

Why Every Child Needs Chiropractic



“Our kids have all been adjusted from the day they were born, and I’m amazed at their health, strength and resilience.” -

Anna Grace S

What's the State of Kids Health?

THE BAD NEWS: Children's Health In the USA ranks 39th in the world!

-[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(19\)32540-1/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(19)32540-1/fulltext)

- **We spend the most money of any other country in the world to get health and yet 38 countries have better health than the children in the USA!**

Here is a small list of “common” symptoms in our children.

- Headaches
- Sleeping Issues
- Neck Pain
- Ear Infections
- Allergies
- Coughs and Colds Regularly
- Digestive Issues including newborn Colic
- Back Pain
- Leg Pain

These diseases are on the rise in the kids too!

- CANCER
- OBESITY
- DIABETES
- CHRONIC INFLAMMATORY DISEASES
- AUTO-IMMUNE DISEASES

HOW COULD THIS BE? THE ANSWER IS SO SIMPLE

When you look at your child how do you know if they are healthy? The most common answer is that they look and feel good.

But I will challenge you. Below is the definition of health.

“HEALTH IS *a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity*”.

The definition actually says health is about **full function** and not just how they feel. **We are incongruent with health from the day our kids are born. (Of course diet and exercise matter)**

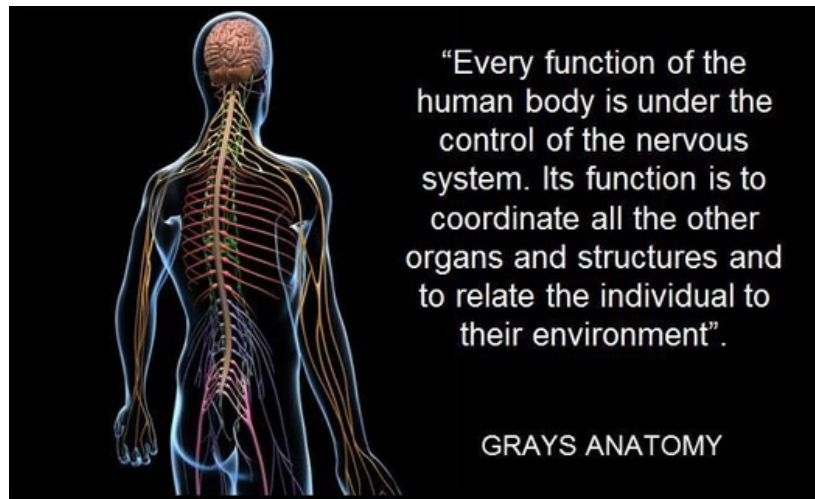
So if you want healthy children YOU MUST ADDRESS FUNCTION! And that is the simplest thing in the world for you to do as a parent. If you want healthy children keep reading.

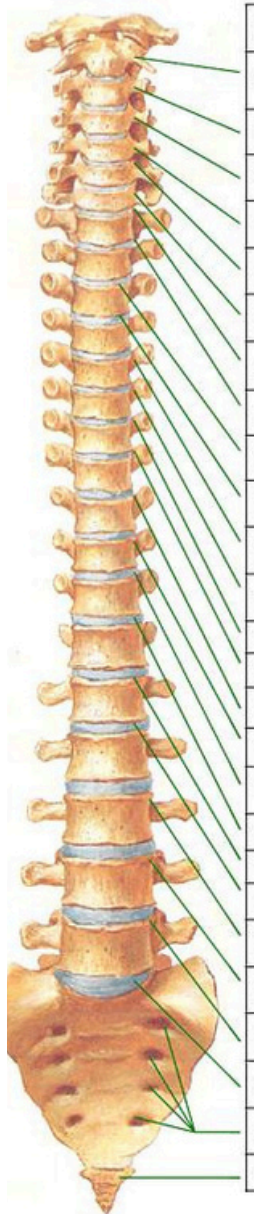
The Basic Anatomy of Health

THE GOOD NEWS- We have a system that **CONTROLS AND COORDINATES OUR FUNCTION.**

Let's talk basic anatomy of our kids (and us).

