



Chiropractic and InFaNtiLe Colic

Infantile Colic affects 20% of babies under 12 months. This is defined as consistent and violent crying without apparent reason. The crying is different from the normal crying as the angst doesn't subside even when the physiological necessities have been solved. Babies who suffer from colic tend to cry for more than 3 hours a day and for a prolonged period of time (3 days a week for 3 weeks or more). The cause to this problem is unknown, although it is thought to be due to an accumulation of gas in the digestive system. Drugs such as Dicyclomine are generally used to reduce the gas in the intestines. However, scientific studies have not been able to confirm that these drugs are effective for this condition. The Doctors of Chiropractic have been postulating for a long time now that one of the causes of infantile colic could be the abnormal function of the spinal column or subluxations, ie., the restriction of movement of vertebral joints affecting the associated organs and tissues.



There are numerous reports of symptomatic relief of infantile colic after a chiropractic adjustment to correct the subluxations. Now there are many more reports being published that are confirming these theories.

One research carried out in Denmark and published in the scientific *Journal of Manipulative and Physiological Therapeutics* (JMPT) shows evidence that infantile colic can be treated effectively with chiropractic. The study concludes that the cause of infantile colic has been misinterpreted and that the pain and other symptoms have a musculoskeletal origin (muscles, nerves, bones), and not gastrointestinal.



According to the research data, 569 babies received chiropractic adjustments, all under 12 months of age, for a period of 2 weeks (between 3-4 adjustments). The results were extraordinary. 94% were successful with colic being eliminated in 60% of the cases and 34% improved notably. There were no side effects or negative effects

Growing old is a normal and natural process, however, for those that suffer with structural problems such as spinal degeneration many of the symptoms that appear could have been avoided if the degeneration had been corrected. This is why it is so important to take preventive measures to stop or slow down the more debilitating aspects of old age. Chiropractic helps you remain active, allowing your muscles, joints and nerves to function correctly, without the pain that stops you from having a healthy life. A 3 year research was carried out amongst people over 75 years of age at the University of Los Angeles. The results showed that older people receiving chiropractic care have a better health and better quality of life compared to those not receiving chiropractic care. Those receiving chiropractic care generally had less health issues, were able to exercise more regularly and have shorter hospital stays.

Do not make the mistake in thinking that you are too old. Many older patients have been surprised at the increase in their quality of life after starting chiropractic care. At the time of writing, our oldest patient in our centre is 93 years young! Don't waste time, get your spine checked – you have nothing to lose!



Remember! The chiropractor doesn't treat or diagnose diseases or symptoms, he frees the nervous system from interferences so that the body can heal itself without drugs or surgery.



We Wish You All a Very Merry Christmas and a Prosperous New Year!!



in the babies. **So, what does this mean? This means that colic can be helped with chiropractic care.** Chiropractic care is safe and effective. Moreover you don't have to use medication with side effects to fight colic. **Special adjusting techniques** are used for babies and children.

Many parents introduce their child to chiropractic at a young age. In this way they not only take care of conditions such as infantile colic or ear infections, they also help them on their road to a healthy development. The principal aim of chiropractic is not to concentrate on specific conditions, but to look after the function of the musculoskeletal system as a whole.

If your baby is crying incessantly, he/she could possibly be suffering from colic. Consider chiropractic treatment for your baby. Not only will you get rid of the uncomfortable colic, you will also prevent future problems with your child's nervous system, muscles and bones.

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Every year four million children below the age of 15 are hurt on tobogans, childrens' playgrounds and on sports equipment. According to the medical researcher Dr. Gutman, 80% of babies suffer from spinal injuries. "Spinal and spinal cord injuries often occur during the birthing process, however they are often misdiagnosed". Dr. Abraham Towbin, of the Department of Pathology at Harvard Medical College says "50% of children suffer a serious fall from their crib, changing table or their bed before the age of 3. The consequences often go undetected". The US department of Health & Safety published statistics saying that by the age of 6 the average child will have fallen, bumped and injured themselves more than 1.000 times. After having read these statements, do you not think it necessary to check your child's spine? Parents appreciate the importance of checking their child's teeth, their hearing, their eyesight, but when it comes to examining their spinal importance. Many problems that we see in our centre began in childhood. The majority of spinal problems in adults are due to injuries that were ignored and went untreated in childhood.



Although the child doesn't appear to be suffering, this doesn't mean anything. Only a specialist with experience can detect these subtle lesions, that if left over months and years can become too chronic to heal completely.

The future spinal health of your child is in your hands, be a responsible parent, get your child's spinal column checked so that he/she can develop into a healthy adult.



During pregnancy the body goes through many transformations: progressive separation of the sacro-iliac joints (between the pelvis and sacrum), in order to facilitate the birthing process, hormonal changes, digestive changes, increased weight bearing on the joints, lax ligaments, generalised major stress on the skeletal system, etc. When the body weight increases a lot of tension is placed on the pelvic joints. If the pelvis is well balanced this is not a problem. However, if it is unbalanced, this will intensify and can cause potentially painful subluxations. Contrary to popular belief it's not tiredness that causes the aches and pains, it's the subluxation. Additionally this type of subluxation generally causes problems during the birthing process and increases pain during the birth.



Many women experience backache at some point during pregnancy and yet prefer not to take medication that could possibly harm the foetus. Chiropractic is the ideal route to take to help alleviate the symptoms without worrying about side effects, because it not only relieves the pain but also normalizes the function of the nervous system and thereby improving general health. This is why many women confide in chiropractic care during their pregnancy and continue after the birth. The chiropractic adjustment is a very effective process which normalises the flow of nerve impulses from the spinal cord and allows the body to function correctly. A regular chiropractic check-up reduces the incidence of pain during the birthing process, and many of our patients report quicker and more comfortable births in comparison with those prior to chiropractic care. In our centre we have specially equiped chiropractic tables that adjust perfectly to the shape of the pregnant woman, and the chiropractor uses sophisticated techniques to care for the pregnant woman in an adequate and safe manner.