

## SHOULD MY CHILD VISIT THE CHIROPRACTOR?

By Diane MacPherson

As a caring parent, you sometimes wonder if your child is as healthy as possible. Many factors contribute to your child's general health. The link between your child's brain and body, the spinal cord, allows communication from the brain to all parts of your child's body via nerves. This vital link controls the growth, repair, and function of every tissue and organ. Diet, exercise, rest, and emotional and spiritual support are other important factors.

Vertebrae (the bones of your back) fit together so that the nerve supply produced in your brain travels down your spinal cord and out along your nerves with "messages" responsible for growth, repair and healing. When vertebrae are out of their natural alignment, nerves become stretched or twisted ("pinched") and this vital communication system is disrupted.

These disruptions caused by pinched nerves are called subluxations, and may cause failure of one or more parts of the body. Subluxations may also cause the onset of sickness and disease as the body weakens. The Doctor of Chiropractic specializes in the detection and correction of subluxations. Instead of treating symptoms of a disease, the chiropractor corrects subluxations so that normal body function can take place. They do this by laying hands on your back and gently lining up the vertebrae in their natural position. This process may take weeks or months, determined by the severity of the misalignment. Your nerve network may then be restored throughout the body, and healing can take place. As you heal, your symptoms diminish.

By having subluxations corrected throughout childhood, your child will have a better chance at being as healthy as

possible. Newborn infants should be checked within hours after birth. The birthing process, even under ideal conditions, is potentially traumatic. The baby's spine may be injured as the baby is compressed and pushed down the birth canal.

Although birth subluxations may cause immediate symptoms, such as respiratory depression, there may be other far-reaching effects that are manifested for years. Your child's ability to fight against disease and illnesses may be lowered. Colds, ear infections, colic, and other illnesses may result.

Subluxations may also interfere with internal organ function, causing the inability to produce chemicals that raise and lower body temperature as needed. Research has also shown that the body's immune response in the production of anti-viral and anti-bacterial agents to fight infection is greatly compromised due to vertebral subluxation.

The International Chiropractic Pediatric Association (ICPA) initiated a study on the safety and effectiveness of chiropractic care for children. Preliminary results show that it is safe for children. Even more significantly, parents reported some unexpected improvements: 1. Improved sleeping, 2. Improved behavior and attitude. 3. Improved immune system function.

The chiropractic approach to healthcare is natural (no drugs, no surgery). Many childhood illnesses may show up in the pediatric patient due to abnormal body function caused by subluxations. *Your chiropractor may be the best doctor to help your child.*



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