1. Gray's Anatomy, a textbook used in almost all medical schools states that "The nervous system controls and coordinates all organs and structures of the human body" (Gray's Anatomy 29th Edition, page 4)
2. The same book states that the spine surrounds and protects the nervous system. A healthy moving spine allows the nervous system to communicate at 100%
3. In 1987 Dr. Geoffrey Gutmann, a German researcher who had been tracking kids and health from the early 1960's, published his research linking upper neck misalignment to problems ranging from acid reflux to scoliosis, ear infections, torticollis, colic and many other common childhood conditions. Dr. Gutmann found over 80% of the over 1000 infants in his study had problems/misalignments in the upper neck that needed to be addressed!
4. Therefore, neck (spine) alignment and proper motion of the spine determine nerve function. Lack of proper movement and function means a lack of nerve function irritating and even pinching the nerve creating dis-ease that becomes disease and pain.
5. When evaluating the nerve system, doctors and scientists use what is known as the Merrick chart (see page 2). This is the anatomical layout of the nerve system so when a person has symptoms we can figure out what level of the spine and which nerve is irritated and address it.





Spinal Bone	Nerve Supply	Common Warning Signs
C1	Blood supply to the head, pituitary gland, scalp, bones of the face, brain, inner ear and middle ear.	• Headaches • insomnia • high blood pressure • Migraines • chronic fatigue • dizziness
C2	Eyes, ears, sinuses, tongue, forehead	• Sinusitis • ear aches • pain around the eyes • Vision problems • hearing problems
C3	Cheeks, outer ear, face bones, teeth, facial nerves.	• Neuralgia • pimples • eczema
C4	Nose, lips, mouth, Eustachian tube	• Hay fever • runny nose • hearing loss • Adenoids
C5	Vocal cords, neck, glands, pharynx	• Sore throat • laryngitis • hoarseness
C6	Neck muscles, shoulders, tonsils	• Stiff neck • arm pain • tonsillitis • Persistent cough
C7	Thyroid gland, shoulder bursa, elbows	• Bursitis • colds • thyroid conditions
T1	Forearms, hands, wrists, fingers, esophagus, trachea	• Arm and hand pain • difficulty breathing • shortness of breath • asthma
T2	Heart, coronary arteries	• Heart conditions • chest conditions
T3	Lungs, bronchial tubes, pleura, chest	• Bronchitis • pleurisy • pneumonia • congestion
T4	Gallbladder	• Gallbladder conditions • jaundice • shingles
T5	Liver, solar plexus, circulation	• Liver conditions • blood pressure conditions • poor circulation
T6	Stomach	• Indigestion • heartburn • dyspepsia
T7	Pancreas, duodenum	• Ulcers • gastritis
T8	Spleen	• Lower resistance
T9	Adrenal glands	• Allergies • chronic fatigue
T10	Kidneys	• Kidney problems • hardening of the arteries • fatigue • nephritis
T11	Kidneys, ureters	• Skin conditions • eczema • pimples
T12	Small intestines, lymph circulation	• Rheumatism • gas pains
L1	Large intestines, inguinal rings	• Colitis • diarrhea • hernia
L2	Appendix, abdomen, thigh	• Cramps • varicose veins • leg pain
L3	Sex organs, uterus, bladder, knees	• Menstrual pains • irregular periods • miscarriages • impotency • knee pain
L4	Prostate gland, lower back	• Back pain • difficulty, painful or frequent urination
L5	Lower back, buttocks, thighs, legs, feet, sciatic nerve, large intestine	• Back pain • leg pain • constipation
Sacrum	Hip bones, buttocks	• Sacroiliac conditions • back pain • hip pain
Coccyx	Rectum, anus	• Hemorrhoids • tail bone pain

The Merrick Chart

If you want to know which nerve controls which area of the body and what symptoms may arise just look at this chart.

