

YOUR CHILD AND CHIROPRACTIC

Every baby needs to have a healthy spinal column. It's the framework that will support your child throughout his or her growing years and adulthood. Studies have shown that newborn infants often enter the world with spinal trauma due to the birth process. Even under the best conditions, birthing can be difficult for the infant who has spent nine months cradled in the dark, warm "waterbed" of the womb. It's very important to have your infant checked by a chiropractor shortly after his or her birth to be certain that there isn't any nerve interference. Periodic checks should continue throughout your child's lifetime.

Robert S. Mendelsohn, M.D., was one of America's leading pediatricians and a vocal proponent of home delivery. In his consciousness-raising book, *Confessions of a Medical Heretic*, he discussed how babies born in the hospital are six times more likely to suffer distress during labor and delivery, eight times more likely to get caught in the birth canal, four times more likely to need resuscitation, four times more likely to become infected and thirty times more likely to be permanently injured.

A study conducted by Lewis E. Mehl, M.D., of the University of Wisconsin Infant Development Center reviewed 2,000 births. Nearly half of these had been home deliveries. Fourteen of the home-born babies had to be resuscitated as compared to fifty-two of those born in the hospital. And only one home-delivered baby suffered neurological damage compared to six of the hospital babies.

The figures reveal the benefits of home delivery. This is why many chiropractors and their families select natural childbirth at home.

In 1987, the German medical journal, *Manuelle Medizin*, published a report of a study which examined 1,250 babies five days after birth. Of this group, 211 suffered from vomiting, hyperactivity and sleeplessness. Upon examination, 95 percent of these children had spinal abnormalities. After being adjusted, all the infants became quiet, the crying stopped, their muscles relaxed and they went to sleep.

The same report said that they found over 1,000 infants with nerve interference in the upper neck area which caused a variety of clinical conditions, ranging from central motor impairment to lowered resistance to infections, especially those of the ears, nose and throat.

In one case history, an eighteen-month-old boy suffered from tonsillitis, frequent enteritis, conjunctivitis, colds and earaches. Because of all these ailments he had trouble sleeping. After his first spinal adjustment, the little boy began to sleep through the night and it wasn't long before he was in good health.

Scientists are still learning how to accurately assess the damage to infants. They do know that a slight pull on the neck during delivery can cause a subluxation that might cause

damage too slight to be noticeable immediately. But eventually it might cause some learning disability.

One of the greatest gifts you can give your new born is a complete spinal examination by a doctor of chiropractic.

CHIROPRACTIC FOR CHILDREN

Chiropractors feel strongly that the entire family can benefit by having spinal checkups.

The children who have been under regular chiropractic care get sick less often and less severely. They rarely miss days from school. Recent studies have also shown that they have fewer emotional and learning disabilities and other neurological problems connected with childhood.

In 1989, a study compared the patients of two-hundred pediatricians with two-hundred children who had been under the care of chiropractors. Not only was the overall health of the chiropractic children superior to those who had known only medical treatment, but they also had fewer ear infections, fewer allergies, lower incidence of tonsillitis and less need to be given antibiotic therapy.

EAR INFECTIONS

Every parent has been awakened at some time during the night by the sound of a child crying from the agony of an ear infection. Usually, the culprit is a very painful condition called *acute otitis media*. The fever soars to 103 degrees or higher and fluid oozes out of the ear.

Most pediatricians will treat an ear infection with an antibiotic such as ampicillin or penicillin or an oral decongestant. Putting tubes in the ears and surgery on the eardrum (myringotomy) are used in severe cases. The problem is that every one of these treatments has negative side effects.

In the book *How to Raise a Healthy Child... In Spite of Your Doctor*, Dr. Robert S. Mendelsohn cites a double-blind study in which 171 children with acute otitis media were divided into four groups. The severity of the condition ranged from one ear to both ears being infected.

