



# Livingston County Chiropractic Center

## Whole Body Medical Wellness

### August Newsletter 2018

## Children and Chiropractic Care for Healing

Chiropractic care has been used on children for over a century and proven to be effective in treating several types of disorders and symptoms specific to kids. For children, a spinal misalignment, or stress on the nervous system, can cause issues such as: constipation, colic, ear infections, trouble sleeping, reflux, and so on.

### Top 3 Commonly Seen Improvements from Chiropractic care:

#### Improved Sleeping

Whether it's falling asleep or staying asleep, child sleep disruption is a common complaint among parents that chiropractors deal with daily. Safe and non-invasive alignments are an excellent first step to promoting healthy sleep habits and getting to the root cause of the sleeping issue.

#### Improved Behavior

The core concept behind chiropractic care is to restore function of the nerve system, which is particularly important during child developmental phases. When there is stress or tension in the nerve system, caused by common childhood occurrences like birth, falls, and sports, behavior problems may arise. It can cause children to behave erratically, have difficulty concentrating, or experience unexplained meltdowns. Regular check-ups encourage overall brain development by promoting proper awareness and avoidance of sensory disorders.

#### Improved Immune System

A properly aligned spine promotes a healthy nervous system, specifically regarding natural flow and communication with the rest of the body. Misaligned areas can cause nerve pressure and a communication disruption with the brain. Clearing the communication paths means the brain is ready to make the best decisions for a healthy immune system. This is especially important for young children as their bodies depend on a healthy system for rapid growth and change.

Regular chiropractic care for children is a safe and non-invasive practice, founded on gentle adjustment techniques that can prevent and identify disfunctions resulting from spinal stresses. The goal is to provide overall health benefits that enhance the future function and well-being of your child.



### UPCOMING EVENTS

Aug. 14th-Stem Cell Seminar 5:30 pm

Aug.10-11– Office Closed

Aug. 25th-Stem Cell Seminar 10:00am

ALL MONTH-SCHOOL SUPPLY DRIVE



- Better Coordination
- More Restful Sleep
- Back Pain Relief
- Improved Posture
- Fewer Colds
- Less Stress
- Fewer Headaches
- More Energy



Ask what else Chiropractic can help with!



## BACKPACK SAFETY



Are you wearing your backpack correctly?

Caution  
Mind your Back

Caution  
Proceed with care

The school year is fast approaching, so that means, lots of books and materials weighing on your child's back. We want to make sure your children are wearing their backpacks correctly. Here are some tips to help them out this year.

- ALWAYS WEAR BACKPACK ON BOTH SHOULDERS
- BACKPACKS SHOULD HAVE PADDED SHOULDER STRAPS AND FIT SNUG BETWEEN BOTH SHOULDER BLADES
- HEAVIEST CONTENTS SHOULD BE PLACED CLOSEST TO THE BODY
- SECURE WAIST STRAP FOR EVEN WEIGHT DISTRIBUTION
- THE WEIGHT OF THE BACKPACK SHOULD BE NO MORE THAN 5-10% THE BODY

*It's better to grow healthy kids than to fix injured adults.*

# BACKPACK SAFETY

## Get Their Spines Ready for School

Heavy backpacks, school sports and hours of homework can place a strain on your child's back.

Your chiropractor can help determine the backpack size that is safe for your child.



It only takes a few moments, but a spinal check-up can ensure there are no underlying problems that can lead to serious back pain, neck pain or worse. Your chiropractor can provide needed care and recommend simple exercises to keep backs strong and healthy throughout the school year.

**Visit your doctor of chiropractic before school starts to ensure their spines are ready.**

Are you needing something in your life to help you bridge the gap between what you and your family should eat and what you do eat? Juice Plus+ is your answer!

Benefits of Juice Plus+:

- Rich in Vitamins and antioxidants
- Whole food based nutrition
- Made from highest quality fruits and vegetables
- Healthier immune system
- Improved cardiovascular health
- Healthier skin and gums

While taking Juice Plus+, children were:

- Missing fewer days of school
- Less doctors appointments
- Eating more fruits and vegetables
- Consuming less fast food and soft drinks

