dense and has many times more antioxidants than a serving of blueberries. Honey has been shown to treat coughs more effectively than over-the-counter medication. Honey given with a diabetes medication lowered blood sugar more than the medication alone.

**Fermented foods:** Sauerkraut, dilly beans, naturally fermented pickles, kefir, and some yogurts all are ways to preserve fresh foods like vegetables and milk to last the



winter. The side benefit is that they are filled with some of those diverse microbes that boost your child's gut health, brain function, and immunity.

### TIME IN NATURE

**A lot of parents keep their children indoors because they're worried about safety, and even parents who want their children to be able to play outdoors find that school and homework get in the way. How does this affect their health?**

Children who spend time in highly natural settings, like forests or specially designed playgrounds, have healthier brains and bodies than those who spend time in less natural settings. Time in nature boosts anti-cancer proteins and improves stress levels, sleep, mood, focus, and executive function. Children who spend time outdoors are also smarter, more creative, more focused, perform better on tests, and are more compliant. Being exposed to hours of natural sunlight each day helps prevent nearsightedness. Microbes found in soil called *Mycobacterium vaccae* can boost serotonin in ways similar to pharmaceutical antidepressants.

A great deal of research demonstrates that children function better when they spend a lot of time outdoors on a regular basis, but we don't apply this research by changing how children spend their days. Most kids are indoors all day for school, with maybe 20 minutes of recess, and then are inside doing homework all evening to get a couple of hours of screen time as a reward. We may be medicating many kids for problems that could be more effectively treated by making mud pies, jumping in piles of leaves, gardening, or hiking for a couple of hours a day.

A dirty child is a healthy and happy child.

### What are three ways you practice the Dirt Cure in your own family?

I don't treat my children's fevers whenever possible. I let them sleep, I give them plenty of nutrient-dense fluids—





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especially teas, soups, and bone broths—and I keep them as comfortable as possible. We eat the freshest, soil-sourced food possible. We keep our own chickens in the middle of New York City, and my children help gather their eggs. We grow some of our food together, we shop at farmers' markets together, we cook together, and we eat at least one meal a day together. We get outside in all weather, even if it's just to walk our dog. We garden, and we make games of identifying trees, mushrooms, and birds while we hike.

#### How can parents start the Dirt Cure for their children right now?

Get nourished. Eliminate as much processed food from their children's diets as possible, and replace it with fresh, soil-sourced foods that don't come in packages. Avoid shopping in supermarkets, and bring your children to farmers' markets or farms to buy food. Always try for USDA Organic or biodynamic, Demeter-certified products to avoid exposing your child to traces of pesticides, hormones, and antibiotics. Consider growing some of your own—anything from herbs on the windowsill to a community garden where you can start to keep a few chickens for eggs.

Get outside: Play sports or make mud pies, jump in leaves, go snowshoeing, get binoculars and spot birds, walk your dog in a state park, go geocaching in the forest, or take your book or homework outside.

Get germey: Don't fear fever, but learn to support your child with plenty of rest, good healing food like green

veggies, soups and bone broths, teas with a spoonful of raw honey, and doses of elderberry syrup, which helps fight flus and colds. Minimize the use of fever-reducing meds, stop cleaning with bleach and toss out your hand sanitizer and air fresheners.

#### In your book, you tell the story of how your son developed rashes, asthma, and developmental regression that began on his first birthday, which started you on the road to this scientific investigation. What happened?

My son had been developing normally and was an early talker, but on his first birthday, he mysteriously began a cycle of asthma and mysterious rashes, and he stopped gaining new milestones. No doctors we saw were particularly bothered by any of this—they just put him on endless courses of antibiotics and steroids and asthma meds. No one was interested in the root cause or asking why. I finally found a doctor to skin-test him for a soy allergy, and his whole arm blew up. Within a week of stopping soy, his asthma and rashes stopped, and he began to gain milestones. What I learned with my son was that much of what we think we're doing right for children in the short run may be harming them in the long run. For example, after we removed soy, our biggest task was to heal my son from the treatments that the doctors had prescribed.

#### What else did you do?

First, we eliminated bad players as much as possible. I first understood that soy and soybean oil was hidden in most processed and restaurant foods. Even though I considered myself a healthy eater, I began to realize that I really had no idea what hidden ingredients I was putting into my children's bodies. We dramatically reduced processed foods and cooked with fresh, organic ingredients whenever possible. The flip side of processed foods are fresh, nutrient-dense foods: pastured meat and eggs, lots of fresh vegetables and fruit with a bit of their bitter peels, with less pasta and bread and more whole grains. I threw out white sugar and only used small amounts of natural sweeteners like raw honey, maple syrup, and molasses. He responded beautifully, and I began to use this approach successfully with children in my practice. 🌱



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# RETHINKING BUGS

By Sara Wickham, Ph.D., R.M.

**Y**ou know those glossy pages in the Sunday paper supplements that tell you what's going up and down in terms of style? Well every time I open them I am more and more surprised not to see bacteria featuring in there, given how fashionable our prokaryotic colleagues have become of late. At first I wondered if I was just hyper-aware of anything that mentioned bacteria because I happened to be studying and writing about some of them, and of course because the much-anticipated *Microbirth* (Harman and Wakeford, 2014) film had received lots of attention amongst midwives, but I have come to believe that they are actually trending within the midwifery and obstetric worlds. Furthermore, I think their trendiness could be rather beneficial, and I will explain why I am hoping that the current popularity of bacteria might have a part to play in improving care for women and babies.

## How are bacteria portrayed?

May I ask you to think back to your first memories of bacteria being mentioned, perhaps by your parents or teachers? Were they mentioned in a positive or negative light? As benign, helpful and/or harmful organisms? As cells to be feared, celebrated and/or wondered at? Did you get the impression that bacteria were a relatively homogenous group of organisms which could be judged (for good or bad) as such, or did you get a sense of their complexity and variety and the fact that the same bacteria could have different effects in different circumstances? What were bugs called in your house, and what pictures and emotions does that term evoke in you now?

I ask because the things that we learn as children—and, of course, the things we pass on when it is our turn—can have a powerful impact on the way we view and relate to ideas, theories or, I guess, classes of biological organisms.

With the exception of a particularly fun and enthusiastic biology teacher who loved to point out the extraordinary value of flies, bacteria and 41 other non-cuddly organisms, my early memories of references to bacteria were almost all based on their potential to harm me. Not that this was over-emphasised, though, and it certainly never stopped me from spending half my childhood making mud pies, for I am one of those lucky people who grew up in the years before the risk management paradigm took hold, but I don't recall encountering the notion that bacteria could also be helpful to me until much later. These days, children may be more likely to meet 'good' bacteria early on—perhaps in the form of a smiling, happy, child-targeted yogurt pot—although, somewhat paradoxically, they are perhaps also likely to be more familiar with an array of antibacterial cleaning products, both for them and their home.

## Does it matter?

I am going to propose that it is vital to ask how, as a culture, we view and portray a group of organisms as essential to our survival as we now know bacteria are. It also seems important to consider how we are experiencing the massive shift in our understanding of these organisms and their





relationship with us. It is far too early on in this shift to even think about pre-empting where our knowledge will take us, but I have hope that the insights coming out of areas such as the microbiome project (Turnbaugh, et al., 2007) will lead to a genuine re-thinking of our knowledge.

If you haven't yet read a lot about this area, though, or if you keep seeing references to it and thinking you need to look into it more, Reed and Johnson-Cash (2014) have written an excellent overview of emerging knowledge about the human microbiome and the way in which this relates to pregnancy, birth and early mothering, which I highly recommend.

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WE CAN PRO-ACTIVELY SUPPORT  
OUR BODIES TO HELP THEMSELVES.**

### Exploring theories of health and disease

Until recently, Western culture has been very focused on the 'bacteria-as-bad' school of thought. Mainstream science and medicine teach Louis Pasteur's germ theory, and we have learned to value (and thus buy) products and techniques that help protect our bodies from baddies, perhaps more than about the ways in which we can proactively support our bodies—and the bacteria which live with us—to help themselves. Many of these ways—out of interest and by contrast—cost very little.

The work of Louis Pasteur is pivotal in the development of modern medical thinking, and yet the thinking of others who offered different but equally interesting viewpoints—with Antoine Béchamp being one example—has been largely ignored. Béchamp, in

case you haven't heard of him, proposed that the health of the terrain—or body—was just as or even more important in the spread of disease as the existence of germs, bugs, naughty bacteria or whatever term you want to use. He and his followers claimed that it is better to maintain a healthy body through good nutrition and habits, as this then deprives harmful bacteria of an environment in which to proliferate.

I don't know whether, under what circumstances, or to what extent Béchamp's theories are true. I do know that many people reject his theories out of hand, and that sepsis is a serious issue. But because of the limitations and ramifications of the germ theory-based approach, concerns about antibiotic resistance, side effects and the fact that antibiotics kill healthy strains of bacteria as well as those associated with disease, and because it is possible to explore a theory for interesting facets without necessarily having to swallow it whole or reject it outright, I think other ideas are worth exploring.

### Hope on the horizon

So my first thread of hope relates to the way in which our growing knowledge about bacteria is enabling us to move beyond the one-track, often negative way in which we have come to view these micro-organisms that live on us, in us and around us. We are beginning to understand that our relationship with them is not simple or easily packaged up. We are starting to see the complexity of our relationships with bacteria, and that we may need to reconsider what we thought we knew. 🌀



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# Role of the Microbiome in Infant Development

By Kate Raines



**T**he human microbiome plays a vital role in overall health, and new information about it is discovered nearly every day. Defined as “the sum of all microbial life living in or on the human body,” the microbiome is a vibrant community of bacteria, viruses, and fungi that constantly evolves throughout the life cycle as it adapts to environmental, dietary, and life changes.

Alterations in the human microbiota have been linked to a wide range of disorders, from viral and bacterial infections to metabolic disorders like obesity and diabetes, and from inflammatory and autoimmune diseases to neurodevelopmental issues like depression and autism. Simplifying the process of how bacteria in the gut can affect the brain and other systems of the body, science writer Stephen Ginley explains in an August 2016 article in *The News & Observer*:

*...the gut microbiome takes advantage of the channels our bodies use to send messages between different organs. The bacteria's normal life functions produce byproducts called metabolites that move through the stomach lining, enter the bloodstream and are transported throughout the human body. Depending on the type and number of bacteria in a gut microbiome, different types and numbers of metabolites are delivered to the brain and other parts of the host's body.*

### Early Evolution of the Infant Gut Microbiome

One of the richest fields of microbiome research pertains to its earliest development in the fetus and newborn. Until recently, scientists believed that the gut of the unborn infant is a sterile environment that first becomes populated during the baby's passage through the birth canal. It is now known that the unborn infant begins to develop its own microbiome during late-stage gestation, as the maturing baby begins to swallow amniotic fluid and take in maternal microbiota through the placenta.

Interestingly, the microbiota of the placenta appears similar to that of the human oral respiratory tract. The microbiome begins personalizing right away: The intestinal colonization of infants born via vaginal delivery primarily reflects that of the mother's vaginal flora, while the microbes of babies born via cesarean section are made up of epidermal (skin) bacteria rather than vaginal species.

The specific variety of gut microbiota in preterm infants differs greatly from that of full-term infants, and may have a significant influence on the future health of those children. Part of this is the loss of the late-gestation self-population. Since the swallowing reflex only develops late in gestation, many preterm infants do not take in amniotic fluids that way. Similarly, many



are born by cesarean into a highly sterilized environment, and therefore avoid the natural exposure to the various microbes that usually jump-start the microbiome.

### Medical Interventions Affect Infant Microbiota

Antibiotic treatment is commonly given to preterm infants as a precautionary measure to avoid the serious infections prevalent in that population. However, even a single course of antibiotics *permanently* changes a host's microbiota, and this preventive use of antibiotics has been shown to alter the gut flora of preterm infants in such a way that it actually increases the baby's risk of developing necrotizing enterocolitis, sepsis, or death.

Researchers have suggested that children treated with antibiotics in their early days—or even before birth if the expectant mother is treated with antibiotics—may be predisposed to later development of asthma, allergies, or other atopic diseases, such as hay fever and eczema. The link between gut microbiota and the development of autism is also under review; according to a recent article by David Kohn in *The Atlantic*, about “three-quarters of people with autism also have some gastrointestinal abnormality, like digestive issues, food allergies, or gluten sensitivity.”

Beyond antibiotic use, other interventions also may affect the microbiome, and consequently the development of the immune system in general. Differences in microbiome makeup, for example, may help explain differences in response to vaccines. “Due to its impact in the development of immune function, both in the gut and other organs, it is reasonable to consider that the intestinal microbiota will significantly affect how individuals respond to vaccine





RESEARCHERS AT THE UNIVERSITY OF NORTH CAROLINA FOUND THAT THE MICROBIAL COMMUNITIES IN BABIES WHO WERE MORE WITHDRAWN AROUND STRANGERS WERE DISTINCT FROM THOSE OF CHILDREN WHO WERE MORE OUTGOING.

antigens,” write Rosana Ferreira, Caetano Antunes, and Brett Finlay in the journal *PLOS Pathogens*. There is no such thing as “one size fits all.”

