

# KIDS AND CHIROPRACTIC

By: Dr. John Berezny

Many people do not think to bring their children to a chiropractor because they mistakenly think that chiropractic care is only for back or neck pain. Why should you bring your child to a chiropractor if their back and neck do not bother them? One great reason is to help prevent future painful spinal conditions from developing. Pain as an adult may result from spinal misalignments that occurred as a child, even as far back as during pregnancy or childbirth, especially a long or difficult birth.



The spinal misalignments (vertebral subluxations) can be present for years or decades with minimal or no outward symptoms present, until the conditions worsen with time and pain results. Yes, it is true, pain can show up years after the problem began. That is why a spinal check-up for a child is very important to help prevent future problems.

But that is not all chiropractic care is good for in children (or adults for that matter!). The spinal bones house and protect billions of nerves that branch out, control and coordinate all parts of the body. If you have ever heard of chiropractors helping kids who suffer with chronic ear infections, asthma, and allergies, it is true. Chiropractors do not treat these conditions, just like we do not treat headaches, carpal tunnel syndrome, TMJ syndrome or any other painful condition. Doctors of Chiropractic are the only professionals trained to detect and correct vertebral subluxations, spinal misalignments that affect the nerves and their ability to do their job properly, which is to send messages

to and from the brain to the entire body. Chiropractors only treat vertebral subluxations. By locating the spinal nerve interference and correcting it, the body works properly, the way it was designed to, allowing the body to heal the problem or condition more effectively, naturally, without drugs and surgery.



Every part of the body is controlled by the nervous system, the heart, lungs, digestive system, immune system, hormone balance, muscle balance, posture, coordination, etc. If it is a part of the body, it is under the direct control of the nervous system, and an optimally functioning nervous

system is essential for optimal health and body function, at any age. Spinal problems are often much easier to correct in children because the problems are newer and much less chronic or advanced. It just makes good sense to deal with the problems as early as possible and chiropractic care is very safe and effective for children of all ages. The doctors in this office checked the spines of their own children for nerve interference moments after birth. Many of our patients have wisely chosen to do the same to ensure their child's spine and nervous system are clear to allow their bodies to function and develop optimally.

So whether you want to have your newborn checked, your infant has colic, your toddler has ear infections, your kindergartener has headaches, your grade schooler has difficulty sitting still and focusing at school, your preteen has growing pains or early signs of scoliosis, or you just want your child to be as healthy as they can be now and in the future, call our office. We are here to help you and your family have the vibrant health you deserve. Why not attend one of our informative and free Health Talks? We look forward to hearing from you soon!