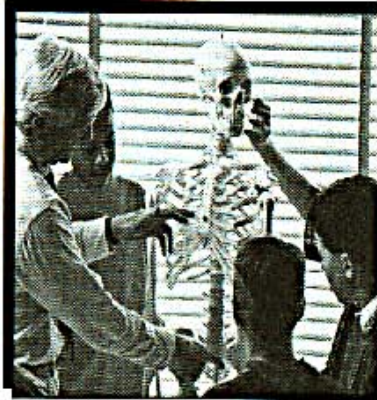


# CHILDREN & CHIROPRACTIC



Parents, utilizing chiropractic care and understanding chiropractic principles, want to help establish in their children the same good health they have come to experience themselves. There is no more important time in a person's life to maintain optimum health than while a child is still growing.

Children are naturally playful and active. Along with meeting the challenges of a competitive world, many become involved in gymnastics, roller sports, dance, and athletics. They introduce their bodies to insults and injuries, ranging from those barely noticeable to those obviously damaging. Within this wide range, many insults will impose forces to the spine that are not met with equal resistance by the shock absorbing discs, thereby causing abnormal movements of the spinal bones which lead to future problems. For once a spinal bone is displaced, no matter how slightly, compensation throughout the spinal column begins to occur causing further distortions. Each distortion represents an area where nature is fighting for the release of nerve flow so that your child's body will function well again.

Chiropractors are especially trained and skilled in analyzing the spinal column. They determine the type of problem, whether it is the result of poor posture, an injury, or a compensation for an earlier injury. The chiropractor can also determine congenital problems and help teach you and your child learn valuable exercises which will help to deter problems in adulthood.

Once the chiropractor determines the nature of the problem and discusses its implications in full with you, he or she will proceed with a program of care to make all possible corrections. The doctor of chiropractic is concerned with your child's overall health. He or she may suggest areas in your child's diet, exercise, or rest habits which can be improved. If your child suffers from any particular type of illness, your doctor of chiropractic can determine if it is related to a spinal condition.



## SOME QUESTIONS ABOUT YOUR CHILD'S HEALTH

1. Does your child complain of chronic tiredness?
2. Does your child suffer from chronic colds or sore throats?
3. Does your child have chronic ear infections?
4. Does your child have a poor appetite?
5. Does your child complain of headaches or backaches?
6. Is your child enthusiastic and active?
7. Does your teenager sprain joints easily?
8. Is your teenager excessively moody?
9. Does your teenage daughter suffer from menstrual tension, blues, or cramps?
10. Does your child have poor posture?

If your child is not healthy, why not try chiropractic. If your child has had more than his share of antibiotics, maybe you should consider a different approach. Your doctor of chiropractic concentrates on locating and correcting the causes of poor health. Doesn't this approach make sense for your child?