

2018: Back to the Basics

CHIROPRACTIC AND AUTISM

By Dr. Mary Beth Minser

April is Stress Awareness Month, IBS Awareness Month, Community Service Month and Women’s Health Month. It is also Autism Awareness Month. While stress, IBS, women’s health issues are all very important and topics we encounter every day, Autism pulls at my heart. As any parent who has a child with Autism Spectrum Disorder well tell you, it is very challenging. Autism Spectrum Disorder is a complex set of developmental disabilities. Every child may experience autism very differently and that is what makes it a “spectrum” disorder.

It is considered a neurobehavioral disorder that includes issues with social interaction, language development and lack of communication skill. Most have issues with sensitivity to sensory input. It could be touch, taste hearing or smell. These individuals may response differently to people or may want to harm themselves. They may have a motion they like to do repetitively such as rocking or pacing. They have learning and comprehension issues. Autism is more common in boys than girls. One in 42 boys is diagnosed with autism according to the Center for Disease Control and Prevention. Autism appears to present itself between the ages of 2-3 but can be as early as 18 months.

Possible signs of Autism: avoids eye contact and wants to be alone, struggles with understanding other’s feelings, nonverbal or language delays, repeats words over and over, gets upset by change, has interests that are very restricted and almost obsessive, has often intense reactions to sound, lights, smell, taste, or textures.

As mentioned earlier, it is considers a neurobehavioral disorder. The “neuro” part is what chiropractic strives to help in an autistic individual. Preliminary studies indicate that the chiropractic adjustment may influence sensorimotor integration. We, of course, encourage further research in the influence chiropractic has on their developing nervous systems. Given the ineffectiveness of a majority of pharmaceutical agents, parents need to know there is help in regards to autism.

Chiropractic looks to the body to identify areas of the nervous system that may not be functioning optimally. Are the cranials, vertebra, pelvis, sacrum, atlas all moving properly? Are altered biomechanics of the spine causing more stress on the nervous system than the brain can process? Majority of autistic children have other complaints such as sleeping issues, GI complaints, allergies and lack of motor control. These are all issues that should be address. Do they have lingering primitive reflexes? Do they have posture issues? Do they have a head forward posturing? Do they have flat feet? Do they lack nutrition because they will only eat certain foods? Are these food nutrient packed or processed? These questions are just the tip of the iceberg when treating an Autistic child/teen or adult. At Minser Chiropractic Clinic, we strive to make any child’s life easier and embrace each child’s individual needs and gifts. Isn’t time your child lives up to his or her potential? Yours for better health....naturally!



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Services Offered:

- Chiropractic Care for the entire family
- Massage Therapy
- Acupuncture
- Nutritional Consults/ Evaluations
- Exercise instruction/ rehabilitation services
- Complete radiology services
- Bone Density Testing
- DOT physicals/drug screening services
- Cholesterol Testing
- Functional Health Testing
- Physiotherapy services
- Sports Physicals

SUPPLEMENT OF THE MONTH: ATTENCIA

- Scientifically formulated to promote attention and focus with caffeine from phytonutrient rich green coffee bean extract and guarana extract
- Combined with L-theanine, omega fatty acids, and zinc to support alertness and cognitive performance.
- L-theanine and caffeine in combination have been shown to promote alertness, focus, and cognitive performance more than caffeine alone.
- Guarana is an herb traditionally used for supporting cognitive performance.
- Delivers zinc, which plays a role in the metabolism of neurotransmitters.

For more information ask Dr. Minser, Dr. Fimrite, Dr. Leither, or
Dr. Blomdahl

FEATURED ESSENTIAL OIL – GRAPEFRUIT

- ~It is useful in lymphatic drainage, helping to treat water retention and cellulite
- ~Useful in skin care for oily skin and acne
- ~Excellent to counteract emotional and physical exhaustion and lethargy
- ~Psychologically, it is refreshing and reviving, helping to alleviate stress, depression, nervous exhaustion, and tension

If you have any questions about essential oils, please see any of our certified massage therapists.

