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# Kids & Chiropractic



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together as  
Bees & Honey



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**T**hroughout your children's lifetimes — from infancy into adulthood - chiropractic care can help ensure your child's physical and emotional health. Over a century of success in helping children regain and retain their health has made chiropractic the healthcare of choice for millions of parents and their children throughout the world.

## What is Chiropractic?

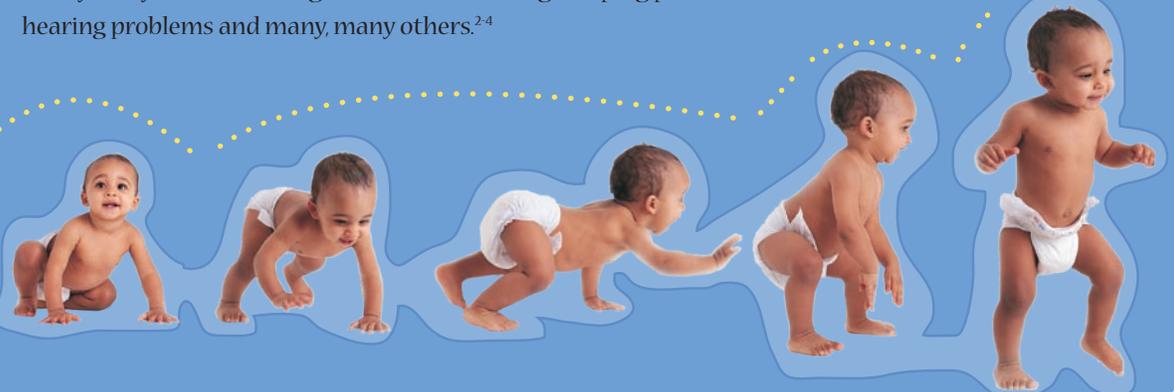
Chiropractic is a natural, non-invasive form of healthcare that respects the body's innate ability to heal itself. Life has many ways of interfering with optimal health functioning. Your chiropractor's goal is to assist the body to regain optimal functioning by removing blockages and releasing stress so that balance and harmony among your body's systems can be restored.

Chiropractors are specially trained to locate and release blockages commonly caused by tiny misalignments of the structural system. These blockages (called subluxations) create dis-ease (disharmony), which can lead to lowered resistance to disease, organ malfunction, poor posture, pain, and physical and emotional illness.<sup>1</sup>

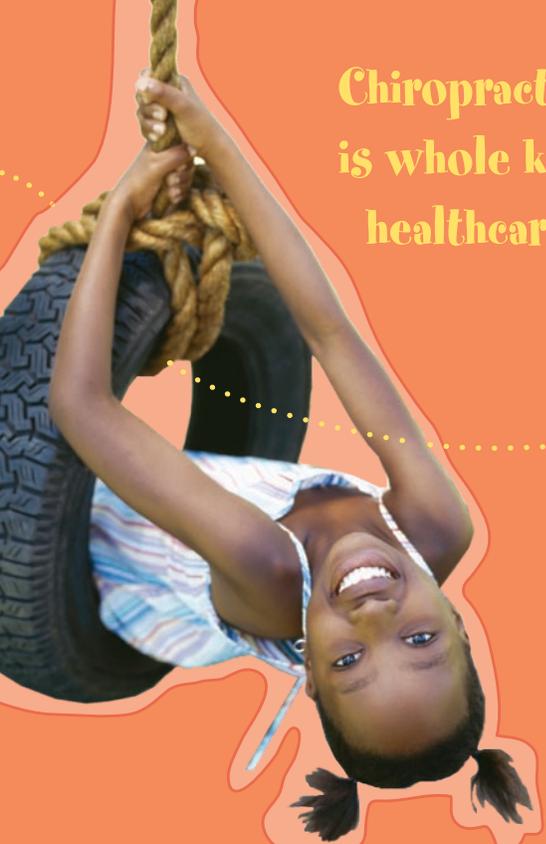
## The Earliest Years

You do so many things to ensure your baby's health: during pregnancy you eat right; you avoid cigarettes, alcohol and all drugs. After the baby arrives you breast-feed knowing that is the superior form of nutrition; in short, you do everything you can to make sure your baby is healthy.

