

## c4 children..

It is a major concern to hear that many of us will outlive our kids due to the multitude of health issues that **they are now having to deal with**. It is for these health problems that **many** parents are seeking chiropractic care for their children.

Many spinal problems seen in adults begin as early as birth. Even so called 'natural' birthing methods can stress an infant's spine and developing nervous system. The resulting irritation to the nervous system caused by spinal and cranial misalignment can be the cause of many newborn and subsequently child health complaints.

Colic, breathing problems, sleep disturbances, allergies, learning difficulties, behavioural issues, poor posture and chronic infections can often be traced to nervous system stress.

This month we delve deep into some of the issues surrounding our children's health and discuss why it is so important that every child is checked for nervous system stress.

The team @ c4w

## thought for november..

“as the twig is bent, so grows the tree”

## c4 children...

Doctors of Chiropractic are specialised in being able to check children's spines for subluxations that impair nervous system function and therefore affect overall body function.

The bones of the spine, the vertebrae, house and protect the spinal cord. The spinal cord is an extension of the brain and carries information from the brain to the body parts and back to the brain again. Subluxations interfere with nerves' ability to transmit this vital information.

The nervous system controls and coordinates the function of all the systems in the body: circulatory, respiratory, digestive, hormonal, eliminative and immune system. Any aspect of health may be impaired by nerve interference. The chiropractic adjustment restores nerve system function allowing the body the ability to express a greater state of health and well-being.

Below are just some published examples of the multitude of studies that support chiropractic care for children's health:

### ADHD...

This case was of a 5 year old boy who had been diagnosed with ADHD at age 2. The child's paediatrician prescribed a combination of drugs which proved to be unsuccessful. At age 5 the child was brought to a chiropractor. The history taken at that time noted that there had been complications during the boy's birth. The child's mother reported no other incidence of trauma. The chiropractic examination found subluxations in the boy's neck. Chiropractic care **commenced** and the child's progress was monitored. According to his mother, positive changes in her son's general behaviour were noticed around the 12th visit. By the 27th visit, the boy had experienced considerable improvement. The mother took the boy back to the GP for re-evaluation of the medications he was on.

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The GP re-examined the boy and based on his assessment and clinical experience, the medical doctor felt that the boy was no longer exhibiting symptoms associated with ADHD. He then took the boy off the medications that he had been taking for 3 years.

### behaviour and learning difficulties...

This case was of a 8 yo boy who was only just passing school. There was a four year history of poor learning ability. The boy was nervous, underweight and suffered from insomnia. Medication was briefly tried but the boy's emotional control became poor and he frequently wept, so the medication was stopped. After chiropractic care there was a marked reduction in nervousness and great improvement in emotional stability. The boy's mother reported that his appetite was now normal and he now enjoyed school and his marks had significantly improved.

### sleep problems...

Studies of children have shown that spinal subluxations may manifest themselves as sleeping problems, loss of appetite, emotional, learning or behavioural problems, dysmenorrhea and may not show up with spinal pain. Studies on a number of otherwise healthy school children revealed pelvic subluxations in 40% of all school children and cervical subluxations in 15.8%. After adjustments were made to the children's spines, the problems rarely recurred.

### asthma...

This case was of a 6-year-old boy who had asthma. The boy was prescribed inhalers, using them every day. Adjustments were made to the cervical, thoracic and lumbar areas. The boy showed significant improvement in breathing ability. He slept more soundly and inhaler use was significantly reduced.

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Today, parents desire to achieve a state of true health and this is leading them to seek health care options which support their children's own natural ability to be healthy. Chiropractic care is one such option. All children function better with 100% nerve function. All children deserve the right to express their fullest potential. Chiropractic care for children is safe, gentle and effective and it enhances the body's inborn potential for well-being.

Have you had your children's nervous system checked for interference

## above - down - inside - out

### above

Above is about life force. The power that made the body heals and coordinates function and life potential.

### down

Down is about bringing life force or energy into the body and helping the master control system, 'the brain' communicate the wellness message throughout the body, via the nerve system.

### inside

Inside is the generator. Without your control system working properly, we can hardly expect optimal life expression.

### out

Out is about doing it! Allowing the pure expression of growth, health, energy and enthusiasm for life that is expressed when our body is free to do so!

## clients of the month...

Chiropractic research enables us to provide you with the most revolutionary care. The following clients will have their fees donated to the Australian Spinal Research Foundation this month.

Thank you to:

**Thomas Robertson**  
**Annabel Robertson**  
**Emmanuel Datario**



## events

### Creating Wellness Lectures

Have you attended?

Do you understand Chiropractic?

What else could you be doing to support your care?

**Book Now**

**Monday 20th November**

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## c4 children

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welcome to a  
greater life!