

December 2009



**Chiropractic Care for Children is Safe and Effective
According to Journal of Science & Healing, October 2009
ALSO – CHILDREN’S DISEASE DUE TO CHEMICALS ON THE RISE!**

The International Chiropractic Pediatric Association's (ICPA) ground breaking study, *The Safety and Effectiveness of Pediatric Chiropractic: A Survey of Chiropractors and Parents in a Practice-Based Research Network*, was published this month in the prestigious, biomedical journal, *Explore: The Journal of Science and Healing*. The objective of this study was to describe the practice of pediatric chiropractic, including its safety and effectiveness. The results of the study determined that the indicated primary reason for chiropractic care of children was “wellness care.” The most common reasons for parents seeking symptom relief care were muscles conditions, ear, nose, and throat, respiratory and digestive disorders. Out of 577 children, with 5438 visits, doctors reported only 3 had any complaint and it was just “soreness.” Out of 239 children, with 1735 visits, parents reported only two adverse events. These complaints were minor discomfort after the adjustment and were readily resolved with continued adjustments. All children remained under chiropractic care. Both parents and doctors indicated a high rate of improvement with respect to the children's presenting complaints. In addition to these improvements, respondents reported better sleeping patterns, improvements in behavior and, improved immune system function while under chiropractic care.

Dr. Joel Alcantara, ICPA Research Director and presenting author said, “this paper shows the preliminary results of the ICPA’s Children’s PBRN – Phase One. Phase Two is well under way and we have initiated similar research pertinent to pregnancy. We are pleased that a major CAM Journal respects the importance of chiropractic care for children and we foresee greater collaboration with the CAM community on the importance of chiropractic care for children.” To find out more about children and chiropractic visit www.icpa4kids.org.

OTHER BREAKING NEWS: Children's Diseases Linked to Chemicals Are on the Rise, Health and Science Today, Oct. 1, 2009

Chronic childhood diseases linked to exposure to toxic chemicals in the environment have been surging upward, costing the U.S. almost \$56 billion a year. Many of these found in medications and vaccinations. THE CHOICE IS CLEAR. A NATURAL, CHIROPRACTIC, MAXIMIZED LIVING LIFESTYLE IS THE **ONLY WAY** TO GOOD HEALTH AND A FUTURE

Within the office we are collecting canned goods for the London Food Bank. Any donations you can make would be greatly appreciated. In return, we will send a gift certificate to a family member or friend offering them a free consultation in the office. See Caitlin or Kateri for details!

HAPPY HOLIDAYS!