7 Common Benefits of Chiropractic Care



- ➔ Increased energy
- ➔ Fewer hospital admissions
- ➔ Decreased need for surgery
- ➔ Prevention through education, not medication
- ➔ Better posture and spinal flexibility
- ➔ Much more restful sleep
- ➔ Improved mobility and natural pain relief

TUI NA FOR CHILDREN

A lot of people wonder if massage is safe for children. The answer is a simple, yes. Massage therapists are trained to offer more or less pressure on a patient depending on their comfort and pain level. There is even a massage technique specifically designed for younger children, called Tui Na.

Tui Na is a very gentle push/pull technique for children between the ages of birth to 10 years old. It eases the symptoms of a variety of common children ailments including common colds, asthma, ADD/ADHD, allergies, bedwetting, and MANY more.

Tui Na is done in 1/2 hour treatments. To be the most effective for treating symptoms, it usually consists of a sequence of 5 visits leading to a reevaluation.

If you have questions about Tui Na, ask our massage therapists! Make an appointment for a massage today!

***Supplement Sale!** As a thank you for having us be a part of your health journey, on the last Wednesday of the month, April 25th, get 15 % off all nutritional reorders!*

EXERCISE AND AUTISM

One of the natural treatment options for autism is exercise. Exercise is important for children and adults with or without a disability and helps promote a healthy lifestyle. Incorporating physical activity daily can help reduce target behaviors that may arise with change.

Physical activity also helps reduce the chance of being overweight, causing more physical health problems such as cardiovascular diseases or even diabetes. Being part of a team or working out with others improves their social interaction skills with others and works on improving their attention span.

Individuals with autism may lack flexibility, coordination and/or balance which can make it harder for one to exercise.

Lacking any of those abilities makes exercising more important to emphasize on. There is no correct answer to what program an individual with autism should engage in, but it should be surrounded by what they like to do. If they like the water, incorporate opportunities during the week to go to the local gym or community center to swim.

The main goal is to maintain a healthy lifestyle by keeping their body moving and staying physically active to avoid diseases that come with being overweight. For a more specialized exercise program, contact us at Minser Chiropractic Clinic!

WE NEED MORE WINDEX

Minser Chiropractic Clinic is unique because the clinic caters to women's and children's health issues. The clinic incorporates a family practice that treats men and women of all ages and works closely with other medical professions. The clinic offers quality healthcare in an atmosphere where our focus is finding the cause of your health problem.

The goal of chiropractic care is to correct any spinal or skeletal misalignments, called subluxations, in the body. When a vertebra or joint becomes misaligned or its function/motion are altered, it may cause irritation to the muscles, nerves or organ systems involved.

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Minser Chiropractic Clinic

Most of us have seen the television program Hoarders. If you haven't, it's an A&E program that follows the lives of various people who have the same problem, they can't let things go. They hoard stuff to such a degree that it affects their daily life, health and even the wellbeing of others.

It doesn't take a genius to realize it's going to take more than a bottle of Windex to clean up all the clothes, moldy food and rotting garbage that's been accumulating in those houses for years and years and years...

But some people accumulate health problems the same way, and unrealistically believe it will take just a visit or two at the Chiropractor or an occasional multi-vitamin to fix all their issues.

From years of neglect and bad posture, chronic illnesses pile up until they can no longer realize the healthy state their body use to be in. By the time they decide to see a Chiropractor, they've got a real "disease hoarding" problem and unfortunately one adjustment may not be enough to clean it all up.

The goal of Chiropractic isn't to temporarily sweep your symptoms under a rug in order to make it look good on the surface. That's when symptoms and pain start to return. The goal is to roll up the sleeves and get rid of the underlying clutter. To help get rid of the issue and prevent it from coming back.

Some underlying issues might need a bit more than a bottle of Windex. Chiropractic can only do so much. As doctors, we can't force you to eat healthy foods, drink plenty of water, and exercise. If you don't take care of your body as a whole the issue may continue or even get worse. Just because you tidied up the kitchen, doesn't mean the house is clean.

Sure it might take a little more time and bit more elbow grease to transform your health the natural way, but in the end your human house will be clean, pristine and habitable again.