

Parents recognize chiropractic wellness care for their children

Question: Why would a parent bring their child to a chiropractor for a wellness visit?

Answer: A recent survey of chiropractors that treat children asked them what was the main reason children were treated in their offices. The number one reason was wellness. Most parents that bring their children to chiropractors do so because they understand the importance of wellness care.

The term wellness is becoming common and being used by many holistic care groups to describe the type of care they are offering. In an effort to better understand its definition lets look at a few dictionary definitions.

Merriam Webster defines wellness as, "The quality or state of being in good health, especially as an actively sought goal."

From Wikipedia, the free encyclopedia, it states, "Wellness is generally used to mean a healthy balance of the mind, body and spirit that results in an overall feeling of well being."

In other words, wellness is a view of health that emphasizes the state of the entire being and its ongoing development. A chiropractor contributes to the wellness model by reducing stress in the nervous system with adjustments that improve all functions of the body. Additionally, doctors of chiropractic offer their patients lifestyle options that contribute to their well being. Improved posture, suggestions for body movement and exercise significantly contribute toward our overall health. Awareness of the foods we consume and their side effects on our health are another way Doctors of Chiropractic guide their patients to a healthier

lifestyle. Chiropractors have always offered these suggestions to their patients, even before other professionals saw the importance of these factors in health. These components are vital for wellness.

An educated parent knows that the maintenance of health is superior to the treatment of disease. The chiropractic adjustments of children's spines are gentle and pain free. There is nothing more valuable than your family's health. Don't wait for illness, mask it with a drug or potion, only to have it get worse or give you temporary relief.

There is still a lot of truth to what grandma said, "An ounce of prevention is equal to a pound of cure."

Quote of the week: *"I never notice what has been done. I only see what remains to be done."* – Madame Curie