

Healthy Kids & Moms

A Newsletter by Dr. Joel Fugleberg

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PRENATAL, PREGNANCY AND PEDIATRIC

Ask the Doctor

"Is Chiropractic Useful and Safe for my Son or Daughter?"

Answer:

Great question! Did you know that the fastest growing area in chiropractic is the treatment of children? Some practices are entirely specialized in "pediatric chiropractic" which shows how widespread such treatments are becoming. Children respond well to chiropractic. Did you know that 52% of all children will suffer from low-back pain at some point, with nearly **15% experiencing frequent or ongoing pain**. Clearly surgery would make little sense in the growing body, nor would drugging the young mind with pain killers. That's where chiropractic fits in and provides a viable alternative to such invasive procedures. Studies are coming out frequently showing the effectiveness of chiropractic in treating minors. The results are exciting to me, to say the least

Let's look at one such study...

In a study appearing in the *Journal of Manipulative and Physiological Therapeutics*, 15 randomly chosen Canadian chiropractors provided data on their pediatric patients between the ages of 4 to 18 and suffering from lower back pain. Information was gathered on treatment type and outcome of care, based on patient-rated pain scales. Characteristics of the children with back pain included:

- The average age of sufferers was 13 years old.
- Nearly 60 percent were male.
- Half attributed pain onset to trauma (usually sports-related).
- One in four reported pain of over three months duration.

The most common diagnosis was a "subluxation" appearing in half of these children. Patients were almost universally treated with spinal adjustments. The results? After 6 weeks of treatment, major improvement (defined as "much improved" or "resolved") was seen in **nearly 90% of patients**.

Pregnancy

As many new mothers can attest, the muscle strains of pregnancy are very real and can be more than just a nuisance. The average **weight gain of 25 to 35 pounds**, combined with the increased stress placed on the body by the baby, may result in severe discomfort. Studies have found that about half of all expectant mothers will develop low-back pain at some point during their pregnancies. This is especially true during late pregnancy, when the baby's head presses down on a woman's back, legs, and buttocks, irritating her sciatic nerve. And for those who already suffer from low-back pain, the problem can become even worse.

During pregnancy, a woman's center of gravity almost immediately begins to shift forward to the front of her pelvis. Although a woman's sacrum-or posterior section of the pelvis-has enough depth to enable her to carry a baby, the displaced weight still increases the stress on her joints. As the baby grows in size, the woman's weight is projected even farther forward, and the curvature of her lower back is increased, placing extra stress on the spinal disks. In compensation, the normal curvature of the upper spine increases, as well.

Many pregnant women have found that **chiropractic adjustments** provide relief from the increased low-back pain brought on by pregnancy. Chiropractic manipulation is **safe for the pregnant woman and her baby** and can be especially attractive to those who are trying to avoid medications in treating their back pain. Doctors of chiropractic can also offer nutrition, ergonomic, and exercise advice to help a woman enjoy a healthy pregnancy. - ACAToday.org

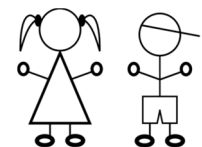
Fun Fact

Chiropractic care is a safe and natural approach to enhancing the body's ability to function properly. This is accomplished through enhancing the function of the Master Control System of the body, the nervous system.

- AmericanPregnancy.org

Kid's Day:

March 14th



Breakthroughs/Fast Facts for Life

Chiropractic and Infertility?

Your body is an amazing creation that can accomplish numerous miraculous tasks including creating new life. These miraculous tasks are accomplished under the direction of the nervous system. The nervous system is the master communication system of the entire body. In many cases, fertility issues may be associated with improper nervous system function, poor nutrition, high stress and poor lifestyle habits. Chiropractors are nervous system specialists and reducing interference in the nervous system is their primary goal. Keeping the spine properly aligned, clearing the nervous system of excessive interference, and counseling patients in nutrition, exercise and changes to lifestyle, make the chiropractor one of your best options to help your body function in harmony with the way it was designed.

- AmericanPregnancy.org



Pediatric Care

Parents will do just about anything to protect their child's health. They serve nutritionally balanced meals, encourage daily exercise, and insist on regular dental and eye examinations. Yet many neglect the most important part of the child's health care program: regular spinal checkups. People who understand the importance of spinal checkups and care bring their children into the chiropractor's office when they are tiny infants.

Misalignments in spinal bones which interfere with the normal flow of nerve energy are known as subluxations. Many people still associate them with major trauma. They think the spine can be affected only after lifting heavy objects or being in an automobile accident. They don't realize that the daily activities of young children can easily result in subluxations. In fact, many babies receive their first subluxations during pregnancy and the birthing process. Modern medical procedures such as the Cesarean section, the use of forceps, and induced deliveries put unnatural strains on the infant's delicate body. Frequently, doctors still hold the baby upside down from the feet. Throughout the ordeal, the tiny spine is twisted, tugged and stretched. The frequent result: subluxations.

Of course, the strain on the spine doesn't stop in the delivery room. Children are, by nature, active and energetic. They run, jump, tumble and fall. Since their bodies are extremely flexible and resilient, they often will show nothing more than a bruise or scrape after life's minor accidents. But that's on the outside. On the inside, the body has been jarred with considerable force. The small bones forming the spinal column -- which protects the central nervous system's spinal cord -- can be forced out of their proper positions.

Some will return to the correct position on their own, guided by the child's own Innate Intelligence. Others will remain "stuck" in incorrect positions. Obviously, we all want what's best for our children. We want them to be happy and intelligent. Most of all, we want them to be healthy. That means making chiropractic checkups a regular part of their health care routine.

We're Here to Help!

We believe healthy mothers lead to healthy families. We would love to help in the healthcare of any of your patients, including pregnant, pediatric, or postnatal concerns.

Feel free to contact us with any questions!
Call us at 651-406-4454 or email us at Staff@LifestyleChiroCenter.com