



# Chiropractic Newsletter

## Discover Chiropractic

### Guarding the Sacred Space

Almost daily, I see parents discussing the benefits of chiropractic care for their children. What many do not know is that chiropractors have included health and well-being in their recommendations for children since the inception of chiropractic.

D.D. Palmer, the discoverer of chiropractic, said in *The Chiropractor's Adjustor*: "The principles of Chiropractic should be known and utilized in the growth of the infant and continue as a safeguard throughout life." Chiropractic care for children is not new, and more parents are making the logical, safe, and informed choice to include it for their families' well-being. A recent report published by the National Center for Health Statistics has put chiropractic care at the top as most sought-after form of complimentary care for children.

With thousands of trained chiropractors now specializing in chiropractic care for children, we are beginning to see a new paradigm of children's health emerge

with the realization that children's health begins in pregnancy and birth.

Following our four years of chiropractic college education, my husband and I opened a family practice in 1981. We took care of infants and children regularly, and throughout the years we noticed a direct relationship between the child's birth story and spinal and cranial alignment. Babies who were born with manual pulling, forceps, vacuum, and C-sections presented with more misalignments.

A recent study by Viola Frymann demonstrated that 90 percent of newborns suffered the effects of birth



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trauma: associated strain through the neck and cranial areas following birth. Frymann, an American osteopathic doctor, studied over 1,500 babies periodically across an eight-year period. She examined all babies within the first five days of birth.

Her study revealed that approximately 10 percent of the newborn babies involved had severe trauma to the head, evident even to untrained observers, while an additional 80 percent all had some strain patterns in the cranial mechanism.

My own clinical observations in practice prompted me to discuss the birth process with all my patients after I learned firsthand how birth trauma can affect the newborn, the mother, and even the father who witnesses it. I can't describe how powerful it is to see the trauma resolve in each member of the family as the child's well-being improves under chiropractic care.

Being born is tough work for both mothers and babies. There are a lot of pressures and forces being exerted onto your baby during her journey into the world that can

affect her health well into childhood and adulthood. Even the most natural births can result in trauma that goes undetected and unresolved.

Most ICPA doctors have taken advanced classes that use specific, gentle adjustments for infants. When we clear obstructions to the nervous system, all physiological systems and functions improve. The nervous system will better regulate the body, and the body will relay positive signals back to the brain.

I think the importance of chiropractic for improving physiology and resolving trauma from the beginning of life is only a portion, albeit a significant one, of the benefits offered by chiropractic. More and more, I see parents recognizing the core principles of chiropractic in their own lives, learning how life expresses intelligence and how the human body has an innate ability to do what it was designed to do, as long as we can respect and allow it.

—*Jeanne Ohm, DC*