### Both Health and Personality May Reflect Microbiome

New research indicates that the microbial components of the microbiota could play a role in defining personality traits as well as physical resilience. Inspired by animal studies showing that anxious lab rats have a different microbiome profile than that of calmer rats, researchers at the University of North Carolina at Chapel Hill studied the composition of the microbiota of 2-year-old children.

They found that the microbial communities in the guts of babies who were more withdrawn and less expressive around strangers were distinctively different from those of children who were more outgoing and expressive. Although the researchers admit that those characteristics in young children do not specifically relate to the development of anxiety and depression in later years, they hope to more conclusively explore that idea over the next three years of their study.

Emphasizing the importance of understanding the relationship between the microbiome and the development of a healthy brain, researcher Andrea Azacarate, Ph.D., writes, “If we know we need specific metabolites introduced to the brain in a specific window [of time], we can develop a treatment that provides the correct metabolite.”


### First, Do No Harm

Unspoken is the assumption that if we understand what factors cause dysbiosis, or imbalances in the microbiome, we might be able to avoid the course of action that altered the microbiota in the first place. For example, if pre- or perinatal antibiotics have such a drastic effect on the infant microbiome, what happens when environmental toxins are introduced? What happens when a pregnant woman is given influenza, diphtheria, pertussis, and tetanus vaccines?



What happens when a newborn baby is given a hepatitis B shot on her day of birth, or any of the other vaccines federally recommended for that crucial first year?

It is a new horizon for modern medicine, as we begin to recognize the intricate and fundamental interplay between gut and brain health. Anything that affects the microbiome—whether medical, chemical, gestational, dietary, or genetic—has important implications for the overall health of our babies and our population.

There is a wealth of new information about the development of the human gut microbiome. But there remain more questions than answers about the long-term implications of variations in intestinal flora, and the ways in which medical intervention can change those delicate balances for good or for ill. 



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# CONSIDERATIONS

## FOR PREGNANCY, BIRTH, AND EARLY MOTHERING

By Rachel Reed, Ph.D.



**T**he more we understand about the human microbiome, the more fundamental it seems. Pregnancy, birth, and breastfeeding seed a child's microbiome, and therefore have long-term effects on his or her health. More research is needed to explore how best to support healthy seeding and maintenance of the microbiome during this key period. But even with what we already know, a number of considerations and suggestions arise.

A **vaginal birth** in the mother's own environment is optimal for "seeding" a healthy microbiome for the baby.

**Minimize physical contact** by care providers to the mother's vagina, perineum, and the baby during birth.

**Avoid unnecessary antibiotics during labor.** If antibiotics are required, consider probiotics for mother and baby following birth.

**If the baby is born by C-section:** Research is currently being undertaken into the use of vaginal swabs to "seed" C-section babies. The preliminary results are that a swabbed baby's microbiome is more similar to that of a vaginally born baby. The protocol the researchers are using is:

1. Take a piece of gauze soaked in sterile normal saline.
2. Fold it up like a tampon with lots of surface area, and insert into the mother's vagina. Leave for one hour.
3. Remove swab just prior to surgery; store it in a sterile container.
4. Immediately after birth, apply the swab to the baby's mouth, face, and the rest of the body.

If a baby is born by C-section, it is even more important to **encourage his or her mother to breastfeed** and support her in those efforts. It may also be worth considering additional probiotic intake.

Immediately following birth, and in the first days, baby should spend a lot of time **naked on his or her mother's chest**.

**Avoid bathing the baby for at least 24 hours after birth,** and then only use plain water for at least 4 weeks.

If you give birth in a hospital, **use your own linen** from home for your baby.

**Minimize the handling of the baby by non-family members** during the first weeks—particularly skin-to-skin contact.

**Exclusively breastfeed.** If this is not possible, consider probiotic support.

**Avoid giving your baby unnecessary antibiotics.** Again, if antibiotics are required, you should consider probiotics.

**Probiotics** may also benefit babies suffering from colic.



Rachel Reed, Ph.D., is a lecturer at the University of the Sunshine Coast, Queensland, Australia. She has practiced midwifery in a range of models and settings in the United Kingdom and Australia. Rachel is committed to the promotion of physiological birth, and of women's innate ability to birth and mother. Rachel is a writer and presenter, and is the author of the blog *MidwifeThinking.com*. View article resources and author information here: [pathwaystofamilywellness.org/references.html](http://pathwaystofamilywellness.org/references.html).



**I**n order to use vaccinations wisely, we need to understand exactly how they work. Vaccines are designed to cause an increase in antibody levels (titers) against a specific bacterium or virus, thus preventing illness from that bacterium or virus. But exactly how does a vaccine prevent its human recipient from manifesting the specific illness the vaccine has been designed to prevent?

The immune system is composed of two functional branches that may work together in either a cooperative way or in an antagonistic way, depending on the health of the individual. In this article I will use the older, original names for these two branches, the humoral and the cellular branches.

The humoral immune function (or, approximately, the Th2 function), primarily produces antibodies in the blood circulation as a sensing or recognizing function of the immune system to the presence of foreign antigens in the body. An antigen is any substance which, upon entering the body, is unable to be integrated into the body's inner environment.

cells found in the thymus, tonsils, adenoids, spleen, lymph nodes, and lymph system. This process of destroying, digesting, and discharging foreign antigens is known as the *acute inflammatory response* and is accompanied by the classic signs of inflammation—fever, pain, malaise, skin rash, diarrhea, and discharge of mucus or pus. These symptoms tell us that our immune system is working to expel foreign matter from our body.

These two functional branches of the immune system may be compared to the two functions in eating—tasting and recognizing the food on the one hand, and digesting the food and eliminating the food waste on the other. In the same way, the humoral, antibody-producing branch of the immune system tastes, recognizes, and remembers foreign antigens, and the cellular branch digests and eliminates the foreign antigens from the body. But just as too much repeated tasting of food will ruin the appetite, so also too much repeated stimulation of the “tasting” humoral immune

system by an antigen will inhibit and suppress the digesting and eliminating function of the cellular immune system. In other words, overstimulating antibody production through repeated exposure to many different antigens can suppress the acute inflammatory response of the cellular immune system. This happens in many AIDS patients, for example.

This becomes clearer if we imagine the immune system to be like a seesaw.

At one end is antibody production. At the other end is the acute inflammatory response of the cellular immune system. In a healthy person the seesaw freely swings

to the cellular side when the organism needs to destroy, digest, and discharge a particular infection.

When this has been accomplished, then the beam swings back to the humoral side to produce antibodies, which then help to shut down the acute inflammatory response before exhaustion sets in, so the ill person can begin recuperating. That is why antibodies become detectable in the blood only after an acute illness, and not in its early stages. A vaccination is like a straitjacket for the immune system, because it holds the seesaw permanently (or until it wears off) on the humoral side in maintaining a certain level of antibodies. This “prevents” the illness, because it prevents our own cellular immune system from reacting to the virus or bacterium associated with that particular illness.

This explains the polar opposite relationship between acute discharging inflammations on the one hand and allergies and autoimmune inflammations on the other hand. The more a person has of one, the less he or she will have of the other. A growing number of scientists believe that the large increase in allergic and autoimmune diseases

# natural IMMUNITY

By Philip F. Incao, M.D.

The great Renaissance physician Paracelsus famously said that every substance, including our usual food and drink, that enters us acts as a poison which we must digest and transform in order to make it compatible with our inner environment. Thus, the task of our digestive system is to process all our food and drink to be compatible with our individual human ecosystem, and to remove all foreignness—i.e. all *antigenicity*—from everything entering our body. Any entering substance which our digestive system fails to divest of its foreign antigenicity then becomes a target for our immune system to challenge. Our immune system is really like a backup digestive system that extends throughout our body in our blood. The task of the humoral branch is to create specific antibodies which “tag,” and to some extent neutralize, specific foreign antigens within us as a preliminary step to the more thorough processing of foreign antigens by the cellular branch.

The cellular, or cell-mediated, immune system (or, approximately, the Th1 function) primarily destroys, digests, and expels foreign antigens from the body using

A photograph of two young children playing on a seesaw in a park. The child on the left is wearing a red knit hat, a white sweater, and blue overalls, and is in the middle of a jump. The child on the right is wearing a pink and white striped hat, a grey patterned sweater, and dark pants with a bright green stripe, and is sitting on the ground. The seesaw is made of wood and metal. The background shows grass and a wooden fence.

## IMMUNE SYSTEM BRANCHES WORKING IN BALANCE

### TH1 / CELLULAR

*inflammatory response*

*digests and eliminates foreign antigens*

### TH2 / HUMORAL

*antibody production*

*recognizes and remembers foreign antigens*

(which stimulate the humoral branch of the immune system) throughout America, Europe, Australia, and Japan, is caused by the lack of stimulation of the cellular branch due to the lack of acute inflammatory illnesses and discharges in childhood. We need to identify what causes this shift in the function of the immune system causing allergies and auto-immune diseases in childhood to increase. Two of the most obvious factors are the overuse of vaccines and antibiotics.

If we return to the original question of how a vaccine affects the body's immune system, we find what I believe is the key to the puzzle. A vaccination consists of introducing a disease agent or disease antigen into an individual's body without causing the disease. If the disease agent provoked the whole immune system into action, it would cause all the symptoms of the disease—primarily the symptoms of the acute inflammatory response to the disease (such as fever, pain, malaise, loss of function). It needs a strenuous rethinking to confront the fact that the frightening symptoms of the most feared infections are caused by the reactions, and in some cases the over-reactions, of our own immune system.

So the trick of a vaccination is to stimulate the immune system just enough so that it makes antibodies and remembers the disease antigen, but not so much that it provokes an acute inflammatory response by the cellular immune system and makes us sick with the disease we're trying to prevent. Thus a vaccination works by greatly stimulating the antibody production (usually by using an aluminum adjuvant)

and by stimulating the digesting and discharging function of the cellular immune system very little or not at all. Vaccine antigens are designed to be unprovocative or indigestible for the cellular immune system and highly stimulating for the antibody-mediated humoral immune system.

It is not difficult to see, then, why the repeated use of vaccinations would tend to shift the functional balance of the immune system toward the antibody-producing side and away from the acute inflammatory discharging side. This has been confirmed by observation, especially in the case of Gulf War illness: The multiple, highly stimulating vaccinations received by most soldiers caused a shift in their immune function from the Th1 side (acute inflammatory discharging response) to the Th2 side (chronic auto-immune or allergic response), and made them chronically ill.

The outcome of this line of thought is that, contrary to previous belief, vaccinations do not strengthen or boost the whole immune system. Instead, vaccinations, with their aluminum or other adjuvants, overstimulate the tasting and remembering function of the antibody-mediated branch of the immune system, which simultaneously suppresses the cellular immune system, thus preventing the usual appearance of the disease the vaccine was designed to prevent. If our cellular immune system is unable to react, there's no manifest acute disease, but instead there is an increased tendency toward allergic and autoimmune conditions.

In reality, what is prevented is not the disease, but our



THERE IS NO HUMAN SYSTEM, FROM THE MIND TO THE MUSCLES TO THE IMMUNE SYSTEM, THAT GETS STRONGER BY AVOIDING CHALLENGES; WE IMPROVE ONLY BY OVERCOMING CHALLENGES.

immune systems' ability to respond to it. A vaccine does not prevent a disease germ from entering our body; it hinders our immune system from creating a strong and sometimes dangerous acute inflammatory reaction to the germ. But the germ does not disappear, it goes underground and lingers in the body. Since our cellular immune system has been prevented by the vaccine from reacting *acutely*, it instead reacts *chronically*, causing allergic and autoimmune conditions; these conditions have increased steadily in children (and adults) as the number of vaccines in use has increased.

There is no human system, from the mind to the muscles to the immune system, that gets stronger by avoiding challenges; we improve only by overcoming challenges. The wise use of vaccinations would be to use them selectively, and not on a mass scale. In order for vaccinations to be helpful and not harmful, we must know beforehand in each individual to be vaccinated whether the cellular function or the humoral function of the immune system predominates.

In individuals in whom the cellular function predominates, causing many acute inflammations because the cellular immune system is over-reactive, a vaccination could have a balancing effect on the immune system and be helpful. In individuals in whom the humoral function predominates, causing few acute inflammations but rather the tendency to chronic allergic or autoimmune inflammations, a vaccination would cause the humoral function to predominate even more, aggravating the imbalance of the immune system and harming that person's health. This is what is happening to our children today.

The current use of vaccinations in medicine is essentially a shotgun approach that ignores differences among individuals. With such an approach some individuals may be helped and others may be harmed. If medicine is to evolve in a healthy direction, we must learn to understand the particular characteristics of each individual and we must learn how to individualize our treatments to be able to heal each unique human being in our care.

