

# CornerStone Chiropractic

CornerStone Chiropractic Educational News

## The Potential of Chiropractic For Your Child

Why do millions of parents bring their children to Doctors of Chiropractic every year? Is it only for highly dramatic health conditions? Is it only for when your child is hurting? Not at all!! Chiropractic's purpose is to remove interferences to the natural healing power running through the body. When that power is unleashed the healing that results may be profound.

Today, more parents are bringing their children to chiropractors for day-to-day health concerns we're all familiar with; colds, sore throats, ear infections, fevers, colic, asthma, allergies, bed-wetting, falls, stomach-aches and many little things children go through as they grow up.

While chiropractic is not a treatment for disease, its purpose is to reduce nerve system stress, a serious and often painless condition most children (and adults) have in their bodies. Nerve system stress interferes with the proper functioning of the nervous system, can weaken internal organs and organ systems, lower resistance to illness, reduce healing potential and set the stage for sickness and disorders of all kinds.

Nerve system stress can be caused by physical, chemical and/or emotional stress. Physical stress may start in the womb, with the baby lying in a distorted or twisted manner. Spinal nerve stress in newborns is common today. This may be caused by a traumatic or difficult birth which can introduce great stress to the infant's skull, spinal column and pelvis. Throughout childhood, the normal childhood traumas every child experiences can be a source of nervous system stress. Most of the time, the pain from any injury "goes away" however the damage incurred continues to affect the future function of the child's nerve system.

When a chiropractor frees the nervous system from spinal stress, the healing power of the body is unleashed: the immune system works more efficiently, resistance to disease increases, and your child's body functions more

efficiently. Your child can then respond to internal and external environmental stresses such as germs, changes in temperature, humidity, toxins, pollen and all the other stresses he or she comes in contact with much more efficiently.

So although children with diseases are often brought to the chiropractor, the chiropractor is not treating their diseases but is instead reducing nerve system stress. This permits the body's natural healing potential to function at its best.

Today's parents are informed and make their health care choices accordingly. They have become more concerned than ever about the adverse effects drugs have on their children. Parents are hesitant to merely mask symptoms with drugs and are justly worried about their numerous side-effects. Parents are increasingly asking, when handed a prescription for a child's recurrent problem, "Is this really all I can do for my child? Isn't there a safer option? How can I restore health?"

Today's parents desire to achieve a state of true health – this is leading them to seek health care options which support their children's own natural ability to be healthy.

Chiropractic care is one such option. All children function better with 100% nerve function. All children deserve the right to express their fullest potential. Chiropractic care for children is safe, gentle and effective. It enhances the body's inborn potential for well-being.



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# Your Child & “Growing Pains”

“Mom, my legs really hurt!” How often have you heard that from your child? And, how often have you been quick to dismiss it as, “It’s just growing pains,” without really understanding if there even is such a condition?

Actually there is! Growing pains generally affect young children and adolescents. The child usually feels pain in the calves, thighs, and behind the knees of both legs. The pain usually lasts for between 10 and 15 minutes. Sometimes the pain can even wake a sleeping child. Studies indicate 20 – 40% of all children experience growing pains and the condition is typically seen more often in girls than in boys.



Before the diagnosis of “growing pains” can be made with any relative certainty, other conditions or symptoms might need to be addressed, especially if the pain is accompanied by fever, inflammation, limping, fatigue or loss of appetite.

If no other cause for the pain is found, it might be convenient to give your child some form of pain reliever so that you both can sleep, but that only masks the underlying problem. And that underlying problem is often spinal misalignment in the lower back that affects the nerves that travel from that region into the legs. Misalignments can occur from falls, accidents, injuries or even the birth process. If they go uncorrected, they can become more serious than simple “growing pains” as your child grows older into adulthood.

Chiropractic care locates misalignments and corrects them, usually alleviating your child’s leg pains after only a few visits. When corrected at this age, you give your child a better chance at growing up healthy, with a properly functioning nervous system. And... what better gift can you give your child than true health, the kind that radiates from the top down and the inside out?

## Children’s Nutrition



Excellent nutrition is essential for growing children. Many aches and pains, as well as childhood illnesses can be minimized by ensuring the body has the necessary nutrition to keep itself healthy.

Getting nutrition from the daily diet is always the best option. Unfortunately, too many children today are being raised as “junk food junkies.” Fast food, sugary snacks, artificially flavored “fruit” drinks, soda, fried foods...the list of potentially harmful foods goes on and on. Remember, you can’t get your daily vegetable requirements by eating French fries and potato chips!

Feeding your children organic fruits, vegetables, nuts, seeds and whole grains instead of potato chips, macaroni and cheese, granola bars and other highly processed foods will give them the nutrients they need to be healthy. Keep healthy food packed to go, so that healthy snacks are also convenient.

Because many children (and adults) do not get enough of the healthy nutrient-rich foods, proper multi-vitamin and mineral supplements are also recommended. Make sure that the supplements you’re giving your children are of highest pharmaceutical quality, are not loaded with sugar, and contain dosages adequate for their body weight and size. Ask your wellness chiropractor about nutritional supplements that are right for your family today.