

“Your Body, Your Health, Your choice”

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Kid's Health Concerns

-*Journal of Vertebral Subluxation*, October 18, 2004

Current research in the *Journal of Vertebral Subluxation* revealed a relationship between children's health concerns and subluxations of their pelvic bones. The study involved 650 children, 327 boys and 323 girls, and compared the results of their physical examinations, x-rays, surface EMG, and thermograph tests along with their complaints (or the problems mentioned by their parents). The children were divided into three age groups for the study; 2-4, 5-12 and 13-18 years of age.

The results of the study allowed the authors to conclude the following:

- 96% of the children examined were found to have pelvic subluxations. As a result of these subluxations, the beginnings of spinal degeneration, commonly found later in life in adults, becomes evident very early in life.
- The children examined experienced numerous physical complaints such as: limb pain and numbness, low back and neck pain, growing pains, sinus problems, headaches, dizziness, stomach problems, bed-wetting, constipation, diarrhea, asthma, breathing problems, fatigue, colic, croup and menstrual cramps. Behavioral concerns included: ADHD, learning difficulties, temper, memory and sleeping problems. Immune complaints were: allergies, colds, ear infections, fever, acne and throat complaints such as: sore throats, strep throat and tonsillitis were also noted.
- The complaints the children experienced were fully or partially the result of their bodies adapting to the negative neurological changes associated with the pelvic subluxations.
- A child's developing nerve system will learn negative patterns of body movement and function that result from subluxations as easily as it will learn positive patterns when no subluxations are present. It is not always possible to distinguish "good" input from "bad" input.
- This nerve system learning process, involving body movement, body position awareness and posture, begins within a few months after birth.

Chiropractic care should be started as soon as possible so that these negative body movement patterns, abnormal joint function, disc stress and early degenerative changes can be corrected as soon as possible.

Supplements of the Month

Acute Rescue: For calming and soothing when disturbed and traumatized, especially in minor emergencies. Excellent formula for acute allergic-type reactions. Ideal for dental work and for swelling after medical intervention/surgery. This remedy should be in every household, office, and car. It works to soothe affected cells. Can be used as a gargle (with warm water) in sore throats, or as a tonic (15 drops in a glass of warm water) in an acute reaction due to food sensitivities.

Indications: For temporary relief of inflammation, fever, colds, flu, cramps, spasms, muscle aches, wounds, trauma, bruises.

On a Personal Note:

This supplement should be found in any parent's medicine cabinet. From personal experience with Alivia, the Acute Rescue spray/cream/dropper is great for the babies who are teething, diaper rash, scrapes, bruises, eczema, bug bites, and sunburn. Acute Rescue is available in spray, cream and dropper, so there is one for every occasion. This is just a small list of the ailments that this product can assist with.

Megan



Prenatal...Pregnancy...Newborns

Breech Position and Chiropractic...

The Webster In-Utero Constraint (Breech) Turning Technique is a chiropractic technique that has proven to be a highly successful method of clinically correcting or reducing constraint of improperly positioned babies in-utero. Prenatal chiropractic care may be the first opportunity to insure that both mommy and baby experience the least stressful labor experience possible.

Source: Diakow M et al: Back pain during pregnancy and labor. Journal of Manipulative Physiol Therapy 14 (2):114-118, 1991.

Colic and Chiropractic...

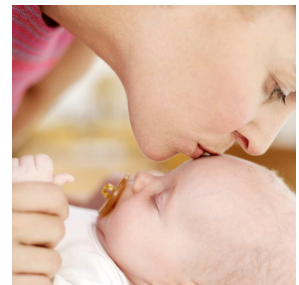
A significant improvement in colic occurred within two weeks in 94% of cases receiving chiropractic care. Some 51% of these infants had prior, unsuccessful treatment, usually drug therapy (83%).

Source: Klougart N et al: Infantile colic treated by chiropractors: a prospective study of the 316 cases. Journal of Manipulative Physiol Therapy 12(4):281-288, 1989.

Pregnancy and Chiropractic...

Regular chiropractic adjustments can make pregnancy less stressful and delivery less uncomfortable. Chiropractic care can continue safely until the day of delivery.