Vaccinations are usually effective in preventing an individual from manifesting a particular illness, but they do not improve that person's overall strength or the health of the immune system. Instead, vaccinations modify the reactivity of the immune system, decreasing acute discharging inflammatory reactions and increasing the tendency toward chronic allergic and auto-immune reactions.

Epidemiologic studies have shown that, as families improve their living conditions—hygiene, nutrition, literacy, and education—the risk of life-threatening, acute, infectious,

inflammatory diseases very much decreases. Families with poor living conditions could possibly benefit from selected vaccinations. Families with better living conditions probably would benefit from vaccinations very little or not at all. Individuals with a tendency to allergic or autoimmune diseases are likely to be harmed by vaccinations.

Side effects of vaccination are usually allergic or autoimmune inflammatory reactions caused by the shift of the immune system's reactivity from the cellular side to the humoral, antibody-producing side. Modern medicine is just beginning to recognize this. Modern medicine has not scientifically measured the risk/benefit ratio of any vaccine. Research into the risks of vaccines is very inadequate, according to two comprehensive reports on vaccines by the U.S. Institute of Medicine in 1991 and 1994.

It is important to remember that an infection with a particular virus or bacterium does not necessarily cause illness unless the resistance of the individual is low. (See my article "Not a Battle, but a Housecleaning" in *PATHWAYS*, Issue 6.)

Individuals living in poor conditions, with poor hygiene, nutrition, and education, are at higher risk of serious illnesses from any infection.

The world's leading expert on autoimmunity, Israeli physician Yehuda Shoenfeld, published a groundbreaking article in the *Journal of Autoimmunology* in 2011 that established that vaccine adjuvants cause a wide variety of autoimmune conditions grouped under the heading of the ASIA syndrome—an acronym meaning Autoimmune Syndrome Induced by (vaccine) Adjuvants. In 2015, Dr. Shoenfeld published an academic textbook, *Vaccines and Autoimmunity*, that includes 37 medical research articles from research teams in medical centers in several different countries, all linking vaccines to many different autoimmune diseases.

This should be front-page news. Instead, our mainstream media has been silent about these developments, which directly affect the vitally important issue of our children's health. 🔄



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*The Vaccination Dilemma and on his website, [philipincao.com](http://philipincao.com). He lives in Crestone, Colorado, with his wife, artist Jennifer Thomson. View article resources and author information here: [pathwaystofamilywellness.org/references.html](http://pathwaystofamilywellness.org/references.html).*





# Immunity

By Bruce Lipton, Ph.D.

The increased incidence of allergies in children is one of the major healthcare issues of our day. From an immunological understanding, there are two simple points about this to keep in mind.

First, allergens are a type of antigen (something that promotes an immune response), but allergens themselves are not very toxic. **The problem is our bodies' over-reaction to allergens.** A very important point is that the immune system is divided: It fights non-cellular things like allergens, and it fights cellular things like cancer cells, bacteria, and parasites. And there's information in the immune system that controls the direction it takes.

And here's the interesting part: The placenta implanted in the uterus is not tissue from the mother's body. It comes from the embryo, and the embryo is genetically different than the mother. Which presents a puzzle: Since our immune system is designed to kill foreign cells, how can someone get pregnant?

When a woman is pregnant, the placenta secretes what are called *cytokines*, substances that create in the mother's immune system a bunch of immune cells called Th2 helper cells. These Th2 cells are designed to fight allergens, and they shut off the part of the immune system in the mother that fights cells, bacteria, or parasites. This is how the mother's immune system

tolerates the implant. But when the baby is born, the baby's immune system is also filled with Th2 cells, which prevent the Th1 immune response.

In a normal birth, the child comes out filled with Th2 helper cells. But in a normal situation, the baby comes through the birth canal, nurses with the mother, and picks up bacteria from the environment, and this all comes together to form the baby's microbiome. This microbiome will direct the development of the baby's immune system and switch the baby's immune system from Th2 (type 2) to Th1 (type 1).

But in today's world we have created such a clean environment that now the baby doesn't get the normal exposure that would switch the immune system to Th1, which means baby stays in type 2 for a longer period of time. (This notion is called the "hygiene hypothesis.") If the allergen shows up while the baby is in type 2, the immune system will make an antibody called IgE, or immunoglobulin E, which creates an allergic response to the allergen. If the allergen shows up when the baby's in type 1—after having experienced minor infections—then the immune system makes an antibody called IgG, Immunoglobulin G, and the child will not be allergic to the allergen.

So babies are born with type 2, because that was the type that prevented the rejection of the placenta by the mother. Normally, the baby should get exposed to all kinds of things, especially through breastfeeding, and be inoculated with bacteria. This would switch the system to type 1 to make a normal antibody response.

The increase in babies having an allergic response to allergens is not because of the allergens—it's because babies are not given enough chance to have an infection. Since our mode of parenting is: "Keep it clean! Sterilize everything! Wash it down with germicide," and things like that, we've created a situation that foments allergies. This is also why kids who grow up with pets are healthier than kids that don't: Even if you spray Lysol on everything around the house, you're not going to spray the pet! And so the pet is an

inoculation device. It will carry things that the child can pick up.

Therefore, it's really important to recognize that in order for a child's immune system to be healthy, it must be exposed to bacteria and things like that. It's OK if the child gets a little sick—that's the immune system working.

The second thing to keep in mind is that **the immune system is an evolutionary device.** It's not completely formed when we're born. It's still evolving. The tendency is for people to inoculate their children with vaccines. And the problem is that when we inject a vaccine, loaded with all kinds of adjuvants and preservatives, into a baby whose immune system is still evolving, we push the immune system more toward Th2. By interfering with the development of the immune system, we're keeping it from evolving properly.

The body must come in contact with an infection in order for it to create its own immune activation. What people don't understand is the immune activation is due to the tonsils that are in the throat. People think tonsils are there to fight infections, but that's wrong. The tonsils don't fight infection, they invite infection in! They're nature's way of creating an immune response. The tonsils make a recording of everything in the environment that passes by them, which is why infants reflexively stick everything they can into their mouths. This is the design of the system—they're creating an oral vaccine.

By the time a child is 10 years old he's tasted everything in the environment. At around the age of 10, the immune system starts to slow itself down from the hyper-growth state it's been in. The thymus gland, the immune system's center of education, starts to get smaller. The relevance is this: If we protect children too much by the time the immune system starts to slow down at age 10, we reduce their ability to make immune responses. So I'm not saying, "Vaccines: no." I'm saying, "Oral vaccines: yes."

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Bruce Lipton, Ph.D., wrote "Mind Over Genes" on page 16 of this issue.



# Guard Your Peace

By Janaiah von Hassel



**I**t's taken me well into adulthood to establish a baseline for inner peace, and admittedly it's become sacred to me. In my youth, I spent many years giving away my peace to any cause that came my way. It was understandable, in a way: It's hard to treasure something you don't have. But as an adult I love to feel peaceful, and when I lose my peace over any situation, I'm eager to restore that feeling of inner calm, joy, and love.

My secret to inner peace is to practice choosing what I think about. For decades my thoughts have had the freedom of running wild and chaotic, causing a barrage of emotions at any given time. I can Hulk out in under three seconds over any given injustice in the world, or cry a river over a soap commercial. I've always valued my ability to empathize, and I recognize that I'm a sensitive person easily spun from inspired enthusiasm to heart-wrenching sympathy simply by the nature of the thoughts that come and go in reaction to my environment.

I've concerned myself with the notion of being cold or callous if I didn't mourn with mourners. I've wondered who would make the necessary changes in the world, or bring awareness to its apparent evils, if not me. My friends have often referred to me as a "mover and shaker," knowing that if something in my surroundings needed improvement, I would be on board to approach it and right the wrong.

Charging headlong into battle, I have often felt it was my duty to fight against injustice. There's not a lot of peace in this war, and believe me when I say it is never-ending. I remember being absolutely impressed by Mother Theresa's quote: "I was once asked why I don't participate in anti-war demonstrations. I said that I will never do that, but as soon as you have a pro-peace rally, I'll be there." That, along with one of my all-time favorite quotes by Tony Robbins ("Where focus goes, energy flows"), has dramatically changed how I live my life. And the beauty of it is that I'm able to cherish my own joy and peace in the process.

Shortly after my son was diagnosed with autism, we took him to a specialist who revealed testing that suggested his vaccinations were a contributing factor. I was enraged. I had argued with his previous pediatrician about his severe reactions, and this doctor felt I was exaggerating and dismissed my many concerns. At the time I felt I was bullied, even threatened, into an aggressive vaccine schedule that robbed my son and my family. I never wanted another family to suffer through what had happened to us, and so I began aligning with "anti-vax" groups, and connecting with those who had the same unjust experience.

I saw my son as injured, and I felt the medical paradigm stole something from me. I wanted to battle them all to the ground. How dare they see my son as collateral damage? How dare they tell me there was no connection? How dare they tell me to embrace and celebrate his neurodiversity? I would lie awake at night thinking of how every moment I slept, every second I was silent, one more child was delivered to this fate. I wanted to fight for awareness, fight for my son! And my son...wanted his mommy.

It took me some time, and some personal growth, to leave that fight behind me. Recently I had a friend invite me to see the movie *Vaxxed*, a documentary that exposes some of what I know all too well, and I declined. She argued that I ought to support the movie, that it was our duty as parents of vaccine-injured children to know the



facts. I understand her point of view and completely respect it. However, for me, I now guard my peace. I do it for myself, and for my children.

When I learned about what chiropractic care does to boost children's immune system, I knew that I had found my "pro-peace rally." I understood that pediatric chiropractic focused on the nervous system, which controls the immune system. I learned everything I possibly could about how chiropractic care supports immune function, so that if I had a friend or loved one who was choosing to vaccinate their child I could share with them how chiropractic care could help boost their child's immune system, which can support the benefits and minimize the side effects of any vaccination. I also knew that for friends who chose not to vaccinate, I could share with them ways to improve immune function and increase the body's ability for natural immunization.

My education in pediatric chiropractic was my golden ticket to peace. I was no longer fighting, and I no longer saw

a new one that better supports my son and brings me back to a feeling of peace and appreciation. I'm reminded of the Albert Einstein quote, "The most important decision we make is whether we believe we live in a friendly or hostile universe." I choose to believe I live in a friendly universe, where all things are being worked together for good.

My hope in sharing this is that any mother who is holding on to grief, pain, or the need to fight injustice, will allow herself peace. You don't have to fight in every battle. It truly is OK to guard your heart. It is OK to be happy. It is OK to say no to the things that rob you of your joy, even if they're "right." I know there will come a time for me when I can watch a documentary or comment on a Facebook status regarding vaccines without losing my peace, but that time is not now.

I have learned that I can do a lot more positive things in the world when I'm coming from a positive place. I'm by no means saying that a person should not share their values or lobby for the reforms they want to see in the world, but I am suggesting

## CHARGING HEADLONG INTO BATTLE, I HAVE OFTEN FELT IT WAS MY DUTY TO FIGHT AGAINST INJUSTICE. THERE'S NOT A LOT OF PEACE IN THIS WAR, AND BELIEVE ME WHEN I SAY IT IS NEVER-ENDING.

my son as vaccine-injured, but as proof that life expresses intelligence and the body has an innate ability to heal and be well. I've watched my son progress in ways I never knew were measurable. I've come to value his limitations in inexpressible ways, and embrace the sheer joy he exudes as his ability to allow his life to unfold in this way. I do my best to emulate his carefree acceptance of exactly where he is today, whole and perfect in his own eyes and mine.

Recently I drove to the doctor's office where my son had received his vaccinations. We no longer go there, but I wanted to take a moment to pray a blessing on everyone who walked through the doors. I felt moved to send kind thoughts to the pediatrician I had once felt unbearable rage toward. There was a time I wanted to march into his office screaming, "Look! Look what you've done!" In that moment in the parking lot I felt an immense gratitude for what this doctor's role has been in my life, teaching me the importance of inner peace.

I have chosen to practice my belief that everything is in perfect balance for my family. I choose to practice the belief that my son came to this earth with a divine purpose and that this life is unfolding opportunities for him to fulfill that purpose, even when I don't understand or see the blessing. I choose to practice feeling grateful for what the experiences in this doctor's office have given us, not what was taken. I sat in that parking lot feeling no need to forgive, as I no longer felt wronged. I was immersed in a moment of unconditional love.

I still have moments where I get stuck in negative thought patterns. I see my son struggle to communicate or learn a new skill, and an old negative thought creeps in. More and more I'm able to quickly release that thought and choose

that you guard your peace and come from love. There is so much more beauty in doing good than in fighting "bad."

We moms can be extremely self-sacrificing, but every bit of our energy that we give away to anger, resentment, bitterness, guilt, or the fight against injustice, is a piece of us that our children can't have.

I don't have this completely down pat. Being a fighter is something that I've always regarded highly about myself. I have to retrain my thoughts to think on good things, to embrace the beauty, to put my boxing gloves away and allow good feelings to flow. It takes practice, but it all starts with allowing yourself to walk away from thoughts and things that feel bad.

