

# Lauderdale Wellness News

A Monthly Newsletter for the Friends and Clients of Lauderdale Wellness Center

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*Try not to become a man of success but rather to become a man of value. - Albert Einstein*

## If Children's Television –Watching Were Linked To Obesity, Diabetes, Cancer, Autism And Dementia...Would You Let Them Watch?

**L**auderdale—this is shocking. Not surprising—shocking. If you have children, you are going to want to read this right now.

On February 19, both Physorg.com and *The Scotsman*, Scotland's national newspaper, reported on research that shows children watching television may be linked to several serious health problems.

And if you think your kids are immune because you monitor what they watch and they only watch "educational" television...read on.

Dr. Aric Sigman, an associate fellow of the British Psychological Society and author of "Remotely Controlled: How Television is Damaging Our Lives," says "It is the number of hours and the age at which they start that produces the biological effects. It is because of the medium, not the message, that these effects are occurring." In other words...

### It's NOT What Kids Are Watching On TV—It's The Television *Itself* That Is The Problem!

In his report, Sigman analyzed 35 different scientific studies carried out about television and its effect on the viewer. He has identified 15 negative effects he claims can be blamed on watching TV.

Some of the most alarming discoveries are the links he claims to have found between long hours of television viewing and cancer, autism and Alzheimer's.

According to the February 19<sup>th</sup> edition of *The Scotsman*, "The effects on children watching TV have been well publicized in Britain. Fears of a time bomb of obesity have sparked a wave of ministerial initiatives to promote sport, and "tackle" the couch-potato lifestyle.



However, today's report suggests the consequences of television are far more serious: myopia and attention deficit disorder to diabetes, autism, Alzheimer's and a generation whose brains are being numbed by on-screen imagery."

### Hours Add Up

Sigman's report, published in *Biologist* magazine, claims the biggest problem with television is how much time is spent in front of it.

For a large percentage of the population, watching television is the third leading way they spend their time. According to *The Scotsman* article, "by the age of 6, a child will already have spent one year in front of the television. When time in front of a computer is added, the psychologist claims watching a screen of some kind is the dominant activity for older children—those aged 11 to 15 now spend 55 percent of their waking lives, or 7-1/2 hours a day, watching television and computers. According to today's report, that represents a 40 percent rise in a decade."

Sigman claims the battery of ill effects takes its

### Farewell to Jill Rothenberger

After 18 months with us at LWC and having provided hundreds of hours of great massage therapy, Jill will be leaving in early July.

She has decided to return to Seattle to continue her art career. We understand that she already has contracts to create several murals.

We tried to explain that she really should stay and that following her dreams is a terrible idea ;)... but she wouldn't listen.

We wish her the best of luck in Seattle.

toll on both body and mind. He claims the effect on the brain is not stimulating, but almost narcotic, numbing the areas of the brain stimulated by, for example, reading.

The influence of modern editing techniques—for example the rapid “jump cuts”—also plays its part. Attention spans fracture while at the same time, says Sigman, “the brain is programmed to reward itself with the neurotransmitter dopamine for being able to cope with an onslaught of novelty on screen.”

### **Early Puberty?**

Sigman’s work not only associates television watching with obesity, Alzheimer’s, diabetes, attention span reductions and the body cells’ ability to heal wounds, it claims that a significant body of research now leads him to believe it is a major factor in reducing levels of the hormone melatonin.

Melatonin is the hormone that regulates the body’s internal clock and also helps determine the onset and progression of puberty. And since melatonin is produced at night and makes you feel “sleepy,” it is believed the bright screen may decrease production. This may lead to disturbances in sleep, which can be linked to many health problems.

He believes that suppressing melatonin levels may lead to children starting puberty much earlier than nature intended. And the study found that children’s resting metabolic rate decreased as the amount of TV they watched soared—meaning that physiological changes compounded the fact that they were not exercising.

### **No TV Under 3**

And according to the April 24<sup>th</sup> issue of *The Guardian* newspaper, “Between the ages of naught and 3, particularly when children are acquiring language, their brains are going through rapid development and are being physically shaped, like a piece of clay, in response to what they are exposed to, called structural neuroplasticity.

“Key stages of development are language acquisition and social skills, and if they’re displaced at this stage, they may be irreplaceable.” Dr. Sigman, an associate fellow of the British Psychological Society and member of the Institute of Biology, said exposing children to fast-moving images at a very young age for a sustained time might inhibit their ability to sustain attention.

And children left for long periods with only a screen to interact with, not only had less time to speak to adults, but also failed to develop social skills.

“I was told by the head of BBC children’s TV [Richard Deverell] that TV ‘helps children get interested in the outside world.’ The world around them gets them interested in the outside world.” Said Sigman

“We are told children need electronic entertainment or they get bored. It is not true. Children have an infinite ability to entertain themselves which television seems to erode. What children are exposed to under the age of 7, and particularly under the age of 3, is of paramount importance. It’s really the under 3’s we’re most concerned about and dramatically limiting the amount watched between 3 and 7.”

### **Dr. Sigman’s TV-Watching Recommendations:**

- **Children under 3: no screen exposure**
- **Ages 3 to 7 -- 30 minutes up to an hour a day**
- **7 to 12 -- Up to one hour a day**
- **12 to 15 -- Up to one and-a-half hours a day**
- **16 and over – Up to two hours a day**

According to *The Guardian* article, a Department for Culture, Media and Sport spokesman said the government had no plans to introduce a recommended “daily allowance” rationing the amount of TV children watch.

