

Healthy Living Chiropractic Newsletter

ROEDIGER CHIROPRACTIC

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Welcome to our office's Chiropractic newsletter. We'd like to entertain you, inform you (and even inspire you a little).

Those who disregard the Laws of Heaven and Earth have a lifetime of calamities, while those who follow the Laws remain free from dangerous illnesses. – Old Chinese Proverb

Anyone who has never made a mistake has never tried anything new. – Albert Einstein

This month's issue has information on infants, babies and chiropractic. Please send it to someone who is expecting or save it for future reference.

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When Does a Baby Need a Spinal Checkup?

All infants need a healthy spinal column. An unhealthy spine can interfere with the normal function of the nervous system and may cause serious health problems in infancy and later in life.

The late Larry Webster, D.C., the father of chiropractic care for children and founder of the International Chiropractic Pediatric Association, wrote numerous articles on the need for chiropractic for children. He said that there are six times in a baby's first year of life when spinal examinations are especially important:

1. After the birth process.
2. When the baby first holds his/her head up.
3. When the baby sits up.
4. When the baby starts to crawl.
5. When the baby starts to stand.
6. When the baby starts to walk.

With all you do for your newborn child, please ensure his or her spinal health with a chiropractic spinal checkup. (1)

Chiropractic Questions and Answers

Q. Does the birth process affect spinal health?

A. The newborn that knew



only the warmth, softness, darkness, quiet and comfort of the womb is suddenly exposed to a cold, noisy, hard, harsh, blinding world in today's "modern" hospitals. Separated from mother, often dangled from its heels and struck on its rear, these procedures can cause permanent physical trauma and emotional scarring. Chiropractors have always recommended birth procedures that are the most natural, least invasive and stress-free for the newborn – respecting the emotional and physical health of the baby, and especially the delicate spinal cord and spinal column.

Hospital deliveries may pull, twist and put other terrible stresses on the baby's spine (whether or not forceps are used) and are often traumatic for the newborn. There are recorded instances of brain, spinal cord and spinal nerve damage due to obstetrical procedures. "The birth process...is potentially a traumatic, crippling event...mechanical stress imposed by obstetrical manipulation – even the application of standard orthodox procedures may prove intolerable to the fetus. The view has been expressed clinically that most signs of neonatal injury observed in the delivery room are neurological..." (2)

Did You Know?



Breast-fed babies' IQs are 3 to 5 points higher than that of formula-fed babies...the longer a baby is breast-fed, the

greater the IQ benefits. Numerous studies have reported the same conclusions – no formula can substitute for breast milk. (3)

Over The Counter (OTC) Cough Medicines Are No More Effective Than Sugar Water

A study of 100 children with upper respiratory infections revealed that the active ingredients in cough medicines (dextromethorphan and diphenhydramine) were no better than a placebo (syrup without the drugs). But adverse effects made the medicines more dangerous – the cough suppressant dextromethorphan can cause insomnia and diphenhydramine may cause drowsiness. (4)

Comments:

First, sugar suppresses the immune system and can make a disease worse. Second, anyone who studies



health literature knows that the hygienic or natural school has always maintained that coughing is usually beneficial – a way the body keeps the respiratory system clear of germs, how the body externalizes disease and is usually the last stage in a disease process. When coughing is prevented or suppressed illness may actually be prolonged. The researchers didn't check for that. In addition, why oh why doesn't anyone compare cough medicine with a chiropractic adjustment? Why is the medical profession so in love with drugs – why can't they explore safer, more natural approaches? Happily there is some research on spinal care and upper respiratory infection. (See below)

References

1. For information on chiropractic and healthy birth visit the International Chiropractic Pediatric Association at <http://www.icpa4kids.com>.
2. Towbin A. Latent spinal cord and brain stem injury in newborn infants. *Develop. Med. Child Neurol.* 1969;11:54-68.
3. Anderson JW, Johnstone BM, Remley DT. Breast-feeding and cognitive development: a meta-analysis. *Am J Clin Nutr.* 1999;70(4):525-535.
4. Paul IM, Yoder KE, Crowell KR et al. Effect of dextromethorphan, diphenhydramine, and placebo on nocturnal cough and sleep quality for coughing children and their parents. *Pediatrics.* 2004;114(1):e85-e90. <http://pediatrics.aappublications.org/cgi/content/abstract/114/1/e85>

Do Muscle Relaxers and Painkillers Help Back Pain?

Here are more reasons to be glad you see your chiropractor. Medical doctors have a habit of giving painkillers and muscle relaxants to people with lower back pain. Imagine their surprise when a study showed



that taking those drugs doesn't help! It's true – those patients taking aspirin, Tylenol™ or other nonsteroidal anti-inflammatory drugs (NSAIDs) and muscle relaxants actually take longer to get better than those who had not.

In 1994, the U.S. government's Agency for Health Care Policy and Research determined that muscle relaxants were only "probably" more effective than placebos for low back pain. (1) To put icing on the cake, in a study in a recent issue of the internationally respected journal *Spine*, researchers examined the use of muscle relaxants in 1,600 people. Muscle relaxers not only did not help but those taking them took *twice* as long to recover (32 days vs. 16 days) as patients not taking muscle relaxants. (2) Note to researchers – how about enough with the drugs and start referring your patients to chiropractors?

Cigarette Trivia

Each pack of cigarettes smoked costs more than \$7 in

medical care and lost productivity: \$3.40 per pack medical, \$3.63 per pack lost job productivity. (Preventing tobacco use fact sheet from the CDC.)



Chiropractic and Spinal Research



Remember, a person with *any* kind of health problem needs a healthy spine. Feel free to forward these studies to others.

Bronchial congestion. This is the case of a 5 ½-year-old girl with a four year history of what the parents called "bronchial congestion." She had pneumonia "several times a year" since she was 18 months old. She also suffered from congestion and was wheezy after running and upon waking up in the morning. Chiropractic examination revealed subluxations at C-2, T-4 and L-5. By the time the second adjustment was administered (two days after the first) the mother reported the child was not coughing as much. By the third visit (one week later) the mother reported that the child was breathing normally. A total of twelve adjustments were given over a three month period and the chief complaint did not recur. A follow-up call four years later revealed no recurrence. (3)

Pulmonary disease. Patients with chronic obstructive pulmonary disease were treated with spinal manipulation. 92% stated they were able to walk greater distances, had fewer colds, experienced less coughing and had less dyspnea than before care. 95% of those with bronchial asthma said they benefited from chiropractic care. Peak flow rate and vital capacity increased after the 3rd adjustment. (4)

Developmental communication disorder.

A 2-year-old child had a medical diagnosis of 'developmental communication disorder.' He was non-responsive to any external stimuli, even to receiving an injection. He did not respond to sound or touch. Chiropractic analysis revealed an axis (C-2) subluxation. From the study: "By the sixth adjustment, he started to follow certain commands and stopped making repeated hand motions. He started to talk after the 12th office visit. At present, he has an extensive vocabulary and is slightly hyperactive." (5)