What I now understand about my propensity to be a "mover," "shaker," "fixer," or "fighter" was my inability to be still, my feelings of brokenness, and my own need for punishment. As I work on these things inside me, I see healing in the world around me. 🌀



Janaiah von Hassel, CEO of Kiro Kidz, is a proud mother of two young boys, Landon and Corbin, whom she happily nurtures alongside her husband, Matthew. Janaiah turned to chiropractic after receiving her son's autism diagnosis and, in doing so, discovered that her entire family benefited from care. In her desire to spread the word, she has found great fulfillment in her work with Dr. Todd Defayette on the creation and development of Kiro Kidz. View article resources and author information here: [pathwaystofamilywellness.org/references.html](http://pathwaystofamilywellness.org/references.html).



PERSPECTIVES ON

# Chiropractic and Immunity







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**L**ouis Pasteur proposed the theory that germs cause disease. Very simply, the Germ Theory stated that there were separate diseases, and that each disease was caused by a particular microorganism. Today, we have discovered that the human body is 90 percent microbial, which means that our fear of germs is leading to catastrophic effects.

We know that symptoms are the body's efforts to balance and restore homeostasis. And yet, when symptoms arise, we all say it: "I'm sick." Too often these words become a call to action and today, more than ever, we are liable to actually damage ourselves with conventional practice. It is difficult to overcome the idea that we need an external chemical to achieve health. When we purchase decongestants for a stuffy nose, or medications for stomach pain, or when we put ointment on the rash and ingest fever suppressants to suppress a fever, we make a declaration that we know better than our physiology and we end up thwarting its normal function in the process.

It is interesting to note that as far back as the 1950s, B.J. Palmer, the developer of chiropractic, warned us about the use of antibiotics:

*These products are so ill adapted to our organism that a certain number of individuals become intolerant of some and 'resist' others. Doctors cannot succeed in understanding why these medicines become ineffective and even provoke a serious advancement of the disease. It is because modern medicine finds its therapeutic means more and more in the retorts of chemists that it cares so little about physiological and endocrinological phenomena.*

### **The New Model**

Contemporary scientists of Pasteur's time—Béchamp, Bernard, Virchow, and Metchinkoff—reached some different conclusions in their experiments. They discovered that it was not the microorganism that caused disease, but rather the health of the terrain that attracted these particular microorganisms and allowed them to proliferate.



*“I desired to know why one person was ailing and his associate, eating at the same table, working in the same shop, at the same bench, was not. Why? What difference was there in these two persons that caused one to have various diseases, while his partner escaped?”*

—D.D. PALMER, FOUNDER OF CHIROPRACTIC

### Salutogenesis

Mother Theresa stated that she would not participate in a march against war, but would participate if the march were for peace. Such a march would not only empower people to end war, but also help them move toward peace. In her view, the process of creating peace was different than merely ending war.

*Salutogenesis* is a term coined by Aaron Antonovsky, a professor of medical sociology. It describes a healthcare approach focusing on factors that support human health and well-being, rather than on factors that cause disease. Salutogenesis starts by considering health, and looks prospectively at how to create, enhance, and improve physical, mental, and social well-being.

Salutogenesis is in contrast to pathogenesis, which is the study of disease origins and causes. Pathogenesis starts by considering disease and infirmity and then works to determine how individuals can avoid, manage, or eliminate that disease or infirmity. Pathogenesis is the approach taken by our country's current medical model of healthcare.

Acceptance of the pathogenic model of health by most traditional health professionals has dictated that disease prevention, treatment, and management are the paths to better health. Just as common sense tells us that the absence of bad behavior does not indicate the presence of good behavior, research consistently demonstrates that simply decreasing a negative state does not necessarily increase positive states.

The presence of health requires more than just the absence of disease or related risk factors. The concepts and ideas related to salutogenesis are some of the factors that draw people to chiropractic.

During times of great epidemics and plagues, most people survived, even without any healthcare intervention—which is why we are all here. Many people have wondered why, instead of looking at those who have succumbed to a health issue or problem, we never looked at those that didn't have it to see what they were doing that kept them well. Why was the focus and research never on those that were doing things right?

While both pathogenesis and salutogenesis are necessary and important, if we focused on what makes people healthy, the need for treating disease would be greatly decreased. In fact, when people saw a chiropractor even as sporadically as once a month, some of the results they received included:

- 60.2 percent decrease in hospital admissions
- 59 percent decrease in hospital days
- 62 percent decrease in outpatient surgeries
- 85 percent decrease in pharmaceutical costs

Imagine just the healthcare cost savings if more people utilized chiropractic and used it properly. Now imagine the amazing benefits they would receive and how much more enjoyable life and our community would be.

### Courage Over Fear

In their book *Trust Us, We're Experts*, John Stauber and Sheldon Rampton explain in great detail how public opinion on practically all subjects is programmed into our brains through the assiduous scientific efforts of the most sophisticated PR firms in history. These spin doctors specialize in the installation of certain opinions and values, and their primary tool is fear. Fear is their golden button, polished to perfection. Fear is how the “clever” keep the weak in line—fear of disease, fear of microorganisms, fear of the unknown. And they've made challenges to conventional wisdom politically incorrect.

It has been said that fear is really an acronym for “False Evidence Appearing Real.” But when you know the truth, you need not fear anything. Chiropractic has brought something to the world that was once lost, namely, the confidence that the body is a self-healing organism that can solve its problems and more if given the opportunity to operate without restriction. The chiropractic lifestyle includes people who make up a very unique cross-section of society. They are people who have refused to be trained and have rediscovered the inner wisdom with which they were born. The training of society will go on, but as long as we have people who can still think for themselves and can tell others about this science called chiropractic, this movement will continue. So will our hope for a better world.

	PATHOGENESIS	SALUTOGENESIS
<b>Starting point</b>	Disease or problem	Health potential
<b>Goal</b>	Prevention and early detection	Maximize the expression of health potential
<b>Works to</b>	Eliminate risk factors	Create health factors
<b>Perspective</b>	Treat disease	Obtain health
<b>Focus</b>	Prevent pain or loss	Promote gains or growth
	Keep from making situation worse	Continuous improvement
	Minimization of problems	Optimization of potential
<b>Motive</b>	Fear	Empowerment
<b>Delivery/Temporal Profile</b>	Event/episodic	Process/lifetime
<b>Outcome</b>	Absence of problem	Presence of gain
<b>-active</b>	Re-active: React to signs, symptoms, and indications of disease	Pro-active: Create conditions of physical, mental, and social well-being
<b>Practitioner Role</b>	Dominant	Partner/coach

### Chiropractic and Immunity

The most important, common thread between midwives, holistic practitioners, and chiropractors has been this sincere and refreshing respect for achieving our potential through normal physiology. Their trust in the body's inherent wisdom to function as it is designed to is at the heart of salutogenesis and the future of healthcare.

Chiropractors have observed for years that patients under regular chiropractic care, regardless of age, report experiencing fewer infections. What is the physiology behind this? Why do patients insist on claiming this? What does the science say?

Spinal adjustments can have a positive effect on immune function, according to a growing number of researchers who are exploring the common denominators in disease processes, and the role of the nervous, immune, and hormonal

systems in development of immune-related illnesses.

Chiropractic adjustments reduce interference to the nervous system's ability to perform optimally. Since the nervous system controls all functions of the body—including the immune system—chiropractic care can have a positive effect on immune function. Dr. Christopher Kent, cofounder of the Vertebral Subluxation Foundation, reports:

*Contemporary research is beginning to shed light on the neurobiological mechanisms, which may explain the outstanding clinical results chiropractors have experienced when managing patients with viral and infectious diseases.... A comprehensive review of the research literature reveals the current understanding that the brain and immune system are the two major adaptive systems in the*



body. During an immune response, the brain and the immune system “talk to each other” and this process is essential for maintaining homeostasis, or balance in the body.

Since its inception, chiropractic has asserted that viruses and microbes don’t threaten us all equally, and that a healthy immune system easily repels most invaders. Dr. D.D. Palmer, the founder of chiropractic, explained it in 1910:

*The science of chiropractic has modified our views concerning life, death, health and disease. We no longer believe that disease is an entity, something foreign to the body, which may enter from without, and with which we have to grasp, struggle, fight and conquer, or submit and succumb to its ravages. Disease is a disturbed condition, not a thing of enmity. Disease is an abnormal performance of certain functions.*

A functioning immune system protects us from infectious disease by providing adaptive measures to overcome the ill effects of bacteria and viruses. Our immune system, like every other system in the body, is coordinated and controlled by the nervous system.

As winter approaches in the northern hemisphere, people are being reminded of the upcoming “dreaded flu season.” Drug advertisers barrage us with the message that the flu germs will attack us and we need the flu shot for protection. Many people doubt this conventional practice, asking how they can instead support their normal, natural immunity.

Chiropractors helping patients battle the flu is not a new occurrence. During the 1917–18 influenza epidemic, an estimated 20 million people died throughout the world, including about 500,000 Americans. It was chiropractic’s success in caring for flu victims that led to the profession’s licensure in many states. Researchers reported that in Davenport, Iowa, out of the 93,590 patients treated by medical doctors, there were 6,116 deaths—a loss of one patient out of every 15. Chiropractors at the Palmer School of Chiropractic in Davenport adjusted 1,635 cases of flu-stricken patients, with only one subsequent death. Outside Davenport, chiropractors in Iowa cared for 4,735 cases with only six deaths—one out of 866. During the same epidemic, in Oklahoma, out of 3,490 flu patients under chiropractic care, there were only 7 deaths. Furthermore, chiropractors were called in for 233 cases that were given up as lost by the medical establishment, and reportedly saved all but 25. In another report covering 4,193 cases by 213 chiropractors, 4,104 showed complete recovery.

“These results are not so surprising, given what we now know about the interaction between the nervous

system and the immune system,” writes Matthew McCoy, D.C., M.P.H., editor of *The Journal of Pediatric, Maternal & Family Health—Chiropractic*. “Through research we know that chiropractic has beneficial effects on immunoglobulins, B-lymphocytes (white blood cells), pulmonary function and other immune system processes.” One such study, conducted by Patricia Brennan, Ph.D., and her team, found that when a chiropractic “manipulation” was applied to the middle back, the response of polymorphonuclear neutrophils (white blood cells) taken from blood collected 15 minutes after the manipulation was significantly higher than blood collected 15 minutes before the chiropractic procedure. This research demonstrated an “enhanced respiratory burst” following the chiropractic adjustment. This burst is needed for our immune cells to destroy invading viruses and bacteria.

Another small study was conducted to study the effects of specific chiropractic adjustments on the immune systems of HIV-positive individuals. Over the six-month period of the study, the group that did not receive chiropractic care experienced a 7.96 percent decrease in CD4 cell counts; the adjusted group experienced a 48 percent increase in CD4 cell counts over the same period.

It is important to note that chiropractic is not the treatment of conditions. Treating disease is the practice of medicine. What distinguishes chiropractic from medicine is its emphasis on restoring function to the body by enhancing the performance of the nervous system. Chiropractic restores the integrity of the nervous system. When a vertebra subluxates (misaligns and interferes with nerve impulses), it inhibits the body from functioning optimally and results in a loss of health. The chiropractor regularly checks the spine to correct subluxations soon after they occur. This is the uniqueness of chiropractic. It is a service that no one else performs and is a necessary component of restoring well-being, which is starkly different from a disease-treating approach.

Additionally, chiropractors understand the importance of things like nutrition and lifestyle, which are often neglected in conventional healthcare. Simple things like getting enough rest, drinking ample quantities of water, introducing more minerals through whole foods and vegetables, and reducing stress all have positive influences on our state of well-being, our nervous system, and our immune response. In the model of healthcare that honors normal physiology, these aspects and many others come together to form a harmonious whole. 🍷

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Much appreciation goes to Scott Rosenthal, D.C.; Matt McCoy, D.C.; and Stamatis V. Tsamoutalidis, D.C., for their contributions to this article. View article resources and author information here: [pathwaystofamilywellness.org/references.html](http://pathwaystofamilywellness.org/references.html).







## The Brain and Immunity By Joe Dispenza, D.C.

**I**n a stunning discovery made by the University of Virginia's School of Medicine, researchers have overturned decades of textbook teaching by determining that there is a direct correlation between the brain and the immune system. For years scientists have been trying to correlate the relationship between the two, yet they lacked the evidence to show how our thoughts and feelings (or neurochemistry) could affect our overall health.

In meditation, as our students move into elevated states of being by embracing feelings of love, joy, gratitude, etc., these feelings drive new modes of thinking. This in turn creates new brain chemistry, brings our brains into coherence, and engenders new synaptic connections—which then influence our bodies in very immediate and direct ways.

