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# Achieving Wellness

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## What Can Chiropractic Do for Your Child? (Part Two)

### How Does the Chiropractor Correct Nerve System Stress?

This is accomplished first by analyzing the spinal column and related structures for balance and proper function. Where the spinal column is found to be functioning improperly, the Doctor of Chiropractic performs precise corrective procedures called spinal adjustments. Using their hands and/or specialized instruments to gently and specifically correct those abnormal areas, they assist the spine and cranium to regain their intended state of balance so the nerve system is freed from stress.

### It's All About Function!

Today's parents are informed and make their health care choices accordingly. They have become more concerned than ever about the adverse effects drugs have on their children. Parents are hesitant to merely mask symptoms with drugs and are justly worried about their numerous side effects. Parents are increasingly asking, when handed a prescription for a child's recurrent problem, "Is this really all I can do for my child? Isn't there a safer option? How can I restore health?" Today's parents desire to achieve a state of true health is leading them to seek health care options which support their children's own natural ability to be healthy. Chiropractic care is one such option. All children function better with 100% nerve function. All children deserve the right to express their fullest potential. Chiropractic care for children is safe, gentle and effective. It enhances the body's inborn potential for well-being.

<http://icpa4kids.org/why/function.htm>

## Questions & Myths about Children and Chiropractic

**Why?** Children are susceptible to trauma in their spines from various activities and events. These microtraumas can subluxate the vertebrae of the spine, placing pressure on their spinal nerves and therefore decreasing their bodies' ability to function normally. Although symptoms such as pain and malfunction may not show up for years, injury to their vital nervous system can have a lifetime of damaging effects.

**When?** Children should be checked right after birth because of the potential damaging effects of the birth process. Even the most natural births are somewhat traumatic to the infant and may have "hidden damage". Studies show that many children who experience symptoms of colic, ear-infections and asthma have spinal subluxations impairing their nervous system function. Early detection and correction can prevent layers of damage from occurring in the child's vital nervous system. Accumulated damage will have lifelong consequences.

**Does it Hurt?** Chiropractors when caring for children use very specific, gentle techniques. On the very young, the adjustment is as light as a finger touch.

**Myth** "I don't believe in chiropractic." If you're familiar with the placebo effect, you're aware of the influence our minds can have on the body. However, belief in chiropractic is not necessary. Countless examples of newborns and babies benefiting from chiropractic care are documented in research. Even cats, dogs, horses and other animals that can't "believe" have benefited from chiropractic.



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