

# *Chiropractic for Children*



*Chiropractic care  
for children is a  
building block for  
good health*

**Chiropractic**  
*it's about your Life*

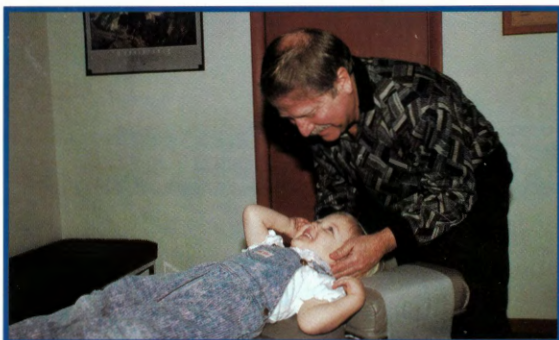


# CHIROPRACTIC for Children

## Parents and Questions

How early can children be adjusted? Why do they need adjustments? Aren't their bones still soft? What if they cry?

All of these questions and more go through the minds of parents who are contemplating chiropractic care for their children. Some parents are hesitant about getting their children adjusted even though they themselves are under care. Our children are so special to us that sometimes in an effort to be protective we become "over-protective" and deprive them of necessary and valuable experiences. If chiropractic care is necessary to your good health and to reaching your potential as an adult, then it logically follows that it is even more necessary for a child. After all, they have a nerve system which controls and coordinates all their bodily functions just as you do.



Most children look forward to their regular visit to the chiropractor.



Their vertebrae can become subluxated just as yours can and interfere with the function of the nerve system. The only difference is that they still have a lifetime ahead of them which will manifest the results of what they do today.

## Never Too Soon

Subluxations can occur at any time. The first one may have occurred during the baby's birth. That is why parents who understand the benefits of chiropractic have their newborn babies checked by a chiropractor as soon after birth as possible. By correcting subluxations at an early age, before the body has begun to function with impaired capability, damaging effects can be prevented. The longer a subluxation is present, the greater the effects of the interference to the nerve system. In addition, the longer the subluxation is present, the more chronic it becomes, that is, the more the vertebra becomes accustomed to being in the wrong position. Many people who have come into a chiropractor's office for the first time as adults would have had far greater potential for regaining their health had they received regular chiropractic care as a child.



*Chiropractic care for children is vital to their health and is an absolute necessity to their development and future potential in every area of life.*

## Children Make Great Patients

Adjusting a child's spine is not a difficult procedure. In fact, under most circumstances, a child's spine is much easier to adjust than an adult's. They have not had long-standing subluxations, their muscles are usually not as tense and they are generally more relaxed than adults. Not only are children easier to adjust, but under most circumstances they hold their adjustments for longer periods of time and do not need to be adjusted as often as the average adult. However, with the falls, accidents, and the generally active lives that most children experience, regular checkups are important.

## It's Worth the Effort

Chiropractic adjustments are painless. Children may, on the first visit or two, be somewhat reluctant. However, rarely do children hesitate to get on the table to be adjusted, especially when they realize that visiting the chiropractor is a family affair. When they see Mom, Dad, and their brothers and sisters getting adjusted,



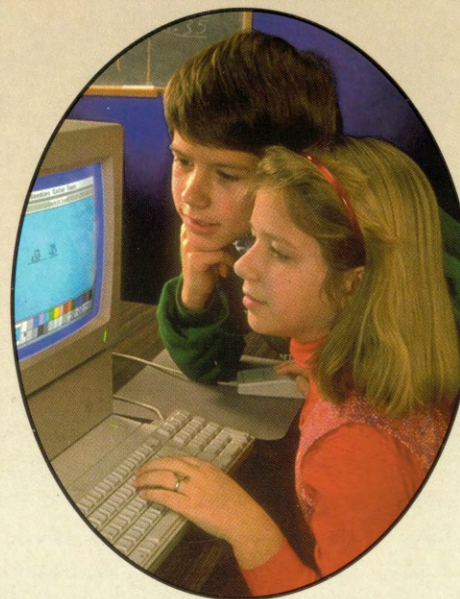
they are usually more than willing to have their spines checked too. Your chiropractor will work with you so that your child will become accustomed to the adjustments. Most children look forward to their regular visit to the chiropractor. Those children who are reluctant at first should be lovingly told that they must be adjusted. As parents we realize that our children are not going to like or enjoy everything that is good for them. Spinach is not enjoyable for most children and afternoon



naps are not much fun. Chiropractic adjustments are vital to their good health and the few tears that may occur on the first visit, usually because of fear of the unknown, are well worth the benefits to the little ones. Obviously, children who are adjusted regularly from infancy think of the visit to the chiropractor as a regular part of their lives and are not the least bit reluctant to climb onto the adjusting table.