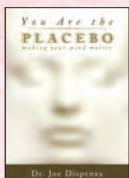
As people begin to overcome emotional states that keep them connected to past experiences—as they break out of redundant habits and automatic programs, as well

as change certain self-destructive attitudes and beliefs—aspects of their immune system up-regulate genes. This means that their thoughts and feelings are signaling cells within the body's internal defense system to turn on healthy genes to make better proteins (otherwise known as healthy antibodies), as well as a host of other beneficial chemicals, to balance and regulate the body. This process in turn reduces inflammation, suppresses tumors, mobilizes enzymes, and so on.

So the next time you sit down to create a better life, a healthier body, or a new experience, just remember that your brain and body have never been separate and the bridge between them is your immune system. You see, your body has always been spying on your brain. So why not use your nervous system—the greatest pharmacist ever—to activate your body's internal army to create order for you every day? You don't even need a prescription. 📌



*Dr. Joseph Dispenza studied biochemistry at Rutgers University in New Brunswick, New Jersey. He went on to receive his doctorate of chiropractic at Life University in Atlanta, Georgia, graduating magna cum laude. He is the recipient of a Clinical Proficiency Citation for clinical excellence in doctor-*



*patient relationships from Life University and is a member of the International Chiropractic Honor Society. View article resources and author information here: [pathwaystofamilywellness.org/references.html](http://pathwaystofamilywellness.org/references.html).*



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# Whatever Happened to Winifred Gardella?

For years, this child with polio was the poster child for the March of Dimes.

Read what happened next



Winifred Gardella, as she looked when she was a poster child for the March of Dimes.



After chiropractic care, Winifred threw away the crutches and braces and was able to walk again.

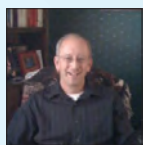
By Dennis Ehren, D.C.

In the early 1950s, Winifred Gardella was a poster child for the March of Dimes in San Francisco. Nationally, her image raised millions of dollars to help fight polio, a dreaded crippling disease. Her sad, innocent face and her tiny body, supported on crutches and leg braces, made many Americans reach into their pockets to donate. But the March of Dimes could not help Winifred. After she spent 2½ years under a doctor's expert care, her parents were told that there was no hope for her.

Despite this dire prediction, Winifred's grandparents were determined to find a cure. They were not about to accept the opinion of so-called "medical experts." They decided to choose their own healthcare, and they took Winifred to Dr. Lewis Robertson, a chiropractor in Glendale, California. Under his care, Winifred was adjusted daily; within six months of having her nerve interference corrected, she threw away her crutches and braces and went for a walk with her chiropractor. From then on, she never needed crutches.

This was not a "medical miracle." Winifred's body simply responded normally to chiropractic adjustments by reestablishing its ideal balance and optimal function. It's a natural response to chiropractic.

This is just one of many stories about the benefits of chiropractic care. While there is extensive research about the benefits of regular chiropractic treatments, much of it is ignored by the media and the medical community. Good spinal health is essential to the function of the entire body. 🧘



Dennis Ehren, D.C., graduated from Palmer College in 1983, moved back to Cleveland, opened his office that October, and never looked back. "It's been said that you don't choose to be a chiropractor, chiropractic chooses you," says Ehren. "I guess that was my calling." View article resources and

author information here: [pathwaystofamilywellness.org/references.html](http://pathwaystofamilywellness.org/references.html).



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# A Doctor FOR ALL Seasons

By Ruth Lockshin





S ometime in 1979, my father, Dr. Robert S. (Zalman Shaul) Mendelsohn (1926–1988), traveled from his Chicago home to Brooklyn for some speaking engagements. He spoke to two audiences of women only, one night in Williamsburg, and one in Boro Park. My sister Sally was there, and she recalls that the mostly Chassidic audience—200 or so each night—gave him a warm reception. As an observant Jew himself, he often spoke fondly of those evenings.

At the time, my father's book, *Confessions of a Medical Heretic*, was on its way to becoming a bestseller. I could find no written report of those evenings, but I imagine he would have told the ladies how he began to question modern medicine. He started his career as a board-certified pediatrician in a North Michigan Avenue practice in Chicago, but became disillusioned when patients whose tonsils he had irradiated—standard practice in the early 1950s—came back to him with cancer of the thyroid. Even the once-ubiquitous tonsillectomy at the time had mostly been abandoned due to its unacceptably high mortality rate.

Other doctor-induced disasters followed. Women who were prescribed DES during pregnancy to help prevent

which he argued that doctors paid “lip service” to breastfeeding, but actually were more informed about infant formula, which he called “the granddaddy of all junk food.” His books were controversial—he advocated home birth, raised doubts about the value and safety of routine pediatric care, and taught his patients to avoid surgery and medication whenever possible. Yet his messages were always delivered with humor. He used to joke that obstetricians were like firemen—both rushed in to save lives. But, he added with a wink, the firemen didn't also set the fires!

This year, almost 30 years after his death, our family launched a website about Dad: [thepeoplesdoctor.net](http://thepeoplesdoctor.net).

The site contains a complete set of *The People's Doctor*, the newsletter that my father published for 11 years. I love having this collection online because it's encyclopedic. Whether I want to know about arthritis or yeast infections, heart problems or hyperactivity, I can always check to see what Dad thought about it. Even for treatments that didn't exist in his time, it's helpful to see Dad's approach: question your doctor, read drug package inserts carefully, get a second opinion, try a more natural approach. The website summarizes my father's views on medication, parenting, hospitalization and surgery, women and medicine, and Judaism and medicine.

THIS YEAR, ALMOST 30 YEARS AFTER HIS DEATH, OUR FAMILY LAUNCHED A WEBSITE ABOUT DAD: [THEPEOPLESDOCTOR.NET](http://THEPEOPLESDOCTOR.NET). READERS WHO STILL REMEMBER DR. MENDELSON WILL ENJOY THE MEMORIES. OTHERS WILL FIND IT A FUN AND INFORMATIVE INTRODUCTION TO A TRULY ORIGINAL THINKER.

miscarriages found that not only was it ineffective for that purpose, but the daughters who were born to them had a higher risk of infertility, and even of developing a rare form of vaginal cancer.

Dad began to doubt much of what he had learned in medical school. Although medicine claimed to be based in science, to my father it looked more like a religion, and an idolatrous one. He called it the Church of Modern Medicine, noting that it had high priests (doctors, especially surgeons); holy waters (fluoridation, silver nitrate drops in the eyes of newborn infants, etc.); and ritual mutilation (unnecessary surgery). He criticized the over-prescription of antibiotics, and warned against unnecessary mastectomies, hysterectomies, and C-sections.

My father loved to contrast the Torah's “choose life” with modern medicine's “death with dignity.” He encouraged Jewish doctors to value their own Jewish practices, such as instilling hope in patients by asking them what they wanted for breakfast the next morning, even if the doctor was certain they wouldn't make it through the night.

He went on to write other popular books, including *Male Practice*, his book about the medical mistreatment of women, and *How to Raise a Healthy Child...In Spite of Your Doctor*, in

Each of these sections contains links to some of his writings on these topics, or to articles about his views. You can also see him being interviewed or hear some of his entertaining lectures. A photo archive shows Dad with our family and in public settings. In the Archives section, just choose “video,” “audio,” or “photo” from the dropdown list of media types.

Readers who still remember Dr. Mendelsohn will enjoy the memories. Others will find it a fun and informative introduction to a truly original thinker. In both cases, Dr. Mendelsohn will help you learn how to make better medical decisions and hopefully lead a healthier life.

### From the Gemara

L'chaim! The Gemara says (Pesachim, 113a) that Rav told his son Chiya, “Do not ingest any unnecessary drugs.” Rashbam explains, “Rav cautioned his son not to take medicines unnecessarily, since he may develop an addiction to them and squander his money on the addiction's support. Even if he needs the medicine to treat a disease, he should take it only if there is no other equivalent therapy.”

Rashi adds, “A drug that alleviates an ailment in one part of the body is often harmful for another part of the body.”

In contrast, “a Heaven-sent cure is not accompanied by



HIS MESSAGES WERE ALWAYS DELIVERED WITH HUMOR. HE USED TO JOKE THAT OBSTETRICIANS WERE LIKE FIREMEN—BOTH RUSHED IN TO SAVE LIVES. BUT, HE ADDED WITH A WINK, THE FIREMEN DIDN'T ALSO SET THE FIRES!



new threats.” (*The Tehillim Treasury*, citing the Novominsker Rebbe, Rabbi Nochum Perlow, based on Tehillim 107:20)

Ben Yehuyada also comments on this statement from Rav to his son, saying (loose translation), “Taking a drug is like waging war against a disease. Before one joins battle with an ailment in its early stages he should first attempt diplomatic overtures, i.e., a generally healthful lifestyle.”

### Private Practice and Public Service

Dr. Robert S. Mendelsohn had a full-time private pediatric practice at his office on Chicago’s North Michigan Avenue from 1956 to 1967. After that, he continued to see patients of all ages on a consultancy basis at his home.


From 1967 to 1969, Dr. Mendelsohn served as national director of Project Head Start’s medical consultation service. As reported in *The New York Times* on March 24, 1969, he was forced to resign his Head Start position after he publicly criticized the nation’s public school system, telling a congressional committee that many of the good things the program had achieved were lost to the “intellectually deadening” public school system.

It was that 1969 experience, he said, that made him go public with his complaints about the medical establishment, including the newsletter, the syndicated column, and the radio shows.

The *Chicago Tribune* quoted a fellow physician in Franklin Park, Ill., as remembering Mendelsohn as a “very pleasant and kind man.” Dr. Gregory White said, “He became a critic because he wanted doctors to be all they should and could be. He was an idealist, not an impractical idealist but one who wanted doctors to live up to the highest ideals of medicine.”

Dr. Mendelsohn often recalled the incident of his being fired with amusement, and even dedicated his first book, *Confessions of a Medical Heretic*, “to all who gave me career opportunities which led to my present thinking, and to all who denied me opportunities which I mistakenly thought I wanted.”

A longtime supporter of the volunteer breastfeeding support organization, La Leche League International, he served on its medical advisory board and spoke frequently at its conferences.

Dr. Mendelsohn served on several boards and committees, including the Maimonides Award Committee, the boards of the College of Jewish Studies and the Jewish Home for the Aged-BMZ in Chicago, and the National Health Federation (where he served as honorary president from 1981–1982). From the National Nutritional Foods Association, he received the Rachel Carson Memorial Award for his “concerns for the protection of the American consumer and health freedoms.” 

This article was originally published at N’sheiChabad Newsletter.com.



Ruth Lockshin is the daughter of Dr. Robert Mendelsohn, wife of Professor Martin Lockshin, mother of four, and grandmother of 10. She is retired from technical writing and lives in Jerusalem. View article resources and author information here: [pathwaystofamilywellness.org/references.html](http://pathwaystofamilywellness.org/references.html).





# BECOMING A MEDICAL HERETIC

During the '60s and '70s, Dr. Robert S. Mendelsohn began to refer to himself as a “medical heretic.” He later recalled how he got to be that way:

*In the late 1960s, my patients returned to me with diseases that I had previously created. The first group had cancer of the thyroid gland, because, when I was trained as a pediatric resident, we all used X-ray therapy to treat tonsillitis. This led to tens of thousands of cases of thyroid cancer.*

*“Another group of patients had permanently yellow-green stained teeth from tetracycline given for the treatment of acne.*

*“And when I was a medical student at the University of Chicago, I participated in experiments where we gave women the female sex hormone diethylstilbestrol (DES) to prevent miscarriages. DES didn’t prevent miscarriages, but it created a generation of sons and daughters with tumors and malformations of the reproductive organs...*

*“When I first noticed these connections, I thought perhaps that was all past history. Doctors must have learned from their mistakes...*

*“But, when I look today at diagnostic ultrasound, immunizations, environmental pollution, amniocentesis, hospital deliveries, allergy treatment, and practically everything else*

*in medicine, it is obvious that doctors haven’t changed at all. They are simply making a different, new set of mistakes.”*  
(From *Dissent in Medicine*, by Dr. Robert S. Mendelsohn)

Even before scientists like Bruce Lipton demonstrated the importance of a baby’s epigenetic connection with his mother, Dr. Mendelsohn was well aware of the physiological importance of a mother’s baby being with her as soon as possible after birth. Here’s a story of Dr. Mendelsohn’s utter respect for what is physiologically best for the mother and baby:

