



## Family Wellness First

### What Can Chiropractic Do for Your Child?

Chiropractic's purpose is to remove interferences to the natural healing power running through the body. When that power is unleashed the healing that results may be profound.

Today we find more parents bringing their children to chiropractors for day-to-day health concerns we're all familiar with: colds, sore throats, ear infections, fevers, colic, asthma, tonsillitis, allergies, bed-wetting, infections, pains, falls, stomach-aches, and the hundred and one little and big things children go through as they grow up.

#### Chiropractors Do Not Treat Disease

It's most important to understand that chiropractic is not a treatment for disease. Its purpose is to reduce spinal nerve stress, a serious and often painless condition most children (and adults) have in their bodies. Spinal nerve stress interferes with the proper functioning of the nervous system, can weaken internal organs and organ systems, lower resistance, reduce healing potential and set the stage for sickness and disorders of all kinds.

When a chiropractor frees the nervous system from spinal stress, the healing power of the body is unleashed: the immune system functions more efficiently, resistance to disease increases, and your child's body functions more efficiently. Your child can respond to internal and external environmental stresses such as germs, changes in temperature, humidity, toxins, pollen and all the other stresses he/she comes in contact with more efficiently.

So although children with diseases are often brought to the chiropractor, the chiropractor is not treating their diseases but is instead freeing them of spinal nerve stress, thus permitting their body's



natural healing potential to function at its best.

#### What Exactly Is Nerve Stress?

Spinal nerve stress (also referred to as vertebral subluxations, the subluxation complex, or "pinched nerves") is a misalignment or distortion of the spinal column, skull, hips, and related tissues (the structural system) that irritate, stretch, impinge or otherwise interfere with the proper function of the nervous system (brain, spinal cord, spinal nerves and outlying or peripheral nerves). Since the nervous system controls the function of the body, any interference to it can have wide-ranging effects.

#### How Is Spinal Stress Caused?

Spinal nerve stress can be caused by physical, chemical and/or emotional stress. Physical stress may start in the womb, with the baby lying in a distorted or twisted manner. Spinal nerve stress in newborns is more common than previously realized. This may be caused by a traumatic or difficult birth which can introduce great stress to the infant's skull, spinal column and pelvis. Throughout childhood, the normal childhood traumas every child experiences can be a source of spinal and

---

**About Family Wellness First** • This newsletter is provided as a membership benefit to our dedicated ICPA members. ICPA, Inc. is a non-profit organization whose mission is to engage and serve family chiropractors worldwide through education, training, and research, while advancing chiropractic for both the profession and the public. Visit our public resource site: [icpa4kids.org](http://icpa4kids.org)

## Establishing and Advancing the Chiropractic Family Wellness Lifestyle

### What Can Chiropractic Do for Your Child?

cranial trauma. Most of the time, the pain from the initial injury “goes away” however the damage incurred continues to affect the future function of the child’s nerve system.

#### How Does the Chiropractor Reduce Spinal Nerve Stress?

This is accomplished first by analyzing the spinal column and related structures for balance and proper function. Where the spinal column is found to be functioning improperly, the Doctor of Chiropractic performs precise corrective procedures called spinal adjustments.

Using his/her hands and/or specialized instruments to gently and specifically correct those abnormal areas, the spine and cranium regain their intended state of balance and the nerve system is freed from stress.

#### It’s All About Function!

Today’s parents are more concerned than ever

about the adverse effects drugs have on their children. Parents are increasingly asking, when handed a prescription for a child’s recurrent problem, “Is this really all I can do for my child? Is there a safer alternative?”

Parents are hesitant to merely mask symptoms with drugs and are worried about side effects. Their desire to achieve a state of true health—has led parents to seek health care options which support their children’s own natural ability to be healthy. Chiropractic care is one such option. All children function better with 100% nerve function. All children deserve the right to express their fullest potential. Chiropractic care for children is safe, gentle and effective. It allows for the opportunity for maximum potential for well-being.

.....  
Modified excerpt from: *What Can Chiropractic Do for Your Child?* by *Pathways* magazine. Read more in *Pathways* Issue 04:  
[www.pathwaystofamilywellness.org](http://www.pathwaystofamilywellness.org)

---

### Compliments of ICPA Member:



**pathways**  
to family wellness

Want more holistic insights and empowering resources?

Save 46% off your *Pathways* subscription when you visit [pathwaystofamilywellness.org](http://pathwaystofamilywellness.org) and use coupon code: **PATH** at checkout.

**About Pathways to Family Wellness** • *Pathways* is a quarterly print and digital magazine, of ICPA, whose non-profit mission is to support you and your family’s quest for wellness. Our magazine is content rich, with minimal advertising. Experience for yourself the variety of stories amid visually striking imagery.

Visit us: [pathwaystofamilywellness.org](http://pathwaystofamilywellness.org)