*Care for Children is Vital  
to their Health and Life*

M o s t importantly, parents must not think that chiropractic adjustments for the children are something that they might as well do since the children have come along to the office with them. Chiropractic care for children is vital to their health and is an absolute necessity to their development and future potential in every area of life.



**R**egular chiropractic care is essential for optimum health. A properly functioning nerve system enables the body to reach its full potential in restoring and maintaining health as well as enhancing other areas of life such as job performance, academic excellence and athletic accomplishment.

When a vertebra misaligns to the degree that it interferes with the proper function of the nerve system (subluxates), the inborn, self-regulating mechanism of the body cannot function as it should. This results in a decrease in the quality of life. Chiropractors correct these subluxations.

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# *Chiropractic for Life*



*Experience a  
fuller expression  
of health and life  
through regular  
chiropractic care*

Chiropractic

*it's about your*

*Life*



# CHIROPRACTIC *for Life*

*Regular chiropractic care takes some time, effort and expense, but disease treatment is much more costly.*



## **“Sickness-Care” or the Treatment of Disease**

Most people do not enjoy going to the doctor. For many, going to the doctor is associated with one thing and one thing only--being sick. For some, even being sick is not enough to get them to a doctor's office. Sometimes, depending on the condition, a person may require numerous visits to the doctor or even surgery. Their only hope is that they will get better so that the treatment will end as will their visits to the doctor or the stay in the hospital. “Sickness-care” is precisely what it sounds like--seeking the care of a doctor because you are sick. Hence, when your symptoms seem to be under control or have dis-

appeared, your care ends. This is the most common type of medical care today. While some doctors may discuss preventative care, the vast majority of doctors focus on the treatment of disease.

## **A Different Approach**

Chiropractic is a different approach to health care. Unlike the medical doctor, the chiropractor does not believe that health is the result of effectively treating disease. Chiropractors focus on health and on helping an individual reach his or her potential in every area of life. Chiropractors do this by keeping the nerve system as clear of interference as possible so the body can work better, naturally. This approach seems more logical and is definitely more cost-effective than the treatment of disease, yet it has not gained widespread acceptance. Part of the reason is that it requires regular visits to the chiropractor.

## **Why Do We Need Regular Adjustments?**

Common sense tells us that to maintain health and live longer, more productive lives, we must do some things regularly and consistently. To



Chiropractic adjustments need to be part of everyone's health maintenance program.

be healthy, you must eat nutritious food each day. This takes more effort than eating at the local fast food drive-in. Exercising takes more effort than watching television. Similarly, regular chiropractic care takes some time, effort and expense. But in the long run, getting sick, decreasing your productivity and enjoyment of life is much more costly.

Chiropractic adjustments should be a part of everyone's regular health maintenance program. Because our spines encounter stresses on a daily basis, they are also prone to subluxate frequently. Vertebrae can misalign and cause nerve interference (called vertebral subluxation) without any symptoms whatsoever. This interference always causes the body to work at less than maximum efficiency. A body working at less than its potential will eventually demonstrate ill effects but by that time, damage may be done which is not repairable. It is obviously more sensible to have the nerve interference

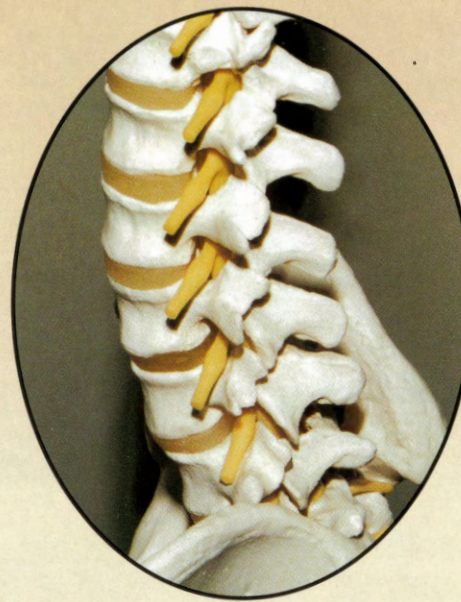




removed as soon as it occurs. Many states require that you have your automobile brakes inspected every year so they do not fail when you are on the road. The chiropractor wants to check, and if necessary, adjust your spine before the organs and tissues stop working properly due to a lack of life force.