We use this knowledge of anatomy to help determine which area might need to be evaluated and adjusted.

Of course this is a small representation of the Nerve System but useful for a quick example

- One more piece of information requires us to go back to Gray's Anatomy. The nerves of the spine or the Central Nerve System are composed of the Brain, the Spinal Cord, and the Nerve roots. The nerve roots and spinal cord are **BLOCKED AND IRRITATED** by lack of proper alignment and motion of the spine.
- Most studies say the central nerve system has about 10% of it's fibers dedicated to feeling pain. Meaning your child has lost function possibly even from birth (Dr. Guttman research) but they don't have "neck pain" or even symptoms yet (That same principle still applies at every age) when they spine is misaligned.
- These "irritated and blocked" nerves are restricting function to the areas of the body. And at some point, just like a lack of food or water, these body areas will call for help.
- The body areas calling for help cause **SYMPTOMS** and typically happens once restriction of a nerve is over 30% for a period of time. This means alot of problems are occurring before **SYMPTOMS** show up.

Let's Summarize This

- We have sick children because we have the wrong definition of health and are running after the wrong thing.
- The Nerve System controls the function of all tissues of the body.
- The proper curve (alignment) and motion of the spine allows your childrens' nerve systems to function correctly.
- The Merrick system of nerve mapping tells us which nerves control what areas
- Lack of proper neck curve and motion will affect the nerves ability to do it's job but won't cause pain.
- The irritation to the nerves over time will cause damage to tissues and organs causing symptoms.
- 80% of newborns are born with lack of curve and function because of the birth process.

Kids are active. They get dropped as babies, they bang into everything learning to crawl and stand, they fall constantly learning to walk and run. They play sports, they sit and play video games. They stare at their phones and carry very heavy backpacks. And on and on. They do things that stress and misalign their spines all the time. And this irritates and stops FULL FUNCTION OF THE NERVES.

With so much stress on their spines and nerves, even FROM BIRTH, no wonder our children are so sick.

Take a second and refer back to the Merrick chart above on page 3. Look at the symptoms that may appear when the spine and nerves are not addressed regularly. These are our children who don't need to deal with what are considered "normal" symptoms if their nerves are healthy.

Now, can you understand why kids need regular chiropractic care?

We are so passionate about kids being healthy

Misaligned Kids become sick and hurt adults.

Spinal misalignment causes ligament damage. When the spine isn't addressed and aligned the ligaments get stretched or shortened creating damage and eventually degeneration and arthritis, which strengthens the cycle of nerve damage.

Guess what we always see when we take x-rays of adults? Years of ligament damage. And by this point it takes a lot more time and a lot more money to attempt to fix.

Is Adjusting infants and Kids Safe?

Forever the AMA, the APA, pediatricians, and other professionals have attempted to instill fear in parents about chiropractic in general, but particularly in kids. This is based off ignorance, lack of education, and media. The truth is that chiropractic is one of the safest forms of healthcare in the world. A Supreme Court ruling in 1987 for Chiropractic and against the AMA agrees (but no one knows this).

Child adjustments are very safe. However, you must choose a chiropractor who knows how to adjust children. We use very precise evaluation of children's spines and in some cases, we will take x-rays. With gentle care through simple movements kids spines are simple to get moving again. Of course different ages and different circumstances dictate what we do but in almost every case we use less pressure than a hug you would give your child!

The known side effects? HEALTH!

Want to change the face of health in your family? Get those children adjusted regularly. The greatest form of prevention is keeping those nerves working right! Call us ASAP!

"I could not be more grateful to have chiropractic care for my children since birth. Chiropractor care has been key in keeping our boys healthy". -Amanda Y

"All three of my children were adjusted within 48 hours of being born and once a week since, and I attribute their ongoing overall health to those regular adjustments". - Martyne P