



Mother Cub Magic

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"Life is purely a reflection of where you consistently focus your thoughts. Positive thoughts attract positive actions and positive results. The more powerful your thoughts, the more powerful the energy you send out and the more powerful the feedback. It really is within our power to attract what matters most in life."
- Dr. Robert Melillo

Think about the quote listed above. Do you believe it?

Now think about your life as it relates to your child with special needs. Are you achieving the kind of results you would like for your child? If not, maybe it's time to start looking at yourself.

Even the most attentive and loving parents can sometimes become negative and resentful as they continue to care for a special child. It's understandable given the enormity of the task some days, but negativity brings negative results.

Instead of focusing on the never-ending list of things to be done, I want you to try and take five minutes every morning and five minutes every evening for you and only you. Call it organization or meditation or reflection. You can even call it your me-time or the zone-out period, or whatever floats your boat.

If you can wake up in the mornings and think calmly about the day ahead, instead of rushing right into it, I promise you'll start out your day in a much more positive frame of mind. And if you can end it by thinking about the good things that happened during the course of the day (because there are ALWAYS good things - we just sometimes need a little help in recognizing them), you'll end the day with satisfaction and gratification, as opposed to desperation and exhaustion.

Taking a little time for yourself each day is one of the most un-selfish things you can do for you and your family. It allows you to begin and end each day on a positive note, which is bound to attract more positive energy into your life.

I challenge all of you to try this and let's see how great we can make 2012 - together!!

End of Year, Show Re-Cap

The Mother Cub Show, All About Autism - on WorldTalk Radio and syndicated on VoiceAmerica

I started out the month of November with a special encore episode called "Thinking For Yourself". This show featured RDI specialist, Dr. Nicole Beurkens, and Jennifer McIlwee Myers, author of Teaching Life Skills to Your Child with Autism or Aspergers. If you missed this episode, click here: [Episode #49 - Thinking for Yourself](#)

Next, we had a very important show with Lisa Lewis, author of Special Diets for Special Kids. We discussed the science of going gluten & casein-free, as well as practical advice on implementing the diet for your family. Click here to listen: [Episode #50 - Going GFCF](#)

The third week of November brought an educational segment with Dr. Kurt Woeller about the elusive gut-brain connection in autism. Tune in now for this important information: [Episode #51 - Unlocking Autism](#)

I was honored to finish out the month with a very informative rerun featuring Dr. Devin Houston of Houston Enzymes and Ken Boutilier of Innovotech. This is one episode you don't want to miss, called [The Cutting Edge: Where Biotech and Biomed Intersect](#)

On December 7th, I interviewed Dr. Janet Lintala who is not only an autism specialist, but a mother of two sons who are no longer on the autism spectrum. This informative interview was also very heartwarming and inspiring! If you missed it, click here: [Episode #54 - Paying It Forward with Dr. Janet Lintala](#)

And, finally, my last show of the year was this week with Dr. Robert Melillo, author of Disconnected Kids, Reconnected Kids and cofounder of Brain Balance Centers. He offered some wonderful advice on how to help our kids reconnect with the world around them, and more importantly, how to empower our families to come together instead of falling apart. Tune in here to listen to this important show: [Reconnecting Our Kids with Dr. Robert Melillo](#)

It's more important than ever to stay tuned to your favorite autism resource with your favorite autism experts - every Wednesday at 8am Pacific on WorldTalk Radio and Thursdays

at 8am Pacific on VoiceAmerica.

"Ask the Doctor" with Dr. Devin Houston

This section of the newsletter is devoted to answering your questions about digestive enzymes, how they work, and why we need them with Dr. Devin Houston of Houston Enzymes.

Question:

"Can I take digestive enzymes and probiotics at the same time, or do they have to be taken separately?"

Answer:

"In the small intestine, pancreatic enzymes are introduced into the gut environment after every meal. These powerful enzymes include proteases, lipases, and carbohydrase enzymes. They will exist and work in the gut for an extended period, even as the food mass moves into the lower intestine where probiotic bacteria exists. Enzymes and the bacteria work together to digest food and do not conflict with each other's work. In the same way, oral enzymes can be taken with probiotic supplements with no worry concerning the protease enzymes' effects on the bacteria. The probiotic are much more likely to be jeopardized by stomach acid than enzymes and as such are often enteric-coated to prevent the acid from destroying the probiotic. Taking the probiotic and enzymes with food also insures that they are "protected" by the food mass. In short, there is very little evidence that taking enzymes with probiotics causes any type of problem."

For more information, please visit
www.houstonenzymes.com.

Thank you to everyone involved with The Mother Cub Show, including my savvy listeners, my incredible network, and my wonderful sponsors (Houston Enzymes and Integrated Listening Systems).

Stay smart, stay strong and stay tuned to The Mother Cub Show every Wednesday morning, because it IS possible to help our children get better. You just have to take the first step, and then another, and another...

I hope you all have a very Happy, Healthy New Year!

Cheers,



Susan Lynn Perry
Mother Cub

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Mother Cub | 17460 I-35 N | Suite 160 | Box 302 | Schertz | TX | 78154

