

Healthier Children

Chiropractic care for my child? Why? His back doesn't bother him." How often chiropractors have encountered parents who appreciate the importance of regular checkups for their child's teeth, hearing, eyes and ears, but draw a blank when it comes to a spinal check-up. In fact, a spinal check-up could be one of the most important checkups your child will ever have. Your child's spine is her/his lifeline because running through it is the spinal cord, containing billions of nerve fibres that send messages and energy from the brain to every part of their body.

Interference Of The Spinal Nerves

Along the spinal cord, any nerve damage at all, then a state of dis-ease will develop. Dis-ease (a term that chiropractors and other have long used to describe disharmony in the body) will cause a generalized weakening of your child's body, lowered resistance to disease, and consequent malfunctioning and sickness. The interference of the spinal nerves is usually caused by tiny fixations and misalignments of the spinal vertebrae that chiropractors call subluxations.

The First Subluxation

How can a child's spine lose its natural alignment? Vertebral subluxations have



many possible causes. Injuries to a baby's spine can be caused by difficult delivery, a breech presentation or simply too much stress on the child's body. Health problems early in infancy can be traced back to a difficult delivery. Immediately after birth, damage can occur if the baby is dangled by the feet! As the famous French obstetrician Frederick Leboyer has written in *Birth Without Violence*:

We know very little about our bodies, so little that we forget the importance of the spine...why, when the

vulnerable spine has always been curved, do we insist on holding then newborn upside down and jerking the back straight?

Whiplash Shake Syndrome

An infant's spine is very susceptible to injury. In extreme cases "whiplash shake syndrome", when a baby is severely shaken, can cause eye or brain damage, blindness, paralysis or convulsions. It is a cause of post-natal brain damage, that most doctors don't recognize. The condition, however, was recognized by doctors of chiropractic, nearly a century ago.

Childhood

Childhood is a very "physical" time. Jumping and running, falls and accidents are all part of a normal childhood and yet they can cause spinal misalignment and nerve damage - with serious consequences. It would be wise for all parents to have their children's spines checked periodically.

A family Affair

The most gratifying thing a Doctor of Chiropractic sees is the whole family coming in for spinal checkups. It's not unusual for chiropractors to hear stories from patients who say that father has newfound energy; mothers' headaches and/or menstrual cramps are things of the past; the children get sick less frequently and less severely, and rarely miss a day from school.

Physical and Psychological Benefits Observed

Correction of vertebral subluxations in children's spines, which reduces postural, nerve and other stresses in their bodies, can have a powerful effect on many aspects of their life. For decades many parents have noticed positive changes in the physical health, behaviour and emotional states of their children, following a chiropractic adjustment. Among the observed effects of subluxation correction have been

improvements in emotional, behavioural and neurological problems such as asthma, anxiety, low mental stamina, inability to concentrate, hyperactivity, discipline problems and even low grades.

Spinal checkups are Vital

If your child is suffering from any of these common conditions, it is essential to get his/her spine checked for vertebral subluxations; not because your doctor of chiropractic is treating your child for these conditions, but because, all children, especially if they are ill, need healthy spines.

- Fever
- Croup
- Poor posture
- Constipation
- Weakness or fatigue
- Loss of hearing
- Arthritis
- Irritability
- Neck aches
- Sore throat
- Cough
- Skin disorders
- Bronchitis
- Poor coordination
- Arm, hand shoulder pain
- Hip, leg, foot pain
- Colic
- Hypertension
- Nervousness
- Bed-Wetting
- Stomach-aches
- Ear infections
- Numbness
- Headaches
- Backaches
- Eye problems
- Sinus problems
- Asthma and wheezing
- Frequent Colds
- Poor concentration



- Painful joints
- Scoliosis

Chiropractic is a different approach to health care; it is not a treatment for diseases or conditions. All children need chiropractic care to ensure their spines are healthy.

Warning Signs

Because your children (and you) may have spinal subluxation and not know it, all children need periodic spinal checkups. There are, however, certain warning sign indicating that the spinal column may be out of alignment:

- Chronic Fatigue
- One hip or shoulder higher than the other
- Shoulder blades flared out
- Hyperactivity
- Frequent falling
- Noisy bones
- Skin conditions
- A foot turned in or out
- Joint aches
- Can't stand still
- Neck tilt
- One leg shorter
- Nervousness

Conclusion

More and more families are finding that periodic chiropractic spinal checkups for their children make a big difference in their health. Why not include periodic chiropractic spinal checkups for you and your family?

Postscript

No matter what disease or condition you have, you can benefit from a healthy spine. Spinal health can be as important for your overall healing as proper nutrition.

Are you and your family carrying the vertebral subluxation complex in your spines? Only a chiropractic check-up can tell.

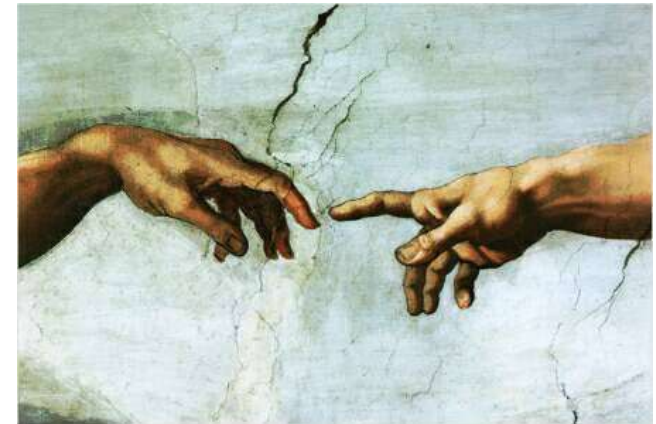
Among the many things contributing to your health: the quality of the air, food and water you take in; how you handle emotional stress; your inherited weakness and strengths; your use of drugs, exercise and relaxation –a healthy spine is absolutely essential. In some people it is a major factor and can make the difference between a life of health, strength and vitality and a life of disease, weakness and disability.

A healthy spine can improve your life- see your chiropractor for regular spinal checkups.



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