

January 12, 2006

Volume 2, Issue 2

# Achieving Wellness

**Victoria Family Chiropractic**

Dr. Cale Copeland

**592-5553**

## Chiropractic and Kids

As a recent father, I know there is no way to explain how much you love your child. Everyone wants what is best for their children, but at times it seems overwhelming. How much should they sleep? Should the child be breastfed? Should we vaccinate? What is normal?

Our son was delivered via vacuum extraction, and despite it not being our perfect birth, we are grateful to have a healthy, active child. About three weeks after he was born, we noticed that his head was always rotated to one side and that he had a bad rash we were told was normal - "stork bites". We attempted many things, but our son could not turn his head to the other side; he had torticollis (when one's head is stuck in a turned state). My wife was reluctant to have our son adjusted as the misconception of getting "cracked" scared her. Once she looked into

chiropractic for babies, she realized how safe and how gentle it was. After three adjustments, his torticollis and rash were gone.

It seemed like a miracle, but in fact the adjustment just removed interference to his nervous system and allowed his body to function properly. Most of you now know chiropractic is for much more than back-pain: it is for optimal health and wellness. This is done by removing vertebral subluxations (spinal misalignments) that inhibit the nervous system from functioning properly.

Why do people get subluxations? The answer is stress (chemical, mental, and physical). Our goal here is to educate people on how to live a wellness-based lifestyle so that vertebral subluxations occur with less frequency or not at all.

## Interesting Tidbits & Updates

Did you know a normal hospital delivery can apply up to 40 pounds of traction to an infant's head and 100+ pounds with vacuum extractions, C-sections, or forceps deliveries?

Chiropractic was proven 94% successful in treating babies for colic after 2 weeks of care.

Our desire is to allow the nervous system to function properly via chiropractic adjustments, allowing your body to naturally heal and self-regulate.

The following are possible signs of vertebral subluxation in a child: colic, asthma, ear infections, poor sleep, excessive crying, rashes. Please share your concerns with us about your child, be it chiropractic care, vaccinations, or any questions you have.

### **Congratulations to Dr. Copeland on becoming a licensed chiropractor in BC!**

Please note Dr. Cale Copeland's adjusting hours effective January 23, 2006.

Mon. 9 to 12

Wed. 9 to 12 & 2 to 5

Fri. 9 to 12 & 2 to 5

Please note Dr. Nizar Saab's new adjusting hours effective January 23, 2006.

Mon. 2:30 to 6:30

Tues. 8:30 to 12 & 2:30 to 6:30

Thurs. 8:30 to 12 & 2:30 to 6:30

\*as of May 1<sup>st</sup>, Dr. Cale Copeland is the sole practicing chiropractor at Victoria Family Chiropractic.

**HEALTH  
IS NOT  
CHANCE,  
IT'S A  
CHOICE**



**Our mission is to educate that a properly functioning nervous system and healthy lifestyle are vital to achieving wellness. Encourage someone you care about to get their spines checked today!**