### But I Feel Fine!

Why should you go to the chiropractor when you feel fine? Unlike going to the medical doctor, seeing a chiropractor has nothing to do with being sick or even how you feel. Vertebral subluxations cause a lack of health and decrease your full expression of life. There may be no signs or symptoms to tell you that something is amiss! That is why it makes sense to see your chiropractor regularly for life. He or she is the only one who is trained to find nerve interference caused by vertebral subluxation and remove it before any devastating effects occur. In doing this you can begin to experience a fuller expression of health as well as greater potential for every activity in life.



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# *What is the Adjustment?*



*What does  
a chiropractor  
do and how  
often does it  
need to be done?*

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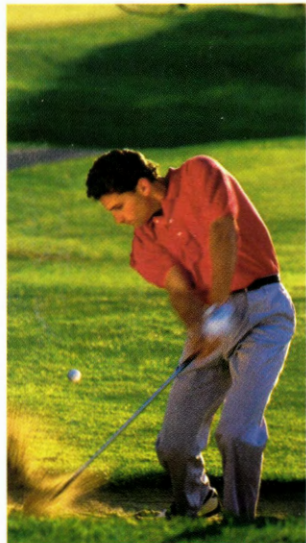


# What is THE ADJUSTMENT?

*The objective of the chiropractor is to correct vertebral subluxations to allow the nerve system to function better and the individual to express more of what he or she was intended to be.*

## What does a chiropractor do?

After examining your spine, your chiropractor introduces a sufficient force into your body to set the subluxated (misaligned) vertebra into motion. Once the bone is in motion, the muscles and ligaments of the spine work to put the bone into its ideal position.



How often anyone needs to be adjusted varies from individual to individual, depending upon age, occupation, lifestyle, health, exercise and many other factors. Your chiropractor will determine what is best for you.



The adjustment or force introduced by the chiropractor is very simple, yet requires skill and accuracy. Anyone can move bones. Everyone knows someone who can "crack his neck." Unfortunately, that takes no great skill. The skill and training required to locate misaligned vertebrae and to know when and where to make an adjustment makes the chiropractor unique.

All patients do not necessarily receive the same adjustment. Through a spinal examination, the chiropractor determines which of the twenty-four spinal vertebrae are subluxated and in which direction. The adjustment is then given accordingly. It has been found that because of anatomical factors and the similarity of living habits among people, certain areas of the spine are more prone to subluxation than others, such as the upper neck area.

## How often do I need to be adjusted?

The simplest answer to that question is, "As often as your spine becomes subluxated." The problem is that you cannot know whether or not you need an adjustment.



Chiropractic techniques may vary but their objective is the same—to correct vertebral subluxation and restore life to the body.

You can guess that after falling down a flight of stairs you may well have subluxated your spine, but from day to day you have no way of knowing, unless your chiropractor examines your spine. This is why a schedule of regular examinations will be made according to your particular need.



Many chiropractors will schedule the entire family regularly to insure each member has a good nerve supply.

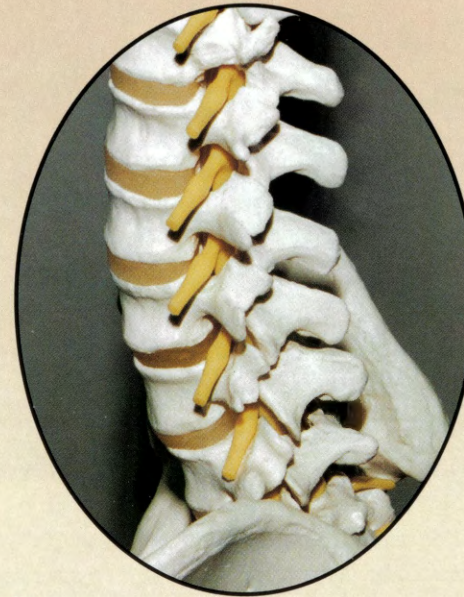


### *Why doesn't the spine stay in place?*

The spine is not an inanimate object. It is a living organ which is constantly in motion. When the first adjustment is given, a vertebra is set back into place that may have been subluxated for fifteen or twenty years. It has become accustomed to being in the wrong position. The muscles and ligaments that should hold the vertebra in the correct position are stretched and weakened. They may have been deprived of their nerve supply for many years. Due to this weakness, the bone slips back out of place again, perhaps the very same day. As the spine is continually adjusted, the vertebra spends more and more time in the proper position. Consequently, the muscles strengthen and are better able to hold the bone in place.



Unless the muscles that hold the bones of the spine in their proper positions are free to work, they will never strengthen. Although a brace or cast may offer temporary relief by immobilizing the spine, lasting results cannot be achieved unless the muscles are used and strengthened.



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