

LET HEALTH HAPPEN



Dr. Geoff Walburn, D.C.

Just as in this column, in our office I try to educate people that our degree of health or dis-ease is a direct result of the lifestyle choices we make. Even Harvard and Princeton agree that genetics account for just 30% of our outcomes at most and the rest is the result of what we eat, drink, breathe, and how we sleep, exercise and think. If you've been following this column, you know that I strongly encourage people to drink more water and be cautious of their caffeine consumption for various reasons. I recently came across a couple other reasons to do this and I thought I'd share.

A study shows that one dose of caffeine -- just two cups of coffee -- ingested during pregnancy may be enough to affect fetal heart development and reduce heart function over the entire lifespan of a child. They found that embryos exposed to caffeine often had thinner membranes between the heart's chambers. Realize that this study indicates two cups of coffee over the entire pregnancy can be enough to pose a risk. Caffeine is a stimulant that is easily passed through the placenta to the fetus and is also passed through breast milk. A developing fetus has no way of detoxifying caffeine so it stays in the body longer. Other research on caffeine during pregnancy has shown that it can increase the risk of miscarriage, low birth weight, birth defects and sudden infant death syndrome. Please understand that this risk is not just related to coffee, but to tea, cola drinks, chocolate and any other sources of caffeine. In pregnancy and throughout life, look at your choices and ask yourself is this decision moving me closer to health and away from disease or toward disease and away from health.

– Dr. Geoff Walburn, D.C.

RIVERTOWN CHIROPRACTIC, LLC

812-273-HEAL (4325)

401 E. Second Street • Madison, IN