

# Cornerstone CHIROPRACTIC

Health Partners



“Health Care For  
the Whole Family”



Health Hope  
Healing

July 2010



[www.cornerstonechiropractichealth.com](http://www.cornerstonechiropractichealth.com)

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## WHY WOULD A CHILD GO TO A CHIROPRACTOR?



**Colic:** The available research has shown that over 90% of babies experiencing colic have improvement in symptoms with chiropractic care.

**Reflux:** Occasionally spitting-up a small amount is not generally a big deal.

However, babies should not be having constant spit-ups and/or large amounts of milk coming back up. Parents report great improvements in symptoms when these babies receive chiropractic adjustments. In addition, lifestyle modifications like using breastmilk instead of formula, incorporating a baby probiotic supplement, and altering certain feeding habits can also be helpful.

**Constipation:** Babies & children should have a bowel movement at least once a day, if not several times daily. They should constantly be absorbing the nutrients needed from food and passing the waste, not letting it sit in the digestive tract and absorbing the toxins back into the body. With great consistency, we find that kids who are not regular have substantial improvements through chiropractic adjustments.



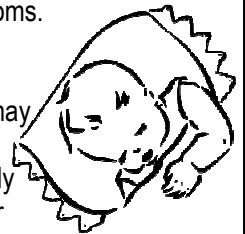
**Bedwetting:** To date, we've been able to help about 80% of the kids we've seen who experience trouble with bedwetting. It is a wonderful feeling for a child and for parents to begin having dry nights.

**Asthma/Allergies/Eczema:** Our country is seeing exponential growth in these conditions which are essentially symptoms with the same origin: an imbalanced immune system. Chiropractic care is beneficial in these cases because of its influence on the immune system. In addition, supplements like probiotics & fish oil and education about lifestyle choices can provide even more immune boosting changes.

**Chronic colds/Flus/Sickness:** An occasional sickness is actually helpful for building the immune system. However, chronic illness and the overuse of antibiotics are not good for anyone, and especially for maturing immune systems. The spine surrounds the nervous system, and the nervous system directly controls the immune system. By correcting the spine, children will show improvements in their immune function. Just like chronic colds/flu, supplements like probiotics & fish oil and education about lifestyle choices can provide additional immune benefits.

**Ear infections:** Available research has shown that 80-90% of kids with ear infections show improvements under chiropractic care. As with any other immune system dysfunction, supplements like probiotics & fish oil and education about lifestyle choices can provide additional improvements to symptoms.

**Sleep:** If the nervous system is strained because of a subluxation in the spine, it may be difficult for the baby or child to sleep. Some of these kids appear to be physically uncomfortable, others just can't relax their nervous system enough to fall asleep or stay asleep. For many babies, a good long nap is a nice side effect after an adjustment.



**Wellness:** Unfortunately, most kids experience at least one of the conditions listed above. But there also are children out there who don't have any of these symptoms. For those children, we can do “wellness” checkups, just like adults. These are preventative visits, so we check the spine and nervous system for any disturbances that haven't yet manifested in symptoms. By keeping the spine healthy and moving freely, we hope to reduce the symptoms they may experience in the future and slow down the rate of degeneration to their spine.

### ***Saturday appointments***

Dr. Jennie takes appointments 2 Saturdays/month. Appointments are available from 9am-noon on July 17<sup>th</sup> & 31<sup>st</sup>. Call or email for an appointment: [info@cornerstonechiropractichealth.com](mailto:info@cornerstonechiropractichealth.com).

## ***From our Files...***

*Each month we would like to share some of the amazing health improvements we get to see regularly in our office. We'll start with some pediatric patients, since this month's newsletter focuses on chiropractic for kids.*



**Child #1:** A mother brought her 2 month old baby to our office because he was crying several hours a day, sleeping very restlessly, and having trouble with reflux. Mom commented that she had to bring extra outfits wherever they went because he would be covered in spit-up in a short period of time. After his first adjustment, he was colic & reflux symptom free for a couple days and then symptoms started to return. He came in for his second appointment 5 days after the first and again felt much better afterward. In fact, Mom commented at his third visit that he had taken a 3 hour nap one day, which he had never been able to do before. At the fourth visit, only 2 weeks after his initial appointment, Mom rated all of his symptoms as a "0"- no complaint. She shared with me that he is "like a new baby", happy, consolable, sleeping well, and no reflux. He came back one more time 2 weeks later to make sure everything was looking good, and still was having no symptoms. It has been 6 months now, and he has not had any symptoms in that time!

**Child #2:** A 9 year old boy came to our office with his parents. He had been wetting the bed 5-7 nights per week. The only way for him to be on the lower end of that range was to wake him up throughout the night to go to the bathroom. His parents didn't see this as a viable answer and were looking for a new solution. After his first adjustment, he only had one wet night in the entire week following. Because of the severity of his symptoms, we started a chiropractic adjustment plan of 2 times per week for a few weeks, then 1 time per week for the next few weeks. His symptoms remained stable, wetting only 1-2 nights in between visits. After this more intensive period of care, we began to space out his visits, first to 2 weeks, then 3, then 4. By this time, he was going the entire month between adjustments with 0-1 wet nights and his mom told me that he was now able to wake himself up if he needed to go to the bathroom. His parents decided to utilize preventative visits and brought him in for a checkup every 6-8 weeks. He was very excited to be able to stay overnight at his friends' houses, something he hadn't done before because of his concern of whether or not he would stay dry.

### **SUPPLEMENT OF THE MONTH:**

#### **COD LIVER OIL**

*What is it?* Cod liver oil is like other fish oil except that it contains a relatively high amount of Vitamin D in addition to the healthy omega-3 fatty acids that are found in all deep sea fish oils.

*Who should take it?* EVERYONE can and should supplement with fish oil due to the widespread deficiency of good fats in the average American diet today. A majority of your brain, nervous system and hormones are composed of fat, so it is very important to consume good fats. Furthermore, research has shown fish oil to be beneficial in preventing cardiovascular disease and in improving other chronic diseases such as arthritis, multiple sclerosis, depression, Alzheimer's, and many more. In addition, children whose mothers supplemented with fish oil while pregnant and nursing have been found to have increased health and intelligence. Moreover, the vitamin D in cod liver oil is important for people who live in cooler climates like Minnesota, since this vitamin is obtained mainly through sunshine and most of us in this area are deficient in this very important vitamin.

*Where can I get it?* At the clinic, we carry Carlson brand cod liver oil. The Carlson company purifies their oil, removing mercury, PCBs and dioxins and they stabilize the oil so that it doesn't go rancid. We are offering a **15% discount on Carlson Cod Liver Oil (liquid and capsules) for the month of July.**