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Hyperactivity & Learning Disorders

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Chiropractors correct abnormalities of the intellect as well as those of the body.

— D.D. Palmer, Discoverer of Chiropractic



• Hyperactivity & Learning Disorders

Childhood neurological/learning/psychological disorders have gone from rare occurrences to epidemic proportion in a little more than one generation. Up to 14.8% of children 4-17 years of age have been diagnosed with ADHD as of 2011 with some estimates going as high as 18.7%.² Children with ADHD often continue with symptoms into adulthood. According to epidemiological data at least 12 million US adults have ADHD.³

• What Causes These Disorders?

Why are these disorders so prevalent? Medical historian Harris Coulter, PhD and a growing number of scientists, medical doctors and parents claim this increase is largely due to childhood vaccinations that are neurotoxic (poisonous to the brain):

A large proportion of the millions of U.S. children and adults suffering from autism, seizures, mental retardation, hyperactivity, dyslexia, and other ... "developmental disabilities," owe their disorders to one or another of the vaccines against childhood diseases.⁴

With so many children neurologically impaired, "there is growing opposition to the number of shots required."⁵

In addition to vaccination, other stressors that have been linked to neurological damage include head trauma, birth trauma, severe burns, infectious diseases, accidents and falls.⁶⁻⁷



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brings out
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Vaccination, head trauma, birth trauma, burns, infectious diseases and accidents can affect the brain.



• Is Drugging Our Children The Answer?

Psychiatric drugs such as Ritalin™ are given to children to treat their symptoms. However,

according to Peter Breggin, MD, these drugs are dangerous.⁸ Ritalin™ can cause drug-induced behavioral disorders, psychosis, mania, drug abuse, permanent neurological tics (Tourette's syndrome), growth retardation and addiction. Other side effects include loss of appetite, blurred vision, dizziness, lightheadedness, headache, dry mouth, stomach upset, sleeplessness, irritability, constipation, weight loss, chest pain, nervousness, pounding heart, difficulty urinating, mood changes and yellowing eyes and skin. Children on Ritalin™ may become robotic, lethargic, depressed or withdrawn. The drugs given to hyperactive children can frequently cause the very same problems they are supposed to treat: inattention, hyperactivity and impulsivity.⁹

Many parents are concerned about drugging their children for years and the possible drug abuse, side effects and dependency that can develop as a result. "Is there another way," they ask?

• The Chiropractic Approach

For decades clinicians and parents have reported on the effectiveness of chiropractic care for children with many kinds of neurological conditions including learning disorders, hyperactivity, dyslexia, inability to concentrate and behavior problems. Some



For over 100 years, chiropractors have helped children reach their potential.

of the case histories below that have appeared in peer review journals underline chiropractic's effectiveness with improving brain function.

• Case Histories

A 10-year-old boy diagnosed with ADHD and motor tics of the face and head was brought to the chiropractor. He was on Vyvanse® for the past two years. After his first adjustment his mother reported improvements in behavior and focus. After two months of care he stopped taking medication. There was a dramatic reduction in ADHD symptoms and complete resolution of his motor tics.¹⁰

An eight-year-old boy had many learning and behavioral disorders associated with ADHD that seemed to begin after a fall 18 months prior. For the past 18 months the child's symptoms had remained virtually unchanged. After two months of chiropractic care his mother noted positive changes in behavior and a reduction in his complaints of headaches and neck pain symptoms. In addition, reports from his teachers remarked on the positive changes in his behavior and improvements in academic performance.¹¹

• Literature Review

Eight studies were reviewed with a total of 25 anecdotal reports.

All the studies suggested a positive effect from chiropractic care in individuals suffering from learning disabilities and dyslexia. The author writes: "There seems to exist a potential role for chiropractic care in improving various cognitive modalities known to be essential in learning."¹²

• Research Studies

Nine ADHD patients (4 male, 5 female, 22 to 58 years old) were evaluated with the Test of Variables of Attention (T.O.V.A.™) before care. All patients had abnormal ADHD scores. After two months of care, all patients had a significant change in ADHD score with 88% completely normalized.¹³

Others have observed chiropractic's effect on hyperactivity, ADHD, migraines and improved ability to function under specific chiropractic care.¹⁴ Other studies indicate that structural care may improve I.Q.¹⁵

One of the earliest and most dramatic studies on the benefits of chiropractic care occurred in a Kentucky reform school after 244 children were given chiropractic care. The results so impressed the teachers that they wrote a letter to the governor requesting full time chiropractic care at the school. They wrote (in part), "[The students] improved in health ... school work ... there has been a marked improvement in their moral life."¹⁶

How does chiropractic improve brain function? Present research indicates that one mechanism appears to be that chiropractic improves blood flow to the brain.¹⁷⁻¹⁸ There may be other mechanisms as well that will explain why chiropractic has been shown to be effective in reducing anxiety, enhancing well-being and improving brain function.¹⁹ Chiropractic adjustments appear to balance nerve reflexes in the spinal cord.²⁰⁻²¹

• In Conclusion

Chiropractic, by releasing stress on the brain, spinal cord and related nerves and structures, can benefit all children and adults, especially those suffering from neurological disorders.

In addition to working with chiropractors, parents are enlisting the help of nutritionists, homeopaths, craniosacral therapists, medical doctors and other healers to improve their children's and their own life expression.

While seriously afflicted individuals certainly benefit from chiropractic care, so-called "normal" or "average" children benefit as well. Students are better able to realize their full potential. All children should visit a chiropractor for a checkup; all children deserve the benefits of chiropractic.

A well-balanced and stress-free nervous system is needed by every child.

