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# Healthier Children

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**Chiropractic  
brings out  
the best in me!**

**Your children may have subluxations in their bodies and you may not know it. That's why they need periodic chiropractic checkups.**

- **Healthier Children With Chiropractic**

"Chiropractic care for my child? Why? Her back doesn't bother her." Many parents appreciate the importance of regular checkups for their children's teeth, hearing and vision but draw a blank when it comes to a chiropractic checkup. A chiropractic checkup could be one of the most important checkups your children will ever have! The spine and structural system protect billions of nerve fibers that send messages and energy to every part of their bodies.

- **Nerve & Energy Blockages**

If there is blockage of any of the nerves in the body, any nerve damage at all, then a state of "dis-ease" can develop. Dis-ease is a state of disharmony in the body which can lead to lowered resistance to disease, organ malfunction (including brain malfunction), sickness and disease.<sup>1</sup> Blockage of nerves in the spine and structural system is usually caused by subtle structural distortions that are known as subluxations.

- **The First Subluxation**

How can your child's body lose its natural alignment and develop subluxations? Subluxation damage can be caused by a constricted uterus, a breech presentation or a difficult delivery. Health problems in childhood or even adulthood have been traced back to spinal and structural damage at birth.



In addition to improved physical health, chiropractic care is known to improve a child's behavior and emotional health.



Immediately after birth, damage can occur if the baby is handled poorly. As the famous French obstetrician Frederick Leboyer has written in *Birth Without Violence*:

*We know very little about our bodies, so little that we forget the importance of the spine.... Why, when the vulnerable spine has always been curved, do we insist on holding the newborn upside down and jerking the back straight?*<sup>2</sup>

### • Toddlerhood Through Childhood

Toddlerhood through childhood is a very “physical” time. Those first hesitant steps soon evolve into jumping, running, falls and accidents which are all part of a normal childhood. While most falls are minor, at times they can cause nerve-damaging subluxations with serious long-term consequences.<sup>3</sup> For that reason all children need periodic chiropractic checkups.

### • A Family Affair

Doctors of chiropractic love to see the whole family, from babies to grandparents, coming in for checkups. Many “chiropractic families” report having more energy, improved health and less dependency on drugs and medication. It is not unusual to hear parents state that since starting chiropractic care their children get sick less frequently and less severely, have less ear infections and take less antibiotics and other drugs than their classmates.<sup>4</sup>



Health problems in childhood or even adulthood have been traced back to spinal damage at birth.

### • Physical & Psychological Benefits

For decades parents, clinicians and researchers have noticed positive changes in the behavioral, physical and emotional health of children under chiropractic care. Among the observed benefits are improvements in children with hyperactivity, low mental stamina, autism, anxiety, asthma, lack of concentration and discipline problems. Improvements in grades and IQ have also been recorded.<sup>5-10</sup>

The mechanisms explaining these results are varied. There is evidence that subluxation correction improves blood flow to the brain.<sup>11</sup>

### • Chiropractic Checkups Are Vital

If your child is suffering from any of the following common conditions, it is essential to get his/her spine and body checked for subluxations—not as a treatment for these conditions, but because all children, especially if they are ill, need healthy bodies. Being free of blockages to the flow of energy and information over his/her nervous system can make a big difference in your child's physical and emotional health.

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

### • Warning Signs

Because it is possible to have subluxations yet be symptom-free, all children (and their parents!) need periodic chiropractic checkups. There are, however, certain warning signs indicating that the spine and structural system may be out of alignment:

- Fatigue
- Joint aches
- Shoulder blades flared out
- One arm looks shorter
- Hyperactivity
- Neck tilt
- Frequent falling
- One leg looks shorter
- “Noisy bones”
- A foot turned in or out
- One hip or shoulder higher than the other

### • Conclusion

More and more families are finding that periodic chiropractic checkups for their children make a big difference in their health. Include chiropractic checkups as part of your family's healthcare routine.



Your children need a healthy spine and structural system for a healthy life.