

Chiropractic and children

By Dr. Marc W. Ugell

Many parents who avail themselves of chiropractic care as adults are unaware that it would be just as effective for their children. Even newborns can greatly benefit from regular chiropractic care. Such a regimen for them all the way through their adolescent years can practically eliminate the usual childhood illnesses and diseases.

Chiropractors have seen remarkable results from their adjusting of children. Many childhood problems such as crying and irritability, constant illness, fever, dyslexia, colds, walking and balance difficulties, bedwetting, ear infections (the list could go on and on) have been corrected by chiropractic care.

Chiropractors deal with the nervous system. Problems with the nervous system often stem from the delivery process at birth as a result of the usual tugging and twisting of the infant by the attending physician in an effort to facilitate and expedite the birth. Often what results are what the chiropractor calls "subluxations"—misalignments of the bony segments (vertebrae) of the spine that lead to improper function of the spinal nerves.

The spinal nerves extend to every part of the body, including the organs and muscles throughout the body. They influence the functions of the body at every level, all the way down to the cells! That's how thoroughly the nervous system influences the child's entire body, and that's how extensively nerve interference from subluxations can influence every aspect of the child's health.

Of course, there are many other causes of subluxations in children besides birth trauma. Probably the most common are the numerous falls and tumbles every child experiences when learning to walk, and later when running and playing. Still other causes include the way children are picked up by adults, excessive use of walkers and strollers, and even poor diet and other forms of parental mismanagement. Certainly, physical child abuse (whether intentional or unintentional) is a more frequent source of subluxations and the health problems that can result than one might expect.

At any rate, the chiropractor experienced in caring for children can correct and prevent many serious health problems in youngsters. Furthermore, such a chiropractor can provide parents with valuable guidance on how to better protect their little ones at home between office visits.

Fortunately, children respond extremely well to chiropractic care. Because the bones of infants are so small and delicate, the chiropractor can correct misalignments with only slight thrusts that are so gentle that the child usually is not even aware that adjustments are being administered.

In conclusion, competent chiropractic care for children can do much to keep them healthy and happy. In fact, it can help keep the entire family less stressed and more peaceful. Don't deny your children (or yourself) the best health protection available: Include chiropractic intervention in your health-care routine.

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