

toddlers and pre-schoolers

Asthma

Asthma has become a large health concern for children in recent years. Over the past 20 years the incidence of asthma has doubled. In 1998, approximately 17,299,000 people in the United States, or 6.4% of the population, with cases among very young children up 160%. Common triggers for asthma are allergies to pollens and grasses, environmental pollutants, passive smoke, and allergies to foods, dust mites, pet hair etc.

Many of the causes of asthma can be greatly assisted, drug free, through chiropractic care. Chiropractic contributes to asthma management most effectively in cases triggered by allergies. In these cases the lining of the airways can become highly sensitive.

This is referred to as 'non-specific bronchial hyper-reactivity'. When the reactivity of the bronchus is high, it takes very little exposure to the offending allergic substance to trigger an attack. Research performed in Europe has shown that chiropractic care can reduce the degree of sensitivity of the bronchial lining by up to 40%.

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:

Gabriella Cannata
Amos Cole
Harry and Akira Ellis



events...

Creating Wellness Lectures

Have you attended?

Do you understand Chiropractic?

What else could you be doing to support your care?

Book Now

Tuesday October 21st October 7.45 - 8.30 pm

complimentary chiropractic initial consult for all babies, toddlers and pre-schoolers in October

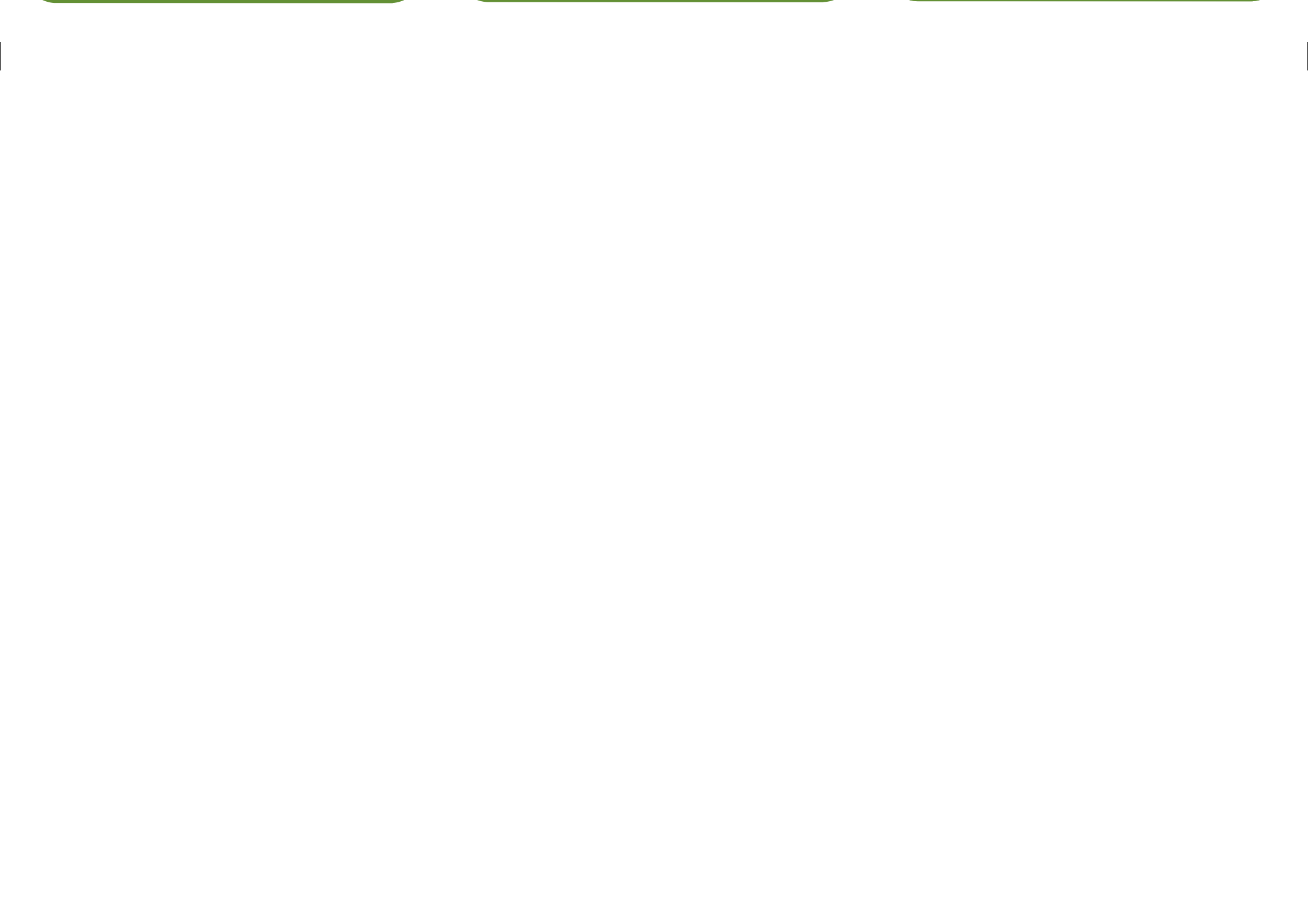
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babies, toddlers and pre-schoolers

c4w newsletter october 2008





a healthy start to life...