The first group received myringotomy surgery. The second group was given antibiotics. The third group was given a combination of surgery and antibiotics, and the fourth group received no chemical or surgical treatment at all. The authors of the study found that there was no significant difference between the four groups in terms of pain, temperature, discharge, otoscopic appearances or hearing loss. Furthermore, no one group suffered recurrences more than any other. In short, recovery was about the same for everyone, whether or not anything had been done.

Another study revealed that when antibiotics are given for ear infections, especially on the first day of the onset of infection, the disease isn't shortened by any measurable clinical standard. Antibiotics not only fail to cure the problem but they fail to prevent recurrence as well. In fact, recurrence rates were higher in children treated with antibiotic therapy.

Another common treatment for ear infections, mentioned on page 81, is a Tympanotomy which is a surgical procedure that inserts a tube in the ear of a child. This operation is so common it is

performed over 1.2 million times each year. A British study examined patients who had received the tube in one ear but not in the other. Researchers showed that the eardrum with the tube tended to develop scar tissue that had the potential of leading to future hearing loss while the untreated ear healed normally without any problem. Although chiropractic doesn't treat ear infections. When a chiropractor corrects nerve interference, it often corrects a chemical imbalance, inviting the body to respond with its own powerful immune system. An eighteen-year study of 4,600 cases of upper respiratory infections in a core group of one hundred families found that when spinal motion was restricted in the upper neck area, ear infection occurred. When spinal motion was maintained or re-established, complication usually didn't develop.

If your children have ear infections, chances are they have nerve interference, and you need to get them to a chiropractor for adjustments. When you do this, there is a good change you will promote better health and also be able to avoid adverse drug reactions, side effects and allergic responses from medical treatments.

TONSILS AND ADENOIDS

When the body fights infection, the tonsils can become enlarged and inflamed and covered with a white material. This condition, tonsillitis, is very painful. If tonsillitis is part of an upper respiratory infection, it's accompanied by a mild fever, cough, congestion and a runny nose. If it's the result of strep bacteria, there is a higher fever, the lymph glands in the neck become swollen and tender, and the breath may have a foul odor.

The adenoids are also lymph glands in the throat which fight disease. Unlike the tonsils, they are out of sight but they also serve to protect us from disease.

For several decades, tonsillectomies were one of the most common operations of childhood, with one-and-a-half to two-million being performed each year. In fact, there was a time when they were removed as just one of the "rites of passage." Unfortunately, the vast majority of the tonsillectomies were unnecessary. The only reason to ever remove adenoids or tonsils is because of a malignancy or airway obstruction caused by the tonsils swelling to the point where they have closed the throat and the child can't breathe. Any other reason for surgery is dangerous to your child's health.

Children's tonsils were most often removed to reduce the incidence of sore throats. However, sore throats involve a virus not bad tonsils. Removing the tonsils may pose more danger to the child's health. When the tonsils are gone, so is the child's first line of defense against infection. Now, the burden of fighting disease is transferred to the lymph nodes in the neck, which can lead to more dangerous complications.

Chiropractors know that it's perfectly normal for the body to host a certain amount of bacteria in the throat area without becoming ill. When your children are free from nerve interference, they will be better able to maintain a high level of natural immunity. A 1976 study showed that seventy of seventy-six children suffered from restricted movement in the upper neck area. Adjustments which resulted in correction of nerve interference allowed the children to fight off infection naturally and return to good health without complication.

SPECIAL NEEDS CHILDREN HAVE PROVEN TO RESPOND

For years, the etiology of autism was thought to be related only to physiological factors. Recently it has become apparent that many of these children have neurological deficits.

After one year of chiropractic care, one child studied, no longer had frequent bowel accidents, he could now communicate his wishes and most of the autistic type behavior had diminished. The child is still under care and the changes are extremely slow. However, there is a positive change. All of the child's teachers and his parents are astounded at the results obtained when they had originally been told nothing more could be done.

When neurological deficits are present, we can rightfully assume that the nervous system is not functioning properly. Subluxations present during childhood created this disease process and chiropractic can be the solution.