

Infant birth conditions respond to chiropractic

Question: My 8-week-old baby had terrible reflux and colic and after taking more than seven different drugs. I decided to try a natural approach with my Chiropractor. The results have been phenomenal. My baby now sleeps through the night and isn't in pain after every feeding. Can you share this with your readers so they know they have options?

Answer: Thank you for sharing your successful experience in the correction of infant colic and reflux. Chiropractors have been helping infants with these and many other birth-related dysfunctions for years. Our patients are educated about the importance of a healthy nervous system for their babies from birth and throughout their lives. To many it is common sense to have their baby's spine checked immediately after childbirth while those that are uneducated or have misconceptions about why a baby's spine should be checked immediately after birth conceive it as dangerous or even repulsive. Let me clearly inform those that have doubts. The amount of pressure necessary to adjust the tiny fragile vertebrae of an infant is equivalent to the pressure you would put on your closed eyelid to press it against your eyeball. I adjust infants with my pinky finger with direct precise lines of correction. We utilize something called mirror image adjusting which means putting the area of the spine that is misaligned in the exact opposite direction than its distortion. These methods re-educate muscles tissues and nerves to come to their neutral balanced position allowing for symmetrical growth. The parent usually assists me in moving their baby and always knows exactly what procedure I will do before any treatment is performed.

The treatments are gentle painless and with minimal force. Always remember the body wants to right itself from improper unhealthy positioning and with just the slightest assistance will begin to heal. Infants and children respond quickly and completely in most cases because their nervous systems haven't been exposed to an overload of stress and accumulated trauma's. Infants are very responsive to a tender healing hand with correct intention and focus.

You may ask how this has anything to do with reflux and colic. Balancing the nervous system of an infant by removing interruptions in function caused by structural misalignment (vertebral subluxations) restores nerve and blood supplies to all your organs, tissues and cells. Once restored the body will heal itself. It really isn't a mystery or a faith, it is scientific reality that we are self-healing organisms and once balanced and cared for stay healthy. In the case of infant colic and reflux there is commonly subluxations of the coccyx, occipital upper cervical, and or the 12th thoracic vertebra. Cranial bone misalignments also play a role in these conditions. Working with the parents regarding nursing, types of formula, and potential allergens is extremely helpful. We also teach our infant's parents how to perform massage on their baby's to relieve gas and irritation.

Quote of the week: *"How often could things be remedied by a word. How often is it left unspoken?"* – Norman Douglas