

## of the Week...

### Sleep and Your Brain

*Scientists at the University of California/Berkeley have found a link between poor sleep, memory loss and brain deterioration as we grow older. Their discovery opens the door to boosting the quality of sleep in elderly people to improve memory.*

*January 27, 2013 issue of the journal Nature Neuroscience*

### Leave Their Adenoids Alone

According to the January, 2013 issue of the Journal of the American Medical Association, the long held belief that removing a child's adenoids on their own, or in conjunction with the removal of the child's tonsils to improve the child's health is simply WRONG...again.

The almost standard approach of removing the adenoids of kids who frequently get colds, sinus infections and laryngitis is more expensive and doesn't lead to better health or fewer symptoms according to this new study.

Adenoids are the tissue between the nose and back of the throat, similar to tonsils. They are important components of the developing child's immune system as their purpose is to help fight infections. As a result of the inborn wisdom of the body, when the adenoids are no longer needed, they simply shrink on their

own and disappear by adulthood.

The surgical removal of the adenoids, in most cases in the US, is performed when there are recurring infections, when the tonsils are being removed or when the tissue is enlarged and obstructing the airways. According to the study, the only benefit was financial and, according to Dr. Hassan Ramadan, an otolaryngologist from West Virginia University in Morgantown, "watchful waiting is often the way to go."

We have all experienced that watching and waiting only leads to more serious problems in the future. Wouldn't a depressed child's immune system signal both parent and doctor to act to boost the immune response of the child naturally through rest, diet and improved nervous system function?

### The Bottom Line...The Bottom Line...The Bottom Line...

Clearly, we must all think more about lifestyle and less about combating illnesses that do not need to develop in the first place. Developing a healthy lifestyle and helping you grow and develop your health and potential for health are what we are all about. For example, did you know that both immune response and quality of sleep have roots in your nervous system? And, having a healthy nervous system would be the first step to improving the quality of both!!!

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