

Chiropractic Care For Your Child

A child's initial years are crucial for neurological development. 85% of our neurological development occurs in the first 2 years of life. The nervous system controls the function of every cell, tissue, organ, and system of our body. While the brain is protected by the skull, the spinal cord is more vulnerable, covered by 24 moving vertebrae. When these bones lose their normal motion or position, they can irritate the nervous system. This disrupts the function of the tissues or organs these nerves control, and this is called Vertebral Subluxation Complex.

Chiropractors Do Not Treat Disease

Chiropractic is not the treatment of disease but rather the enhancement of health through the reduction of nervous system interference. Chiropractors do not prescribe drugs, perform surgery or any other medical procedures related to the treatment of disease. Chiropractors detect and correct vertebral subluxation to restore nervous system function, whether or not symptoms present. Chiropractors address the physical (vertebral subluxation complex), chemical (nutritional inadequacies/deficiencies) and emotional stressors that influence a child's health.

Chiropractic care recognizes the importance of the nervous system and its role in the interpretation of our environment. Your nervous system is involved in every aspect of your life allowing you to successfully adapt and respond to external and internal environments. Research has shown that lack of movement of your spinal joints negatively affects the communication from your body to your brain and your brain to your body. When this occurs in children all sorts of disorders may arise such as ear infections, allergies, asthma, ADHD and other neurodevelopmental and sensory processing disorders.

Chiropractic care improves spinal joint motion and neurological function. Regular corrective chiropractic care has shown eliminate spinal misalignment, significantly increasing the nerve supply to tissue and restoring the function of all critical organs, including the lungs, the heart, immune and digestive systems.

The Chiropractic Adjustment

Chiropractic adjustments for children differ from those performed on adults. The contact used is smaller like a fingertip and the pressure required is much less. Hand held instruments may also be used. Many infants sleep through their adjustments. Child adjustments are gentle and simple, yet powerful.



A Different Approach to Health

When approaching health we can look through a variety of lenses. The pathogenic model and the salutogenic model are two approaches, however very different. Many of us, including myself, have grown up in the pathogenic model. The pathogenic model studies the causes of diseases and is a symptom based model. It focuses on how individuals can avoid, manage or eliminate a disease. Health is equated to not having the symptoms and by many healthcare professionals is described as the sick-care model.

The salutogenic model is the opposite of that spectrum. It is the study of health and well-being. It asks the question, how can someone's health become better? Chiropractic care is the promotion of wellness. Correcting vertebral subluxations optimizes the body to be well before illness has a chance to settle in.

Both models have served a purpose. Many lives have been saved with the pathogenic model of medicine. But as our health continues to decline and there is research that states that this is the first generation in which we may outlive our kids, I believe other approaches to our families health must be taken.

The Doctor Within

Our body is self healing and self regulating. There is an innate intelligence that lives in all of us that allows us to self heal and self regulate. This innate intelligence functions when our nervous system is free of interference. As with any health practice, chiropractic works while you are using it. Everyone with a spine should be under regular chiropractic care. It is important that the subluxations that present throughout your life be corrected so that the irritation to the nervous system is released and the tissues and organs of his body function optimally.

Chiropractic is Safe for Children

The International Chiropractic Pediatric Association (ICPA) is a non-profit organization that supports chiropractic care for children and in pregnancy through training, public education and evidence-informed research. Chiropractic is the most popular form of practitioner-based complementary and alternative medicine therapy for children. Numerous studies have been done regarding the safety and effectiveness of pediatric chiropractic. Visit www.icpa4kids.org for more details.

Research continues to show that lack of movement of your spinal joints negatively affects the communication from your body to your brain and your brain to your body. The expectation for care is that spinal motion and nervous system function improve. That neurological development is optimal and that overall health improves.