

# **Chiropractic Care for Healthy**

## **Children? WHY?** By Dr. Richard Thompson DC CACCP

Parents appreciate the importance of regular check-ups for their children's teeth and eyes, but they draw a blank when it comes to a spinal check-up. Yet that could be one of the most important check-ups your child will ever have.

Many adults are surprised to learn that a lot of problems chiropractors deal with actually start during childhood! Take growing pains for example. It is actually a childhood form of sciatica that can become full blown severe low back and leg pains in adulthood. Jolly jumpers used by a toddler can cause spinal curvatures (scoliosis) in the teenager. You only get one spine per lifetime! Running through it is the spinal cord that sends the messages from your body to your brain and back again.

This two way communication is like your own internet! As long as the nerves in your "internet" can communicate properly with each other, then you should have the best health you have ever had. This is called NORMAL! Now, if this communication between the body and the brain is interfered with, your body will not work properly. As a result, this will have a suppressive effect on the immune system which will often lower your body's resistance, thereby increasing susceptibility to various "bugs" and infections.

### **The Immune System**

It is known that the immune system and nervous system are intimately linked. It is your nervous system that detects infections and "bugs". It then directs the immune system to fight off the infection and various "bugs". Make sense? Now, think on this for a moment. If the nervous system controls the immune system, would the immune system be stronger or weaker if the nervous system was interfered with and not working properly? You are right, the immune system would be weaker. The *vertebral subluxation complex* (commonly known as spinal misalignments) creates interferences in the nervous system and also causes structural problems in the body and spine (scoliosis etc.).

### **What causes the subluxation complex?**

The major cause of most vertebral subluxations is the process of being born! Yes, even the "easy" ones! According to Dr. Gutman, a German physician, "a spinal check-up after birth should be obligatory" as it has been found that subluxations associated with birth trauma can cause hyperactivity, ear, nose and throat infections, bed wetting and other "central motor impairments".



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Then of course there is the usual process of crawling, learning to walk, running etc. and all the falls and micro trauma that goes along with it. As your child matures other incidents happen such as falling off bikes, sports trauma with soccer, football and other contact sports.

If allowed to remain, these vertebral subluxations are a starting point of nervous system and body mal-function. The subluxation complex usually does not produce symptoms immediately, but takes time (months, even years) to develop them! Just like a cavity in a tooth...hmmmm. And just like a cavity, it is much better to locate and correct the subluxation complex early before it gets out of hand and creates permanent damage.

I firmly believe that all children should be checked by a pediatric chiropractor on a regular basis to ensure a normally functioning and healthy body that grows and develops properly. Just like regular dental, medical and eye checkups. To locate a local chiropractic pediatric specialist call us at 896-3312 or visit the International Chiropractic Pediatric Assoc. at [www.icpa4kids.org](http://www.icpa4kids.org).