You may have noticed that there seems to be a lot of pregnant women around. According to the media we are currently experiencing a baby boom. In 2006 - 07 financial year a staggering 70,158 babies were born in Victoria, the biggest number of births since 1972.

With so many new babies around it's important for them to have a healthy start to life. Have you ever considered the amount of pressure a baby experiences during the process of birth? In a natural unassisted delivery alone a baby will experience something like 90 - 140 pounds of pressure to the head. While this is a natural part of the birth process, little spines can still subluxate.

Our newsletter for October is all about babies, toddlers and pre-schoolers and how you can give them a great start to life with chiropractic care.

We are still eagerly awaiting the arrival of Daniela and Sam's baby - not too far away now!

Thanks to all our new guys who joined c4w in September.

Have a fantastic October!

thought for october

"A two-year old is kind of like having a blender, but you don't have a top for it."

- Jerry Seinfeld

babies...

Colicky baby

'Colic' generally refers to babies who seem to cry or fuss a lot or cannot be settled. It is one of the most vexing and difficult problems of infancy, equally common in breastfed and bottle-fed babies. Many babies experience colic during their first year of life, which can be quite distressing, not only for the baby, but the parents too! Chiropractic has proven to have great success with helping colic, as studies show evidence that 'infantile colic' has a *musculoskeletal* rather than a *gastrointestinal* origin. One such study showed that of 316 colicky babies, 94% of them were symptom free after being adjusted over a period of two weeks.

Breastfeeding Issues

Some breastfeeding problems have been associated with spine misalignment caused during the birth process - you may notice your child only turning their head in one direction or favouring feeding on one side only. Chiropractors have had success in treating infants through gentle, painless, spinal adjustments.

From a chiropractic perspective, breastfeeding is very important for stimulating the reflexes associated with the mouth, tongue, and neck. These reflexes become crucial for breathing, sucking, swallowing, speech and neck movement as the infant develops.

Carrying the baby on different sides of the body, and alternating which breast the baby feeds from will maximise these physical benefits.

Growing Healthy Spines

In the first year of a child's life a child's spine grows by 50%, or between 24 and 36 centimetres! It is also this time that a child's spine starts to develop the essential secondary curves in their neck and low back. This period of great growth and development may also be a period of considerable spinal trauma. Infants, in learning to crawl, stand and walk are constantly falling and jarring their spines. Since the first year of life is so important for spinal development and the potential for trauma is high, chiropractors believe that chiropractic spinal checkups are particularly important at this time.

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Bedwetting

Several recent studies have shown the benefits of chiropractic care for children suffering from "Nocturnal Enuresis" more commonly known as bedwetting. Several studies published in the Journal of Manipulative and Physiological Therapeutics showed marked improvement in children with this problem over children who did not receive chiropractic care. In one study 171 children suffering with enuresis averaged 7 nights of bed wetting per week prior to the study. After the children were given some initial chiropractic care the average child reduced the number of "wet" nights to 4 nights per week. A full 25% of the children receiving chiropractic showed a 50% reduction in wet nights.

Ear Infections

Reoccurring ear infections account for over 35% of all paediatrician visits in the United States. Sometimes these infections are due to bacteria and sometimes these are due to a virus. The most common medical care for this situation has been antibiotics, even though antibiotics have no effect on viruses. Research and statistics are now showing that repeated use of antibiotics is contributing to future infections by creating drug resistant infections.

In the October 1998 issue of the Ladies Home Journal appeared an article entitled, "Chiropractic Adjustments for Chronic Ear Infections." This article reviewed several studies showing the effectiveness of chiropractic care for preventing re-occurring ear infections. The article states, "*Chiropractic care is thought to prevent recurrent infections by correcting misalignments (called subluxations) and allowing normal fluid drainage from the middle ear.*" What the article took special note of was that 6 months after chiropractic care was given to the children in the study, 80% had not suffered a recurrence of ear infections.