### **New Acupuncture Hours!**

For many, acupuncture and chiropractic care are a very powerful combination—much like massage therapy and chiropractic care are for others.

Starting July, acupuncturist Lauren Fehr will be available Wednesdays to ensure clients can receive acupuncture and chiropractic treatments *on the same day.*

### **As of July 1<sup>st</sup>, acupuncture is available:**

Tues: 11 am – 7 pm (Massage also available)  
Weds: 8 am – 1 pm (Chiropractic also available)

Could you benefit from acupuncture? Find out at [www.LauderdaleWellnessCenter.com](http://www.LauderdaleWellnessCenter.com)

Or call or write Lauren for a personal consultation:  
[Lauren@LauderdaleWellnessCenter.com](mailto:Lauren@LauderdaleWellnessCenter.com)

651-917-9800 (office)  
(612) 205-5847 (cell)



“...I blew out my flip flop; stepped on a pop top; cut my heel, had to cruise on back home...”

-- Jimmy Buffet

I would also add that the lack of arch support in those flip flops allowed Mr. Buffet’s feet and ankles to over pronate or flatten out. This, in turn, put an internal twist into his knees, causing the cartilage in his knees to wear out prematurely. That same internal rotation continued up to his hips, where it caused hip pain. The internal hip rotation forced his back into forward flexion, which caused him to walk with a bit of a sway back, which caused general back soreness and occasionally sharp low back pain.

Jimmy Buffet included all of this in the original version of “Margaritaville” but it ended up on the cutting room floor. You know how producers can be...

Kidding aside, I see a huge recurrence of low back, knee and ankle pain in the summer. Much of it has to do with footwear. In the colder months, it is no trouble to wear good, supportive footwear, with plenty of room for great custom orthotics. Then sandal/flip flop season rolls around—arches fall and pain returns.

Historically, orthotic sandals have been very expensive and orthotic flip flops, well, good luck. I am excited to announce that there is finally a manufacturer in the US that provides custom orthotic sandals, flip flops, and even Crocs (those molded rubber clogs) that are “all the rage.” Their prices are fair and their quality gets an A+. To view specific styles, please visit them at:

[www.ComfortFitLabs.com](http://www.ComfortFitLabs.com)

**Prices are as Follows:**

Custom Foot Orthotic (any Variety)	\$125 (same price as always)
Crocs™ with Custom Orthotics	\$149
Flip Flop with Custom Orthotics	\$159
Sandals with Custom Orthotics	\$189

***It takes just a couple minutes to create an orthotic mold for your feet and two weeks to get these products, so you can have them in time for most of the summer.***

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### LAUDERDALE WELLNESS CENTER - AUGUST 26<sup>TH</sup> OPEN HOUSE – 8 A.M to 5 P.M.

We're planning an open house for Sunday, August 26<sup>th</sup>. Don't miss your opportunity to come and experience all of our health care services including Chiropractic, Massage and Shiatsu, Acupuncture, Relaxation class, Asian massage (Tui Na), and other Oriental Medical techniques.

Bring family and friends to enjoy our complimentary services on this fun day. Participate in drawings for free gift certificates for our services. Refreshments will be served throughout the day.

**MORE INFORMATION TO COME.**

### Tip Of The Month - Don't Want To Plop Your Kids In Front Of The Television?



If you read the lead article this month, you now know how important it is to limit the amount of television your young children watch. Here are 10 ways to keep them busy without the tube.

- 1. Homemade Musical Instruments:** Making a musical instrument can be entertaining and fun—if *you* can stand the noise your child! Put dried beans on a paper plate and then glue another plate on top. Or, to avoid mess, fill a Tupperware container with beans. (You may not want younger children to play with dried beans due to the choking hazard.) Turn the plastic containers over to make a great set of drums! And wooden spoons serve as perfect—and loud—drumsticks! Your kids can play along with their favorite music.
- 2. Make A Scrapbook:** In summer, buy your child a notebook and pens, pencils, crayons, glue and construction paper. They can write stories of what they did, draw pictures of favorite activities and keep track of their summer.
- 3. Make A Necklace:** Empty thread spools that are painted different colors; take the spools and string them together with a piece of string.
- 4. Make A Bird Feeder:** Use a two-liter plastic soda bottle; cut a large hole in the center of the bottle so that birds can enter the bottle. Attach a string around the neck of it. Make two small holes below the opening and push a branch through the holes for the birds to perch on. Place birdseed on the floor of the bottle and hang from a tree branch.
- 5. Make Stick Puppets:** Cut out either pictures of animals or people from magazines. Glue the pictures onto cardboard and then popsicle sticks. Children can act out little plays and even important scenes from history.
- 6. Counting The Kitchen:** Have the children count common things in your kitchen such as dishes and silverware. You can even have them help set the table as they count—killing two birds with one stone.
- 7. Bird-Watching:** Buy a book on birds and use a notebook to keep track of how many different birds kids see this summer.
- 8. Art With Bubbles:** Add a few drops of tempera paint to several different containers of water, each a different color. Place white paper on the ground and blow the bubbles so they pop on the paper. Let them dry and see the unique artwork.
- 9. Make A Nature Mobile:** Use parts of your nature collection to create a decoration for your room. Start with 1-foot-long sticks tied together so they form an “X.” Tie pieces of string to the sticks and hang different objects (like pinecones, leaves, twigs, etc.) from the string. If using leaves, let them dry in a book a few days, then spray with shellac or clear spray paint first.
- 10. Building With Boxes:** Save several boxes of different sizes and shapes; kids can build playhouses and more.