*I like mothers and fathers to stay with their children while they’re in the hospital. In one of the hospitals I worked in, parents could stay with the child only if he or she was on the critical list. So I would put all of the kids on the critical list! They left me alone on that for a long time—until the showdown. The visiting hours were supposed to end at 7:30 every evening. One mother called me and said her child was crying but that he would stop crying and go to sleep by 8:30 if only she could stay with him until 8:30. I told her to go up to his room and stay. Then the nurse called me and said that this woman has to leave because the child wasn’t critical and visiting hours were over. I asked her what she would do if the mother decided to stay. She said she’d call the supervisor. I called the supervisor and asked her the same question. She said she’d call the hospital administrator. The administrator called me and I asked him what he planned to do. He said he’d have a police guard come and escort the woman out of the hospital. I asked him to do me a favor and hold off for fifteen minutes so I could see what I could do. He figured I was a nice guy and would take care of it for him, so he agreed. I called up a local TV newsman—an activist—and told him I had a mother who was about to be thrown out of the hospital because she wanted to stay with her crying child for an extra hour until he went to sleep. He asked me to hold them off for twenty minutes so he could rush cameras to the scene. I said I’d see what I could do, and I’d get back to him. Then I called up the administrator and asked him to hold off for just twenty minutes more because the TV camera crew was on the way to film the policeman escorting the woman out of the hospital. The administrator said, “All right, Bob, you win. You call off your dogs, and I’ll call off mine. But tomorrow I want to see you in my office.” Next morning I went to his office and he told me he could throw me off the staff for doing what I did. I told him I knew that, but that I also knew that he wasn’t going to do it. Because if he*






did I would go right to the newspaper and make the biggest fuss he'd ever seen. He said that was right. And he made a deal with me: "Your patients' visitors can stay as long as they want, but nobody else's. I don't want you to bring this up with the rest of the staff." (From *Confessions of a Medical Heretic*, by Dr. Robert S. Mendelsohn)

Dr. Mendelsohn heralded advice in his books and lectures that would reinstate the confidence lacking in parents of his time. The premises that form the basis of his advice, as detailed in *How to Raise A Healthy Child...In Spite of Your Doctor*, are as follows:

- At least 95 percent of the ailments that children are prey to will heal themselves and do not require medical attention.
- Too often, the risk of careless or needless medical intervention is greater than the dangers of the illness itself.
- Pediatricians spend most of their time treating parental distress. The child rarely needs treatment but gets it anyway and is subjected to the consequences, and it is the parent who gets the relief. That's because most doctors believe that parents demand, or at least expect, that they will do something for the child. What concerned parents really need is reassurance, and what their kids don't need is treatment when they aren't really sick. Most doctors won't take the time to provide meaningful parental reassurance; it is quicker and easier to write a prescription for the child.
- Mother Nature, mothers, grandmothers—yes, even fathers and grandfathers—are the best doctors around,

because they do not share the typical doctor's compulsion to interfere with the body's efforts and ability to heal itself.

- At least 90 percent of the drugs prescribed by pediatricians are unnecessary and a costly risk to the child who takes them. All drugs are toxic and thus dangerous, per se. Beyond that, excessive childhood use of prescription drugs may generate the belief that there is "a pill for every ill." This may lead the child to seek chemical solutions to emotional problems later in life.
- At least 90 percent of children's surgery is unnecessary, needlessly exposing the patient to the risks of death from the surgery itself, from anesthesia, or from infections contracted in the hospital, which is an inescapably germ-ridden environment.
- Most pediatricians have received little or no education covering the fundamentals of nutrition and pharmacology, and no emphasis is placed on these vital subjects in medical school. Their patients suffer because of the pediatrician's ignorance of the impact of diet on health and of the hazards and side effects of the drugs he prescribes.
- Parents need to learn when to call a doctor, and what they can do, without a doctor's intervention, to reinforce the body's ability to heal itself. 

## SUGGESTED READING

***Confessions of a Medical Heretic***, by Dr. Robert S. Mendelsohn, published by Contemporary Books, Inc., 1979

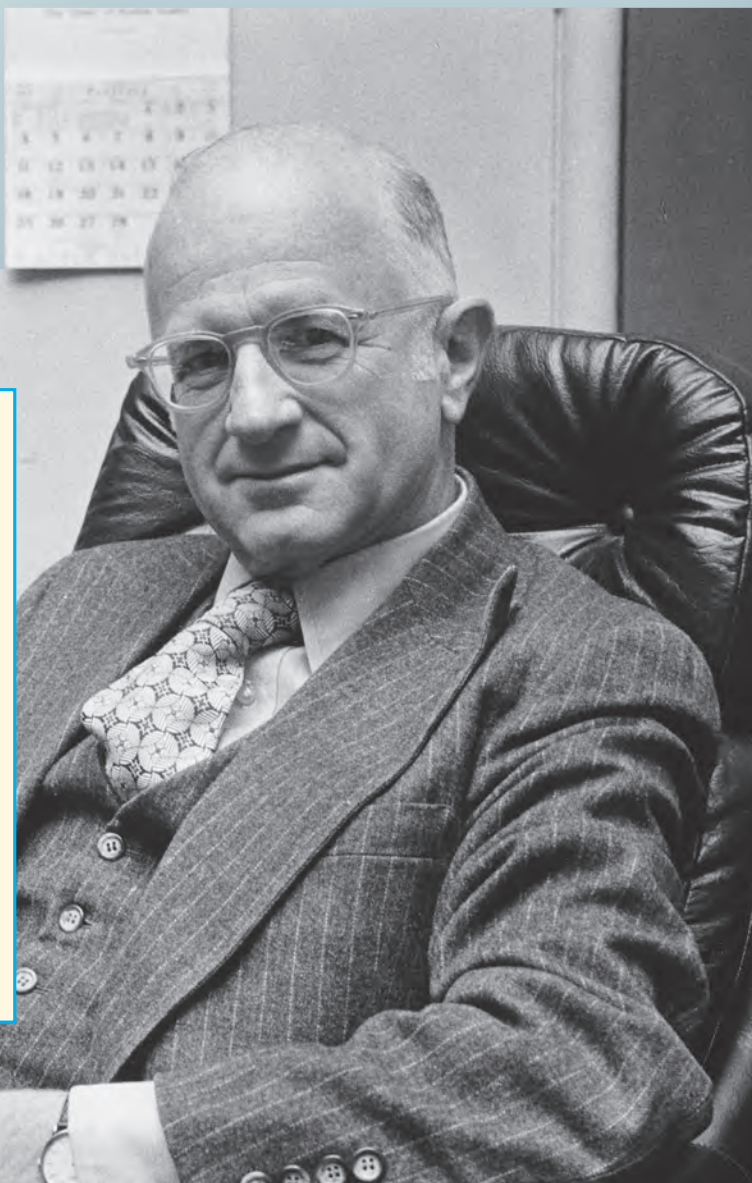
***Male Practice: How Doctors Manipulate Women***, by Dr. Robert S. Mendelsohn, published by Contemporary Books, Inc., 1981

***How to Raise a Healthy Child...In Spite of Your Doctor***, by Dr. Robert S. Mendelsohn, published by Contemporary Books, Inc., 1984

***Dissent in Medicine...Nine Doctors Speak Out***, by Dr. Robert S. Mendelsohn, published by Contemporary Books, Inc., 1985

***A Good Birth, a Safe Birth: Choosing and Having the Childbirth Experience You Want***, by Roberta Scaer and Diana Korte, published by Harvard Common Press, 1992

Dr. Mendelsohn has also recommended books by Angela Kilmartin (about some common women's health issues) and books by midwife Ina May Gaskin about birth.







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# GAME CHANGERS





By Kelly Brogan, M.D.

Anyone who has plumbed the depths of science, either through study, primary research, or experimentation, will reach the limitations of their belief in science as the be-all and end-all. Beyond this ceiling is the sense of wonder that has been stripped from the soulless realm of modern biology. The amazing thing is that the past several decades have furnished a new kind of science. It's a science of inquiry rather than utility. The conclusions of today's abstracts seem to read, "Isn't this amazing?" rather than, "Here is confirmation that this drug is necessary to manage our wayward biology." In essence, it reflects a new story about the more purposeful station we occupy in the web of nature. In this new story, we are not the result of several billion years of random mutations and survival of the fittest. Instead, we are adapting purposefully, as French naturalist Jean-Baptiste Lamarck once suggested—a notion to which even Charles Darwin acquiesced. This purposeful adaptation means that we are interacting with our environment in a co-creative dance with balances and micro/macro feedback loops to keep a certain meta-order intact.

## SCIENTIFIC DISCOVERIES THAT ARE TRANSFORMING MEDICINE

### Genes vs. Lifestyle

During my medical training, I had one hour of nutrition education that essentially positioned food as caloric currency. Why would it matter if we were born with the diseases we would ultimately struggle with? In gene-based science, toxin exposure, rest, nutrition, and relationships are clearly window-dressing considerations.

With the completion of the mapping of the human genome, however, we learned that we have fewer protein-coding genes than an earthworm. This means that the genes we thought made us who we are, don't.

We had to go back to the drawing board. Where on earth does our seemingly infinite uniqueness come from? How are diseases manifesting, if not genetically? And so, a new science, epigenetics, was born.

Epigenetics encompasses all that is beyond the genes. *Epi* actually means "above," and includes modulators, modifiers, and any influence on the expression of genes and even the possibility that nonhuman genes may play an expressive role in human physiology. It also refers to the portion of our genome (almost 99 percent) that was once pejoratively called "junk DNA," and which Jeffrey Bland, Ph.D., has nicknamed "genetic dark matter."

This reflects a more modern understanding that only about 1 percent of diseases are truly genetic in nature—that is, due to a congenitally inherited and irreversible gene defect—and that we may very well have misunderstood our interpretation of these genes' functions. The rest of our diseases are a function of lifestyle. In other words, we create our experience and determine our destiny.

As we embrace our agency in our own bodily experience, we must embrace complexity and take off the blinders of our "one gene/one ill/one pill" model of thinking. As you open your mind to this shift into a more ecological type of medicine—a more collaborative, communal, and connected type of medicine—revel in what this more beautiful science is showing us about our need to let go of what we once believed. The previous understanding has served us, but its time has passed.

**TURN THE PAGE TO READ ABOUT THE THREE MOST POWERFUL GAME-CHANGERS IN RECENT SCIENTIFIC LITERATURE.**



# 1. The Microbiome

One extension of the dialectical “one cause/one problem” style of thinking is the rush to characterize microbes as pathogens (bad guys). We have done so for as long as we’ve sought to control and dominate nature. Pestilence and contagion have fit neatly into the lighthouse beam of fear that we sweep across our psychic terrain. But even Louis Pasteur, arguably the father of germ theory, reportedly said on his deathbed, “I was wrong. The microbe (germ) is nothing. The terrain (milieu) is everything.”

What is the terrain, though? The implication is that we are, in fact, an ecosystem, positioned within an ecosystem. When we pull one thread of the spider web, the entire thing moves.

With the revelation that microbes (including fungi, bacteria, viruses, and other types) live in and around us, we ceased to be human in the ways we had come to believe. We are not, in fact, humans trying to uphold and protect our humanity in a sea of invaders. We are a meta-organism, or *holobiont*—an assemblage of different species forming an ecological unit—interfacing with a greater whole, like a fractal repetition of a pattern.

As scientists seek to study the microbiome, primarily in the gut, we have learned that these bacteria have the capacity to perform some of our most vital human functions, some of which seem to be eerily custodial. Consider, for example, the fact that there are bacteria in our guts that have evolved to detoxify the chemicals used in the dry-cleaning process. How could they possibly have foreseen the need for this function? Then there’s the digestion, barrier protection, immune-signaling, hormone-balancing, and brain-controlling functions of the microbiome.

Seen through this lens, our tonsils and appendices are no longer vestigial, and the special role of a woman’s physiology is re-centered as the conduit through which this microbiome passes from mother to fetus. Even the primary energy production sites of our cells—mitochondria—are themselves ancient bacteria assimilated into the human organism over a billion years ago.

Because we know this, we cannot wage war against nature any longer. We must bring vaccines, antibiotics, hand sanitizers, and bleach under scrutiny. We will never win this battle, because it’s not a battle meant to be won. Nature will continue to remind us of this with the emergence of superbugs, pharmaceutical damage, and disturbed immunity.

The term *dysbiosis*, used by holistic and integrative practitioners to refer to gut imbalance, literally means “wrong living.” No doubt today’s struggles stem from a lack of connection to the natural world. It’s poetic justice that we are only able to heal our guts and right our relationship to the microbial world through food—nature’s gift, bounty, and language.

# 2. Exosomes

The nail in the coffin of the conventional understanding of health is a group of tiny bubble-like blobs, called *exosomes*, that influence gene expression. Amazingly similar to viruses in nature, structure, and possibly even function, exosomes are created and received by our bodily cells in order to direct, determine, and react to states of being.

Exosomes, measuring between 40 to 100 nanometers across, typically carry something called sequences of micro RNA (sometimes called miRNA), which are key regulators of gene expression and are naturally impacted by environmental factors, such as toxicants, nutrition, and lifestyle patterns.

In fact, seminal research has demonstrated that stable miRNA sequences are transferred from plants, including rice and ginger, into mammalian physiology, where they then serve to regulate gene expression. Once again, food is revealed as being so much more than calories and nutrients...it is information.

Researchers suggest that infant assessments of miRNA patterns may help to identify fetal brain injury from exposures to toxins such as mercury, aluminum, and medications so that healing protocols can be prioritized and initiated. In order to understand the “signatures” of different disease states, we must study them in their natural state, without pharmaceutical interventions, before we can differentiate between evidence of illness and evidence of medication effect. In their 2016 study of miRNA messages, authors Virginie Gillet, Darel John Hunting, and Larissa Takser state clearly that “one must control for the influence of psychotropic drugs on miRNA expression since several studies showed that lithium, haloperidol, or valproate induced changes of the miRNA profiles in the brain.”

