

Weight Gain for Babies

Q I have an eight-month-old granddaughter. She was seven-and-a-half pounds at birth. In an attempt to get her to sleep, the little one was given as much as 40 ounces (1.25 litres) of formula plus breastmilk daily. Now she's 30 pounds, wearing clothing for two- to three-year-olds. Was such growth forced?



Edward Leyton, MD, says: Your granddaughter is overweight for her age at 30 pounds. This growth could not be forced, however, as babies will eat until they are sufficiently full and comfortable. The weight gain depends entirely upon the kind of milk, formula or other foods that the baby is being fed. If the formula is high in fat such as homogenized milk, which gets 46 per cent of its calories from fat, then it is likely that the weight gain is due to the kind of formula that she receives.

Are the parents taking the baby to the family doctor for regular growth checkups? If so, you might ask them to look at the chart to determine if a particular growth spurt has occurred at a particular time since birth. Ultimately, if this kind of weight gain continues, there will be a problem with obesity in later years. As the grandmother, of course, you only have a certain authority in this matter, and what the baby gets fed is entirely in the hands of the parents. However, you might try suggesting a lower-fat formula. ■



Eye-Spine Connection

Q I was a forceps baby, and I've always wondered if this could have caused the eyesight problems I've had since childhood. Is this possible?



Ogi Ressel, DC, says: It is not only entirely possible, but it is highly probable that a forceps delivery could have caused your vision problems. Traumatic birth syndrome (TBS) accounts for the vast majority of health problems seen by chiropractors—not only in children but also in adults. Some authorities feel that it could be in the neighbourhood of 85 to 95 per cent. Often, some of the delicate bones

of the spine are forced out of alignment (called a vertebral subluxation), which affects the function of your nervous system.

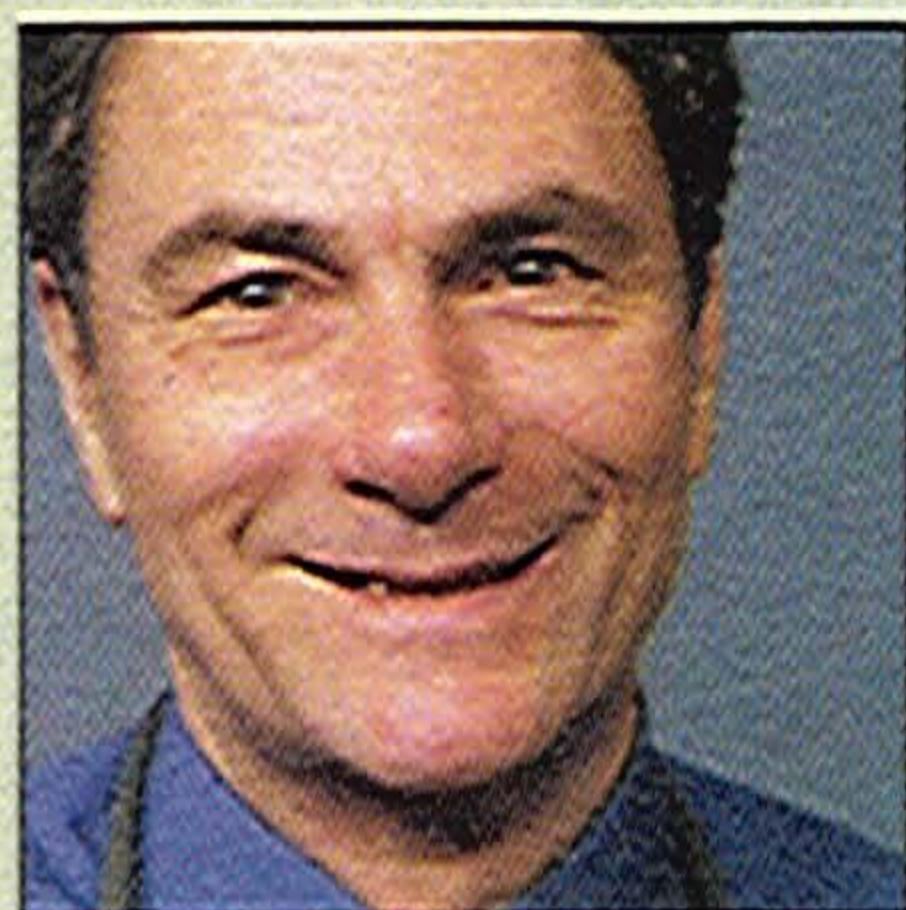
The part of the nervous system that is responsible for processing information sent from your eyes is located at the very back of the head, around the area of the first vertebra of your spine. This is the reason why people who have been struck on the back of the head are often asked how many fingers they see. This is also the area that is most susceptible to damage during the process of delivery.

Much research has been done on the connection between the cervical spine and vision problems—most of it by an Australian ophthalmologist, Dr Frank Gorman, who has studied the effects of vertebral subluxation correction on sight improvement—with excellent results. My suggestion would be to have yourself checked by a chiropractor for the presence of a vertebral subluxation in the upper part of your spine that may be affecting your sight. ■

Meet our Experts



Founding editor of the Canadian Journal of Herbalism and member of the Canadian Second Expert Advisor Committee on Herbs and Botanical Preparations, Keith Stelling was recently awarded life membership in the College of Practitioners of Phytotherapy (Eng). He is presently completing a book on herbal medicine.



A member of the Canadian Complementary Medical Association, Edward Leyton, MD, CCFP, has practised alternative and complementary medicine in Kingston, Ont. for more than 22 years.



Ogi Ressel, DC, is a researcher, writer, lecturer, husband and the father of three wonderful kids. He is the author of *Kids First: Health With No Interference. How to Raise a Healthy Child Outside the Medical Model* (New Century, 2000). Phone Patient First Chiropractic and Wellness Centre in Burlington, Ont. at 905-335-3901. Web site: <patient-firstchiro.com>.



Simone Gabbay is a registered nutritional consultant in Toronto with more than 20 years of experience in nutrition and natural healing. She is the author of *Nourishing the Body Temple* (ARE Press, 1999), the nutrition columnist for *Venture Inward Magazine* and a frequent magazine contributor.

Do You Have a Question?

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