

# HEALTH REPORT

VOLUME 12

ISSUE 74

## INDIVIDUALIZED CHIROPRACTIC PROGRAMS PROVIDE IMPROVEMENTS FOR CHILDREN, TOO!

Why would a parent not take a child to see a chiropractor? The basic answer might come down to no information or incorrect information.

Here are three basic reasons why not: 1. They don't know about Chiropractic, 2. They don't know about the potential benefits of Chiropractic or, 3. They think that a Chiropractic adjustment might be too rough for a child and cause pain or damage.

Once a person finds out about Chiropractic and begins to understand its benefits, it is point number 3 that must be understood and dispelled, as apparently, some parents think that a Chiropractic adjustment will be "too rough" for their youngster.

Chiropractors understand that all bodies are different and tailor their adjustments and the amount of pressure required based on the individual they are treating. A big football playing man in his 20s, a little old woman in her 70s and a child of 10, will all be looked at and evaluated for their individual needs.

In this way, it could be said that a Chiropractic adjustment can be as individual as a handshake. A strong man shaking hands with another strong man will give him a lot more pressure than if the same man was shaking hands with his grandmother or the child. When parents realize this and bring their child in for an adjustment, the results can be quite remarkable. Consider this case of a 7-year-old girl.

This child had been suffering from asthma since the age of 4. By the time she came to see a chiropractor, she had been treated medically with 10 different medications. Attacks of coughs and wheezing were daily occurrences. Physical activity was almost out of the question. Emergency room visits sometimes reached 5 per year. A test of lung capacity revealed she was operating at about 50 percent of her lung capacity.

An exam by her chiropractor revealed subluxations (partial dislocations) in the vertebrae at the middle of her spine. An individual program was tailored to handle these restrictions. With just one adjustment, some of the tightness in her chest disappeared and her coughing was reduced. After just 4 weeks of treatment, she was able to put aside her inhaler and get back to participating in swimming and running sports. After 3 months, her lung capacity was just about normal and all medications were stopped.

Had her parents avoided taking her to a chiropractor because of a fear that an adjustment might be too rough and cause her pain, the child might well be on her way to a dozen more medications, further restrictions of activity and even worse breathing problems.

Is Chiropractic for children too? By all means. Miracles can occur each and every day in Chiropractic with the right adjustment, tailored to the individual's size, age, shape and need.