This, of course, is why preventive medicine involves interfacing with the environment in a language that the body understands based on millions of years of co-evolution.

# 3. Belief

During my medical training, my instructors framed the placebo effect as a nuisance factor that needed to be controlled for. I now understand that the placebo effect doesn’t mean that you were fooled or tricked. Neither does it mean you’re gullible or making things up. It means that a complex physiologic cascade of events was kicked off by your experience of taking a pill with the promise of relief. This is rapidly being characterized as the most important driver of outcomes in everything from psychiatry to surgery.

My research on the placebo effect has helped me to understand that psychiatric medications, and specifically antidepressants, create more risk than benefit, and that I cannot achieve meaningful outcomes with patients who do not fundamentally believe that their bodies can heal.

How could it be that belief is this important?

*The fairest thing we can experience is the mysterious. It is the fundamental emotion which stands at the cradle of true art and true science... the mystery of the eternity of life, and the inkling of the marvelous structure of reality, together with the single-hearted endeavor to comprehend a portion, be it ever so tiny, of the reason that manifests itself in nature.*  
—ALBERT EINSTEIN

Dr. Candace Pert, the pioneering researcher credited with the discovery of the opiate receptor, has debunked the Cartesian dualism that for hundreds of years has put the mind out of the realm of the body. She also challenged the notion that the mind is something that merely relates to the body. The mind, per her conclusions, is the body.

In fact, she used the term *bodymind*, and elucidated how neuropeptides travel around the body, encoding emotion in different tissues and organs. The shape of these peptides, or their conformation, further transmits information to recipient cells. All of a sudden, informational transfer takes on another dimension—vibration.

Another pioneer of cellular physiology, Bruce Lipton, Ph.D., was several decades ahead of his time in establishing the role of environment and belief in the body's physiology. His work has decentralized the nucleus where the genes are housed and focused on the cell membrane as an information-processing interface with the environment.

Taken together, this research all seems to suggest that we are a product of our energetic experience in the context of a greater whole. Even physics is mirroring this; Rupert Sheldrake's theory of morphic resonance suggests that collective experiences set a potential template for individual experiences in a type of memory transfer that has little to do with genes.

We are not random genes driving a purposeless life until we die.

It appears that human experience is not as it had been previously framed by philosopher Alan Watts—flesh robots on a dead rock in the middle of nowhere. When the human experience is reduced in this way, its most essential elements are denied—beauty, spirit, meaning.

In fact, human experience is the universe manifested at one point. It is the emergent properties of many, infinitely

complex and interfacing systems. It is fundamentally sacred, larger than our will, and gently demanding of our humility.

This is known as the *teleologic* perspective—in which the purpose, rather than the cause, is the explanation of phenomena. I reflect on this when I consider how adaptable our bodies are in real time (within hours), and how we have not adapted fully to our lifestyles over the past 100 years. We live with total disregard for nature, each other, and our own bodily vessels, and we are sicker than we have ever been, from cradle to grave. It seems that we are not “meant” to adapt to this way of living, and we are reminded of this through the signals of illness. We are called back to the Continuum through our anxiety, depression, and illness to be reminded that we haven't figured it out and that science is not, and cannot, be used merely as a tool for control. We are called back to remember that we are part of a physiologic web, and that consciousness is a gift. 🍷



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in brain and cognitive science/systems neuroscience. She is board-certified in psychiatry, psychosomatic medicine, and integrative holistic medicine, and has published widely. Her academic areas of interest include toxicology/environmental medicine, nutrition, inflammatory models of mental illness, autoimmunity, and epigenetics. She has published in the fields of psycho-oncology, women's health, perinatal mental health, alternative medicine, and infectious disease. She is on the board of Green Med Info, Pathways to Family Wellness, NYS Perinatal Association, Health Freedom Action, and Fisher Wallace, and is medical director for Fearless Parent. She is a mother of two. View article resources and author information here: [pathwaystofamilywellness.org/references.html](http://pathwaystofamilywellness.org/references.html).





# HONEST DISAGREEMENT IN A PRO-VACCINE WORLD

By Louise Kuo Habakus

A while back, I received a comment from “Anonymous” in response to one of my blog posts. She expressed dismay that she had to rely on other parents to vaccinate their children in order to keep her immunocompromised daughter with selective IgA deficiency safe.

I was moved to respond. And then I hesitated...

Was “Anonymous” a real mom? That may sound like a cold question, but the CDC and other pro-vaccine stakeholders routinely pay “mommy bloggers” to write, and comment, about the benefits and advantages of vaccination.

You can also read a 2011 presentation about the CDC’s mommy blogging program, titled “Harnessing the Power of Social Networks, Mommy Bloggers, and Google,” on the CDC website.

And yet, it really doesn’t matter whether “Anonymous” is a real mom or not, because her message that all children must be vaccinated to protect the immunocompromised has been so avidly promoted by pro-vaccine interests that scores of parents believe it to be true.

So let’s assume that she’s real.

## Dear Anonymous. You’re not alone.

My heart is with you and I’m saddened to read about your daughter’s pain.

Our readers include countless parents whose children have a wide range of pediatric, chronic, autoimmune, neurological, and developmental conditions. In fact, most parents can relate to your family’s situation with empathy, not just sympathy, because sick kids have become the new normal. And many of these children, like your daughter, have some form of immune dysregulation. They navigate their worlds—socializing, learning, communicating, eating, sleeping, exercising, and even simply breathing—with difficulty and oftentimes at significant personal risk. When we say that we feel your pain, we truly do. It’s terrifying.

There’s a temptation to think in terms of right and wrong, to take sides and dig in. Rather than framing the issue in terms of “you versus me,” it’s really just us. If we speak to each other, mom to mom, I know we’ll find that we care about the same things: healthy children, a healthy society, a hopeful and bright future.

We may have an honest disagreement about vaccination but we can still engage respectfully. And at the end of the day, we’re on the same side.

My views about vaccination probably weren't so different from yours. As a child, I received all recommended vaccines. As an adult, I happily extended my arm, not just willingly but proactively, and exhorted everyone I love to do the same. As a parent, I vaccinated my children with required, recommended, and optional vaccines. Nothing would've stopped me because my belief in vaccines was unexamined, reflexive, and integral to a broader belief system.

Nothing except one thing: My children. They suffered serious reactions to their vaccines. Here's where people like to ask, "How do you know it was the vaccines?" and I reply, "I know." I saw what happened. I researched. I read the studies. I spoke with doctors, scientists, and other parents. I drew from my own experience as a senior corporate executive for a couple of multibillion-dollar companies. But none of that really matters. *I'm their mom.* I place their interests above all else and that is all. When I came to grips with what happened I was able to help them.

On my journey, I learned things that I did not want to learn. I experienced loss, mostly in the form of relationships with loved ones, friends, neighbors, and colleagues who could not meet me in the space of open and compassionate inquiry. It was too threatening.

ANY PARENT WHO WOULD DEMAND THAT ALL CHILDREN SUBMIT TO A MEDICAL INTERVENTION IN ORDER TO PROTECT HER CHILD DOES NOT GRASP THE MONSTROUS ENORMITY OF THE REQUEST. A PARENT WHO UNDERSTOOD WOULD NEVER ASK.

But I discovered new people—smart parents asking hard questions. I opened the PubMed vault with a few clicks of my mouse. I spoke with researchers at conferences. I unearthed mountains of scientific literature, marketing materials, package inserts, corporate correspondence, FOIA requests, government documents, and more. I stopped sleeping and started reading with the desperation of a mom who needs to help her children.

Maybe you can relate because you burned the midnight oil, too, studying about your daughter's diagnosis.

### What I Wish

I hear the despair in your comment... a prayer, really, that more people understand your daughter's plight. I feel the same. Almost no one understands why they vaccinate. They just do because they think it's what good, responsible parents do. I wish more parents would blindly trust less and study first before vaccinating their children, but I know it's not realistic. Who wants to do that? Who has the time? At first, I felt like Cassandra from Greek mythology—not because of her gift of prophecy, but because no one believed her. I learned that vaccination was more taboo than sex or money...and that eyes would glaze over in 10 seconds flat. People could not run away from the topic fast enough. It was almost funny. No, it was horrible.

There are deeply embedded assumptions about vaccination that simply aren't correct. These views are not well understood because they are not aligned with commercial interests.

I'm going to tell you what I wish people understood about this complicated, messy issue that can't be distilled into pat soundbites.

### The Universality of Parental Anguish

You and I share the pain that parents feel when their children aren't well. Whether it's children with life-threatening allergies, severe asthma, or autism; children on a feeding tube or with a tracheotomy; children with cancer, thrombocytopenia, a rare inflammatory condition, or immunodeficiency disease—it doesn't matter. There is no contest, no competition, no rivalry. No one wins. When I meet the parent of a sick child, my heart splits wide open.

What is very different, however, is that vaccine injury is not acknowledged. Parents want their vaccine-injured children to be recognized. Vaccine injury is real, as is the deep pain, grief, anger, and resentment of the families who—upon vaccinating their children with great trust in the belief they are doing the right thing—witness their

children plateau, decline, regress, or disappear with heart-stopping injuries. Some paid the ultimate price.

Our children matter, too. What an odd thing to say, you might think. Why do you doubt this, you might ask. It is because we live in a society that privileges the lives of some children over others. Any parent who would demand that all children submit to a medical intervention that carries with it the known reality that some will sustain catastrophic brain damage or death in order to protect her child does not grasp the monstrous enormity of the request.

A parent who understood would never ask.

### Immunocompromised Kids Can Be Vaccinated

The CDC says that your daughter can be vaccinated. Who knew? Most people don't. You have a choice whether to follow the CDC's guidance. Before calling on others to take risks to protect your child, this is something you should know.

The most common genetic condition causing primary immunodeficiency disease is selective IgA deficiency, which your daughter has. There aren't any vaccines on the childhood schedule that school-age children with selective IgA deficiency can't get.

Further, the CDC advises that there aren't any vaccines that children with kidney or spleen failure or asymptomatic HIV can't receive. In fact, there are only three shots



which children with organ transplants, or those currently undergoing chemotherapy, can't have: the live virus MMR, chicken pox, and nasal FluMist vaccines. And the latter can be replaced with injectable flu shots.

Before asking other children to receive MMR and chicken pox vaccines to protect your child, you might also want to read the package inserts. There you will see warnings that transmission [of disease] through close personal contact with the recently vaccinated is possible. Immunocompromised people of all ages, including children, are encouraged to avoid people who have recently received certain live virus vaccines. Some hospitals explicitly offer this guidance. Schools and daycare centers do not.

Ironically, it might be vaccinated children you encounter who pose the greatest risk to your daughter.

Ironically, you might find that parents like me are advocating for your daughter because we firmly believe in vaccination choice. Consider this scenario: Let's assume that, despite crystal-clear CDC guidance that your immunocompromised daughter can be vaccinated, you prefer to avoid or delay some or all shots for your daughter because of her medical condition. Let's also assume that you are denied a medical exemption because the government says your daughter can and must be vaccinated now and your state health department overrules your daughter's physician. Then what? Who gets to decide? The scenario I just described happens—a lot more than people realize.

### Everyone Must Be Vaccinated

When you ask people to vaccinate, you are reinforcing a prevalent, well-funded message. What's surprising is that

the exhortation is not accompanied by research about safety and effectiveness, or by disclosure of the tradeoff with vaccine injury. Beyond the obvious—protect yourself, protect loved ones, protect the immunocompromised—here are the other top reasons the CDC lists why people should be vaccinated:

- *You're too busy to get sick.*
- *You don't want to miss what's important to you.*
- *You'll have to pay for medical care if you get sick.*
- *You like to travel.*
- *You want peace of mind.*
- *You don't want to feel "crummy" (their word).*

The National Foundation for Infectious Diseases adds:

- *Your loved ones and co-workers need you.*

These are not good enough reasons to abridge fundamental rights and mandate one-size-fits-all vaccination in the absence of a legitimate public health emergency.

This alarmist CDC brochure warns parents about the risks and responsibilities for those who fail to vaccinate; again, with not one word about the dangers or precautionary measures that can be taken, and no mention about who's accountable when vaccine injury happens.

Public health interests assert that vaccination is "safe and effective" but...

- ***There's no mention of the federal government's National Vaccine Injury Compensation Program.***  
*Do you ever wonder about the thousands of families who were awarded billions of dollars for death and catastrophic vaccine injury? Who are they? Why don't we ever read about them? What can they tell us about why and how vaccine injury happens?*
- ***There's no mention of the federal government's Vaccine Adverse Events Reporting System.***  
*Do you ever wonder about the hundreds of thousands of cases reported? There are more than 551,189 incidents reported as of May 14, 2016. This represents only about 1 to 10 percent of total estimated injuries since most doctors don't report injuries and most people don't know they can.*
- ***There's no mention of the vaccine makers' package inserts, with their surprising, eye-opening, and disturbing disclosures.***  
*Everyone who intends to vaccinate should read the informational inserts included with vaccines.*

Doesn't that seem strange?





