

mothering

NATURAL FAMILY LIVING

our low-carbon diet

In my July–August 2007 editorial, I outlined our plan to reduce carbon-dioxide emissions at *Mothering*. Here is the progress we have made so far.

Lighting

We replaced our 69 incandescent floodlights with 36 compact fluorescent lights (CFL). Our friends Dary and Leigh Sulich, who own the store Made in the Shade, gave us a great price on the lights. We decided to try fewer overhead lights; staff members who need more light will get a table lamp with a CFL. This change promises to save 4000 kilowatts a month, or over 10 million kilowatts a year.

Appliances

We replaced our old refrigerator with a new Energy Star model from Maytag. This will reduce our energy use by about 1300 kilowatts each year.

Heating and Cooling

This summer, we kept the air-conditioning thermostat at 75°F. Some people, myself included, came into the office and immediately turned the thermostat down. Others went radical and turned the air-conditioning off all together. Some even closed their vents. As always, heating and cooling in the office caused a ruckus. Using less air-conditioning, however, lowered our yearly CO₂ emissions by nearly a ton.

Paper

Beginning with the January–February 2008 issue, we will print the magazine on Leipa UltraMag Semi-Gloss paper, which is made of 100 percent post-consumer waste (PCW). By using this paper instead of virgin trees, with every issue of *Mothering* we save 40,000 pounds of virgin fiber, 240 mature trees, 21,000 pounds of solid waste, 31,000 gallons of water, 31,000 kilowatt hours of electricity, and 39,000 pounds of greenhouse gases.

—PEGGY O'MARA

hyperbaric oxygen may improve symptoms of autism

The simple application of oxygen may be of greater help to children with autism than more complicated therapies. According to the findings of a study by Dr. Dan Rossignol presented in August 2007 at the US Autism and Aspergers Association International Conference, hyperbaric oxygen therapy (HBOT) ameliorates several major symptoms of autism.

Children who received 40 hyperbaric treatments showed improvements, as compared with those in a control group who entered a chamber but received no treatment. Notable improvements were registered in global functioning as well as the areas of irritability, social interaction, and sensory and cognitive awareness.

The treatment is often administered by breathing oxygen through a mask or hood while in a pressurized air chamber.

According to Dr. Rossignol, as many as 86 percent of autistic individuals suffer from cerebral hypoperfusion (decreased blood flow to the brain), which may be caused by inflammation in the brain and is connected to core symptoms of autism. For instance, decreased blood flow to the thalamus is linked to repetitive and self-stimulatory behaviors, while decreased blood flow to the temporal lobes is tied



Dr. Rossignol's son Isaiah stands next to a portable hyperbaric oxygen therapy chamber. Isaiah, diagnosed with autism, has greatly benefited from HBOT treatments.

to social/communication impairments. HBOT compensates for decreased blood flow by increasing the levels of oxygen in blood, plasma, and body tissues.

For background information on HBOT and autism, see: D. A. Rossignol, "Hyperbaric Oxygen Therapy Might Improve Certain Pathophysiological Findings in Autism," *Medical Hypotheses* 68, no. 6 (1 December 2006): 1208–1227; doi:10.1016/j.mehy.2006.09.064; www.drneubrandt.com/Files/Rossignol%20HBOT%20pathophysiology%20autism%202006.pdf.

breastfeeding brings more sleep for parents

Feeling exhausted, sleep-deprived, and burned-out? Keep nursing! A recent study published in the *Journal*



of Perinatal and Neonatal Nursing found that parents of infants who were breastfed in the evening and/or at night slept an average of 40 to 45 minutes more than parents of infants who were fed formula. The parents of the formula-fed babies also reported more sleep disturbance than parents of exclusively breastfed babies.

Therese Doan, RN, IBCLC, et al., "Breast-feeding Increases Sleep Duration of New Parents," *Journal of Perinatal and Neonatal Nursing* 21, no. 3 (July/September 2007): 200–206.