Health problems that manifest early in infancy or even in adulthood have been traced back to barely noticed structural damage around the time of birth. Chiropractors have helped babies suffering from nearly every condition imaginable: colic, vomiting, sleeping problems, tonsillitis, vision and hearing problems and many, many others.<sup>2-4</sup>



## Chiropractic is whole kid healthcare!



### Toddlerhood Through Childhood

Toddlerhood through childhood is a very physical time. Those first hesitant steps soon evolve into jumping and running with falls and accidents accompanying each new skill. Even a small fall can cause damage with potential long-term consequences.<sup>5</sup>

It is not unusual to hear parents state that since starting chiropractic care their children get sick less frequently and less severely, have less (or no) ear infections and take less (or no) antibiotics and other drugs.<sup>6-8</sup> Many conditions such as asthma and allergies have responded to chiropractic care.<sup>9-10</sup>



In addition there are reports of chiropractic care helping children suffering from autism. Some of these children have been re-evaluated and later re-diagnosed as normal after chiropractic care.<sup>11-12</sup>

### Academic Performance

For your child to reach his/her academic potential, he/she needs to be free from structural, brain and nervous system stress. Chiropractic care has been a blessing to many children (and their parents) who were experiencing learning problems.

Both clinical reports and research validate chiropractic's success with dyslexia, attention deficit disorder (ADD) and attention deficit hyperactivity disorder (ADHD), lack of energy or "low mental stamina", anxiety, behavioral problems and other learning disabilities. Researchers as well as parents have reported improvements in both grades and IQ as a result of chiropractic care.<sup>13-14</sup>

### Sports Performance

Improvements in coordination and athletic ability have also been noted as a result of chiropractic care.<sup>15-19</sup> In fact, throughout the US, chiropractors are "team doctors" for all kind of athletes from tennis, swimming, golf and track-and-field to football, basketball, baseball, ice hockey, handball, rugby, soccer and Olympic and other professional teams. Chiropractic care helps athletes function at their peak to maintain their "competitive edge."<sup>20</sup>

Chiropractors can help prevent injury by keeping your child balanced and functioning free of spine and structural stress. Chiropractic care can prevent minor injuries from becoming major ones, without the use of drugs or surgery.<sup>21</sup>

### Chiropractic Checkups Are Vital

Chiropractic is whole body healthcare. All children, especially if they are ill, need a body free of blockages to the flow of energy and information in his/her nervous system. That can make a big difference for your child's physical and emotional health.

If your child is suffering from any of the following, it is essential to get his/her body checked for subluxations:

- Fever
- Croup
- Poor posture
- Constipation
- Ear infections
- Arthritis
- Irritability
- Neckaches
- Sore throat
- Cough
- Skin disorders
- Bronchitis
- Weakness or fatigue
- Loss of hearing
- Arm, hand shoulder pain
- Poor coordination
- Hip, leg, foot pain
- Vision problems
- Sinus conditions
- Colic
- Allergies
- Skin conditions
- Scoliosis
- Hypertension
- Nervousness
- Bed-wetting
- Stomachaches
- Numbness
- Headaches
- Backaches
- Eye problems
- Sinus problems
- Painful joints
- Frequent colds
- Poor concentration
- Asthma and wheezing
- Breast-feeding difficulties



### Warning Signs

Because children may have subluxations and not know it, all children need periodic chiropractic checkups. There are, however, certain warning signs indicating that their body may be out of alignment:

- One hip or shoulder higher than the other
- One hand appears lower than the other when placed at their sides
- Shoulder blades flared out
- A foot turned in or out
- Joint aches
- Can't stand still
- Hyperactivity
- Neck tilt
- Fatigue
- Frequent falling
- One leg shorter
- "Noisy bones"



### Conclusion

Chiropractic care for children makes a big difference no matter what their age. Keep your children healthy, ensure their natural self-healing ability functions at its peak and help them grow into their physical and emotional potential with chiropractic.