THERE'S A TEMPTATION TO THINK IN TERMS OF RIGHT AND WRONG, TO TAKE SIDES AND DIG IN. RATHER THAN FRAMING THE ISSUE IN TERMS OF "YOU VERSUS ME," IT'S REALLY JUST US. IF WE SPEAK TO EACH OTHER, MOM TO MOM, I KNOW WE'LL FIND THAT WE CARE ABOUT THE SAME THINGS.

### Who's looking out for the children?

More than half of all U.S. kids have chronic, autoimmune, immune, neurological, or developmental disorders. This includes your daughter and my boys. Why is there no sense of urgency to help our children?

Not one of these organizations prioritizes answers for our children above all else.

Not one of these organizations is paying more than lip service by devoting serious resources and intention to uncovering why there are so many sick, allergic, ADHD, asthmatic, autistic, OCD, and otherwise behaviorally, socially, learning, metabolically, and immunocompromised children.

Not one.

Their top priorities include shareholder value, executive compensation, scientific renown, commercial success, philanthropic cred, professional advancement, and the amorphous, sounds-great-but-what-does-it-really-mean-and-how-do-you-calculate-it "greater good."

Motivations may be varied, but they have coalesced around the singular objective to promote vaccination, taking it upon themselves to make the risk/benefit tradeoff for us all.

### Time to Roll Up Our Sleeves

It takes courage to voice honest disagreement but you did it and others parents do, too. Many more are quietly supportive and fervently hope that others with—you name it—more money, brains, beauty, celebrity, or credibility will follow suit. And they are speaking out, with more to come. As the conversation expands, we must resist the temptation to respond with sarcasm or self-righteousness. Our kids remind us what needs to be done. This is the kind of work that will make the world a better place for our children.

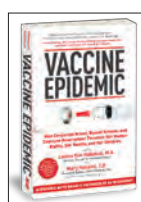
We can make vaccines safer but we cannot make them safe. This is why there must be choice—there should be personal belief and religious exemptions in all 50 states. Parents must decide for their children. Vaccine mandates

undermine our societal fabric by eroding our personal, religious, conscientious, parental, and human rights.

Our attention must be toward the future. More parents are seeking providers who are likeminded and value a different kind of doctor-patient relationship. Growing numbers of physicians are answering the call, and others will follow suit. A freed market will sort it out, and some waiting rooms are going to be very empty. The transition won't be easy or pretty. Our job as parents is to remain steadfast and demand practitioners who respect our beliefs. Some will give excuses but the doctors we want will rise to a higher standard. It's time that medicine stood up for itself.

Thank you, Anonymous, for posting your comment. It challenged me to respond in a way that honors our shared humanity. I welcome an ongoing conversation.

And I send peace, light, and love to the growing numbers of people who work in myriad ways to bring positive change to the more beautiful world our hearts know is possible. Consciousness is already shifting. Keep holding space and finding strength in community. 🌱



Louise Kuo Habakus is the founding director of Fearless Parent, lead host and producer of Fearless Parent Radio, and mom of two. She is the author of the bestseller Vaccine Epidemic and runs two nonprofits: Center for Personal Rights and Health Freedom Action. Louise lectures widely and has appeared in numerous media outlets. She was a Bain consultant and a C-level executive in the financial services industry. Louise holds two degrees from Stanford University. She is on the advisory boards of GreenMedInfo, SHE Living TV, and The Documenting Hope Project. View article resources and author information here: [pathwaystofamilywellness.org/references.html](http://pathwaystofamilywellness.org/references.html).





By Peter J. Kevorkian, D.C.

**H**ow do you know if you can trust your caregivers? Every person wants to be able to trust those who attend to their health and well-being, not just with their clinical competency, but also with their demeanor and compassion.

Trust is earned. When a person walks into a caregiver's office, he or she seeks a relationship based upon trust and honesty.

In the past, people often blindly trusted their doctors, following whatever treatments they ordered. This level of trust actually did little to foster true health and well-being. A deep, authentic development of trust between the doctor and patient is necessary to facilitate healing within a person's life. This is what the culture is seeking today.

When a person consults a doctor, there is often a degree of fear: "Is this condition serious?" we wonder. "Can this doctor potentially hurt me or my child?" "Can I afford it?" In order for healing to occur, people need to allay their fears with valid information and a renewed respect for their innate abilities as a human being. The doctor of chiropractic and his office team supports this understanding. The doctor/patient relationship is a sacred one. Healing is not about curing or treating a condition; rather, healing is a journey of honoring the path of physiological change. Although fear may motivate us at first, it really does not contribute to healing or adaptability.

Often the caregiver lives in a state of fear as well: "Is this person going to follow my recommendation?" he wonders. "Will they pay their bill?" "Might they sue me?" "Will I know the right thing to do?" If the caregiver and the patient are

both resonating in a state of fear, healing cannot occur. Both doctor and patient must create relationships built upon compassion and transparency. This happens one interaction at a time, one visit at a time, and one action at a time. Anything interfering with this relationship will cloud the possibility for achieving health. Insurance reimbursements, managed care, regulations, compliance—all are intended to improve the system and provide better healthcare, but they often interfere with the relationship and break down trust.

It is the responsibility of the patient to remember that she is the consumer and the one responsible for her own health and well-being. Patients should use the doctor as a coach, teacher, and consultant to learn more about their body, how it works, and how the doctor can serve them. Caregivers should strive to facilitate the patients' trust in their bodies. They also should support patients in the choices they make for their own well-being, and that of their family.

We live in a time where people feel victimized by their bodies. Often people think of their bodies as flawed machines that continually need to be fixed from the outside. People often believe that the body is deficient in many of its chemicals, and seek outside answers to their bodily challenges. Patients seek pills, powders, and potions to treat, fix, or cure their ailments. The chiropractic philosophy offers a different perspective that honors life in the body. It teaches that the innate intelligence within the body knows more about what it needs than anyone on the outside, and more than any educated person. Learning and understanding the chiropractic story opens a new world of trust and respect for oneself. It allows personal empowerment through our own innate potential.

Empowering people and their families is one of the greatest ways to build and foster trust. When caregivers tell people what to do, trust is replaced with fear. Caregivers should inspire people with knowledge and compassion, allowing them to uncover the best path for themselves. It should not be a caregiver's place to judge another or to force them to live within their paradigm.

Heath and healing is a journey for both caregiver and the recipient. With trust, this sacred relationship will grow our vitality and our possibilities. 🌀



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*Dr. Kevorkian is a 1982 graduate of Palmer College of Chiropractic and practices with his wife, Dr. Patricia A.*

*Giuliano, in Westwood, Massachusetts. They have two children; Katie, age 29, and Christopher, age 27; both were born underwater at home. Dr. Peter and Dr. Patti embody the heart and soul of family practice. Their practice is considered the "standard" in family chiropractic care. View article resources and author information here: [pathwaystofamilywellness.org/references.html](http://pathwaystofamilywellness.org/references.html).*

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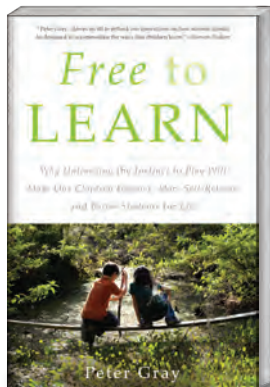
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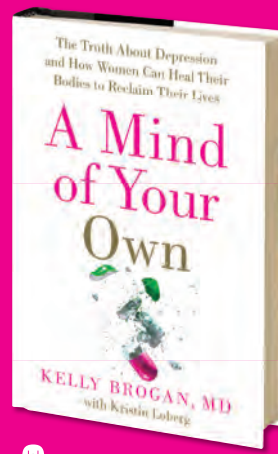
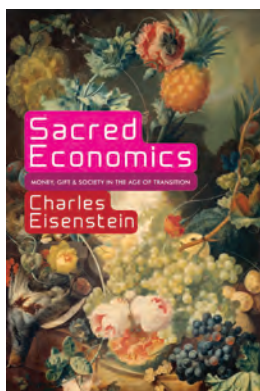


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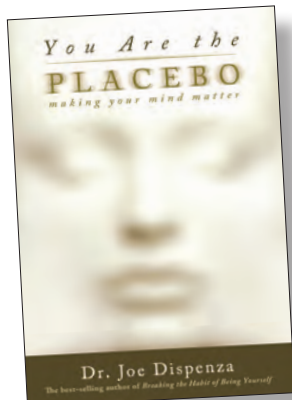
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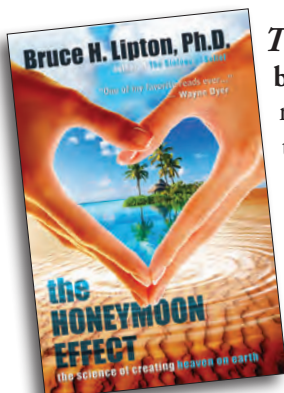
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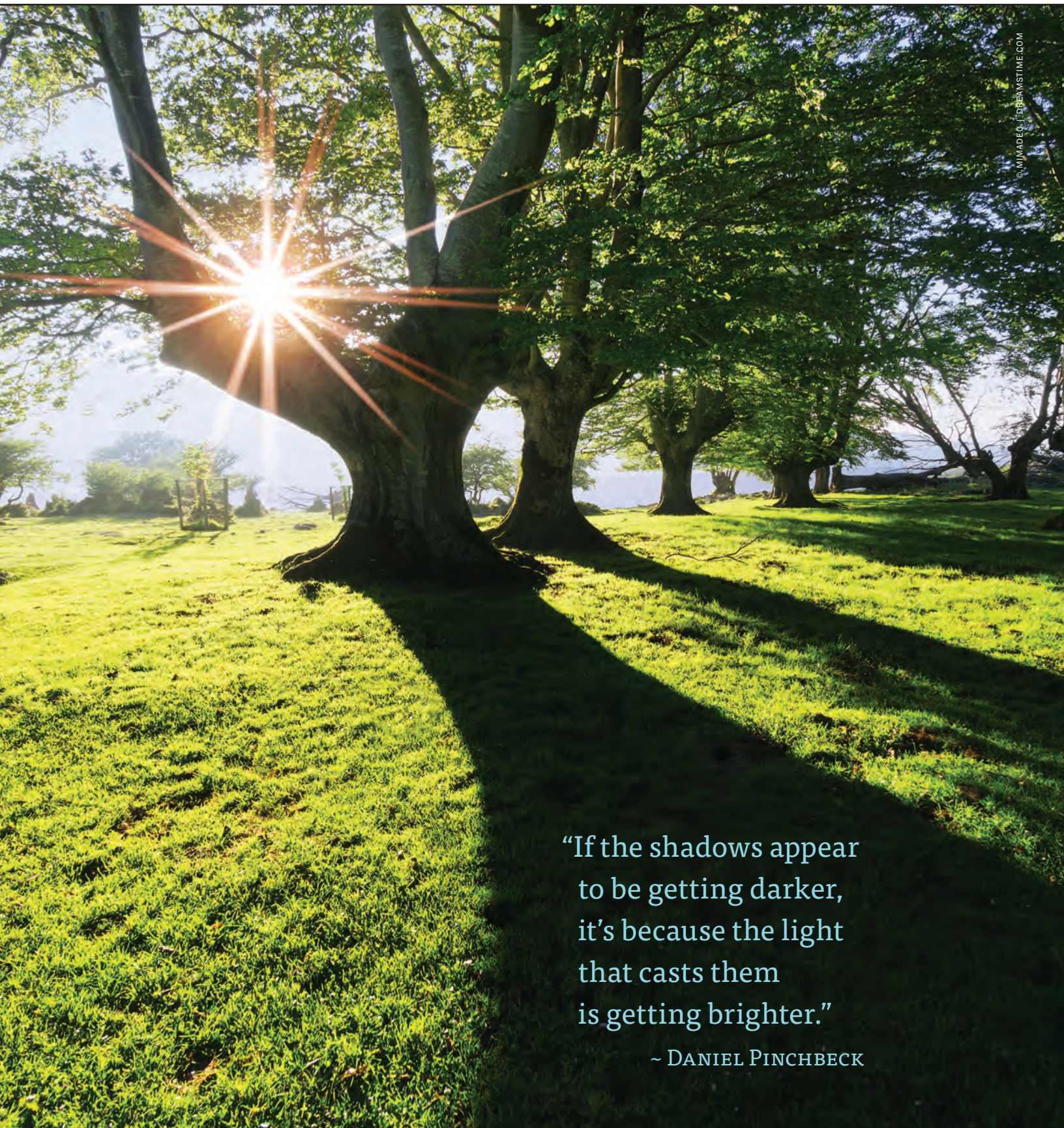


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