

# ChiroFamily Times

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## Chiropractic and Kids: What you need to know

If you are like many people who didn't grow up in a chiropractic home, you are probably asking yourself "How can chiropractic help kids if they don't have back pain?" To understand the answer to this question you must simply understand what chiropractic has been about for the past 110 years.

Chiropractors look at the spine because it is the home of the central nervous system. The function of the spine will affect the function of the nervous system. Our nervous system controls all body functions, including those that determine our level of health. In other words, an optimally functioning spine equals optimal health.

When our children are young, we take them to a dentist when their teeth come in because we want to make sure that they get the best start in life. We participate in oral hygiene to decrease the work that the dentist has to do, but we know that we cannot replace the very valuable service that they provide. We know that if we want to have the healthiest teeth and gums, we are going to participate in maintenance dental care for the rest of our life.

Why don't we treat our spines this way? To be practical, we can replace our teeth, but we cannot replace our spines.

Our children are very resilient but they are not bulletproof. Their spines sustain damage and it affects their nervous system. Because they are so adaptable these problems may not show up until they are much older, but their bodies work much harder than they need to and that can result in other problems.

In order to find out the health status of your children's teeth, you consult a tooth specialist. Why don't you do the same with their spines? You will either find out that their spines are healthy (yeah!) or you will be able to do something to insure that your children have the best chance to develop to their full potential.



Kids Need Chiropractic Too!

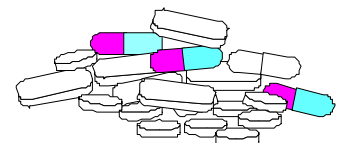
## Antibiotics Not The Best Answer For Ear Infections

If you have ever heard the dreaded words "Ear Infection" from your child's pediatrician, you may have thought that giving your child an antibiotic was the best thing you could do. This may not be the case.

There is evidence that antibiotic use is not more effective than a placebo,

it increases the risk of ear infection recurrence and contributes to antibiotic resistance in bacteria. All this and it may not be the most effective way of dealing with ear infections in the first place.

According to Froehle, "93% of all episodes of otitis media treated with



chiropractic care improved, 75% in 10 days or fewer and 43% with only one or two treatments."

If you know someone who is suffering from ear infections and riding the antibiotic roller coaster, tell them about the possibility that chiropractic offers!

# Natural Solutions for Attention Deficit

Everywhere you look there is another child labeled as "ADD" or "ADHD". When these labels are mentioned to parents, their first question is often "What can I do to help my child?" With the safety of the pharmaceutical approach held in question, more and more parents are looking for natural solutions to this perplexing situation.

When we are asked this question we recommend a three pronged approach: removing offending items, balancing the nervous system and supplement with fish oils.

Remove: milk and refined sugar are the nemesis of most children with this label. Removing them from the diet by itself can be miraculous.

Rebalance: young nervous systems are not immune to interference. Subluxation can act as static in the background of the young person's perception of the world, heightening their sensitivity and dulling their sharpness. Chiropractic can act as "glasses" and clarify the whole situation.

Supplement: Fish oils are essential fatty acids that our body cannot produce on its own, and they are not

found in the standard American diet (SAD). These oils are so important to brain development that they are even being included in infant formula (they were always in breast milk!). We carry two very palatable versions of fish oil that are closely checked for purity and don't have the fishy burp-up that plagues most fish oil supplements, one for those who can swallow and one for those who don't.

If you or someone you love have any questions about Attention Deficit or what can be done for it, call the office (763) 494-4311 and set up a complementary phone consultation with one of the doctors.



Do you ever have the feeling???

## Healthy Family Quiz

So, you think you have what it takes to raise a healthy, drug-free family? Look at the short quiz below to find out what you really know about health and "health care" in the United States.

- |  |   |
|--|---|
| <p>1) What simple thing can you do to reduce your child's risk of becoming obese?</p> <p><input type="checkbox"/> A) Have them exercise intensely</p> <p><input type="checkbox"/> B) Remove the TV from their room</p> <p><input type="checkbox"/> C) Hypnosis</p> | <p>3) How much is spent annually on "health care" in the United States?</p> <p><input type="checkbox"/> A) \$100 Billion</p> <p><input type="checkbox"/> B) \$900 Billion</p> <p><input type="checkbox"/> C) \$1.5 Trillion</p> |
| <p>2) Early insertion of tubes in the ears of infants helps with future hearing, speech and intellectual development?</p> <p><input type="checkbox"/> A) True</p> <p><input type="checkbox"/> B) False</p>   | <p>4) The United States ranking among the healthiest regions of the world.</p> <p><input type="checkbox"/> A) 1st</p> <p><input type="checkbox"/> B) 5th</p> <p><input type="checkbox"/> C) 17th</p>                            |

Answers:

1. B According to the Journal Pediatrics (June 2002;109:1028-1035) Children with televisions in their rooms watch an average of 5 more hours of it per week.
2. B False. According to NEJM (2001;344:1179-1195, 1241-1242).
3. C Approximately \$5000 for every man, woman and child in this country. This number is expected to hit \$3 trillion by the 2010.
4. C Reuters London March 25, 2002. How is the return on our investment?

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## LIMITED TIME OFFER

### Kids Day America Special

We are holding over our Kids Day America™ offer for two more weeks, all spinal check-ups scheduled before June 17th will be at the discounted rate of \$25. If you want to get the whole family checked, we will do that for \$35, all exam fees will be donated to the Greater Minneapolis Crisis Nursery, allowing you to help others while you help your own family. Call today to schedule your family's check-up:

**(763) 494-4311**

Time saver hint: visit [www.arborlakeschiropractic.com](http://www.arborlakeschiropractic.com) to download and complete your intake forms before your appointment.

