



Back Talk

A Monthly Newsletter by the Chiropractic Health Centre
586 Oxford St. East. London, Ontario
www.chiropracticlondon.ca

March 2013
519-435-1263

Clinic News



Office hours for

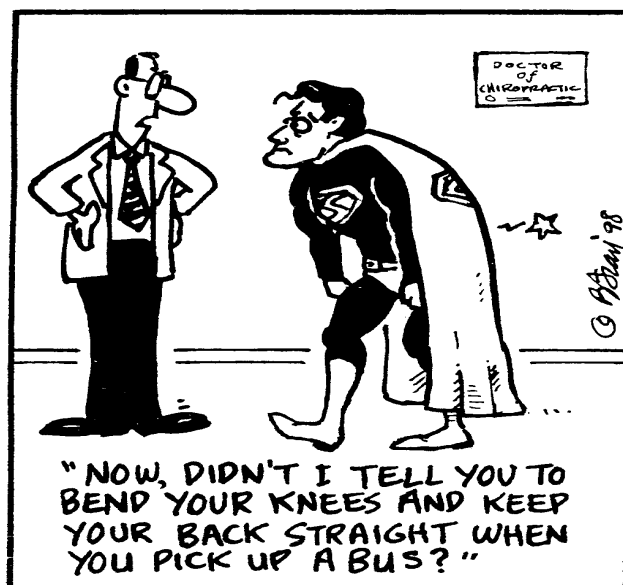
Easter Weekend are:

Thursday March 28 8:00am – 6:00pm

Friday March 29CLOSED

Saturday March 30CLOSED

Monday April 18:00am – 6:00pm



You're Cruising Now



Many patients are surprised with the number of visits we recommend when they begin chiropractic care. We explain that in some cases, it took years for their bodies to exhibit symptoms from a fall that compromised their nervous systems when they were children. Or that a traumatic birth is what started a downward health spiral. Conditions that have built momentum over time usually take time to resolve.

First, you have to retrain muscles, ligaments and tendons in your spine that have become used to being out of place. And then, it's possible to compromise this relearning with poor eating habits, lack of exercise, stress, aging or other injuries.

Each adjustment builds on previous ones – that is how healing starts in your body.

Once you “take off” with a reduction or even elimination of the symptoms that brought you in for care, you hit your “cruising altitude,” or maintenance phase. At this point, many choose to discontinue care, only to return when the inevitable “turbulence” returns. However, if you choose ongoing care, you may find that it's easier to stay well, once you get well.

At this point, most patients do well with periodic visits. How often? It all depends on the amount of stress in their lives. But if they keep coming, many enjoy the ongoing benefits of their renewed health.

Chiropractic Care for Kids



I hear people in my office ask “why would a child come to a chiropractor? Do they have a bad back?”

More and more parents are seeking chiropractic care for their children so they do not develop spinal problems. Many spinal problems seen in adults began as early as birth. Even natural birthing methods can stress an infant's spine and developing nervous system. **Many newborn health complaints such as colic, breathing problems, nursing difficulties and sleep disturbances to name a few can be traced to nervous system stress.**

Since significant spinal and cranial trauma can occur at birth, many parents have their newborns checked right after birth. As the infant grows, learning to hold up the head, sitting, crawling and initial walking stages are all times in spinal development where injury may occur and therefore spinal alignment can be adversely affected. They are therefore important times to have a child checked by a doctor of chiropractic.

As the child begins to participate in regular childhood activities like skating or riding a bike and experiences traumas associated with these activities, small yet significant spinal misalignments may occur. If neglected, the injuries during this period of rapid growth may lead to more serious problems later in life. Subtle trauma throughout childhood will affect the future development of the spine leading to impaired nervous system function.

One of the most common reason parents seek care for their child is trauma from an injury. These misalignments may or may not result in immediate pain or symptoms. Regular chiropractic checkups can identify potential

spinal injury from these traumas, make the correction early in life, and help avoid many of the health complaints seen later in adults.

Dr. Paul will take a case history and perform a chiropractic exam to determine if spinal misalignments exist. **Chiropractic adjusting procedures are modified to fit a child's size, weight, and unique spinal condition.** They are both gentle and specific to the child's developing spinal structures. Most parents report that their children enjoy their chiropractic adjustments and look forward to subsequent visits. They also report that their children experience a greater level of health while under regular chiropractic care.

Parents do not think twice about the importance of regular dental visits for their kids. When you consider that children use their teeth only when they eat, yet they use their spine every time they sit, stand, run, crawl, play and move, shouldn't they also receive regular check-ups for one of the most important structures in their body? Remember, "As the twig is bent, so grows the tree."

March Break is a great time to bring the kids in for a Spinal Check Up.