Source: Penna M. Pregnancy and Chiropractic Care. ACA Journal of Chiropractic 2 (11):31-33, 1989



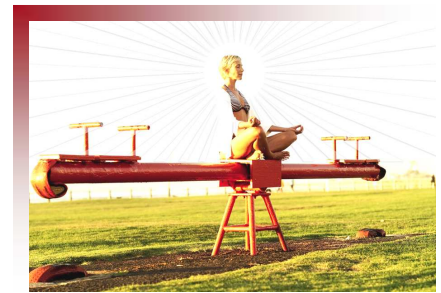
Get Off The “Symptom See-Saw”

Do you notice the hum in the air? Maybe you can't really hear it, but can you feel it? Can you feel the vibration? The “vibrations” around us are not mysterious at all; they are the result of life in motion. The only thing that is a constant in life is *change*. Change occurs faster and faster, and sometimes we can feel overwhelmed from the pace. A generation or two ago, grandparents used to complain about too much change. They do not complain about the changes themselves, they complain about the speed of the changes. Younger people and children are the ones who seem immune to the acceleration of change. In spite of the rate of change in many areas of the human experience, some things never change. For example, we all want to succeed. We don't frequently change our life goals of health, financial security and happiness because none of us would choose to be sick, poor or sad.

We strive to become healthy and remain healthy. Frequently our habits reveal that we have slipped into patterns of motivation that hurt us rather than help us. What motivates us to seek the help of health

professionals: health or sickness? Unfortunately, many of us would have to answer that we look for help only after we become sick. When we are motivated by sickness, we seek help only when we already are experiencing symptoms or health issues. In this circumstance, we are not really in control of the quality of our health because we are taking a reactive rather than proactive approach to healthcare. When we take a reactive approach, we rely on pills to mask symptoms. Although this approach may make us feel better temporarily, it never really helps us achieve and maintain health. Rather than living on the *symptom see-saw*, instead we need to act on a plan designed to achieve and maintain optimal health.

Corrective chiropractic care is the best way to achieve this goal. Chiropractic care is a health care approach based upon the body's natural ability to heal itself and is a very important step in a commitment to optimal health. Optimal health is one of our most valuable possessions. We should value ourselves enough to strive for the highest level of health. When we take re-



sponsibility for the choices we make regarding health, we give ourselves the best opportunity to achieve all of our health goals. Chiropractic care can help give us the natural health we deserve when we commit to learning more about our body and take all of the necessary steps to stay well.

Practicing chiropractic for more than 5 years, I have been at the leading edge in healthcare, and I have coached thousands of patients of all ages to take full responsibility for their health. Inside this issue I will share with you a wealth of valuable information that is guaranteed to address many of your concerns and answer your pressing questions. It will absolutely provide you with all of the tools necessary to empower you to make the best health choices for you and your family and guide you on a path to *optimal health*.

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Meditation for Moppets

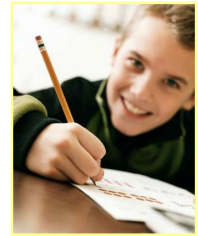
Stressed-out kids are finding relief in relaxation techniques such as meditation. Business Week - March 29, 2004

Every morning and evening, 12 year-old Haig Monokian sits in his room, closes his eyes and focuses on his mantra. This straight-A student believes meditation helps him to calmly handle days packed with school, music lessons, basketball, karate and the pressures of preteen life. "If I am stressed out about something, meditation makes me feel better. I don't lose my cool that easily."

It has been found that students who meditate rated themselves as more alert, happier and less frustrated than those who did not meditate. Researchers are finding that even in children, this technique of deep relaxation can reduce anxiety and improve

everything from blood pressure to creativity and self-esteem. Meditation has been shown to improve "executive functions" such as planning, organizing, regulating emotion and keeping to a task. "If meditation quiets the mind and improves brain function, wouldn't it be particularly helpful to those with learning disabilities and ADHD?" asks William Stixrud, a clinical neuropsychologist. Children experience stress and anxiety just as adults do. Their days are jam packed with school work, sports activities, music, religious lessons, spending time with friends and peer pressure. Don't be fooled. Kid's stress is just as real as adult's stress.

Just as in adults, stress can cause unhappiness and anxiety as well as common childhood illnesses such as ear infections, headaches, acne, asthma and the common cold.



Meditation, in addition to regular chiropractic adjustments, helps unwind a child's nerve system and allows their inner wisdom to express itself and heal their bodies from the inside out.

This winning combination insures the best possible healthy and stress free futures.