

Kids Out of Balance

Chiropractic for Life – Jennifer Barham-Floreani, B.App.Clin.Sci, B.Chiropractic
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Talking Points

- ❖ The author reminds us, as her mother likes to remind her, “Things aren’t the way they used to be.” (20) Take a good look around – they aren’t. (GMOs, chemicals in our drinking water, chemicals in our hygiene products, etc.)
 - The toxins in our food destroy important flora in our bowels which can affect our digestive capacity and our immune system. We can see these repercussions in children who suffer from “eczema, asthma, allergies, sleep problems and behavioral difficulties.” (24)
 - “The pesticides, heavy metals, herbicides and fumigants used on generic produce have all been linked to abnormalities in behavior, perception, cognition and motor ability during early childhood, even when exposure is at so-called harmless levels.” (25)
 - In pregnancy, it is important to remember what we are feeding and putting on ourselves is being carried over through the placenta to our babies as well as after the birth when we are nursing our children.
- ❖ First, what does it mean to be truly healthy?
- ❖ “Symptoms are a message from our body that there is a problem and that change is needed.” (21) With this being said, if a person takes a pill to “fix” a problem and the problem goes away does this mean they are healthy again?
- ❖ Would it make more sense from a health perspective to take a closer look at what may actually be causing the problem in the first place and address it? (diet, hydration, overstimulation by modern technology [TVs, tablets, phones, computers], nervous system function [chiropractic], gut-brain communication)
 - When something isn’t quite right drink water! We often underestimate the power of hydration.
 - Did you know: “A mere 2 percent drop in our body’s water supply can trigger signs of dehydration: fuzzy short-term memory, trouble with basic math and difficulty focusing on smaller print, such as on a computer screen.” (25)

- Dehydration “can also cause concentration issues, constipation and digestive problems.”
- “High-quality probiotics can provide the necessary bacteria for a healthy gut, and they are an essential aide to digestive health for all children.” (25) Do you know how to make your own probiotics at home? Kefir is often considered the probiotic powerhouse.
- Sleep!
- ❖ “If we can teach our children that health comes from within and that their bodies have tremendous intelligence and capacity to ward off illness, then early warning signs like a runny nose or a sore throat will not be seen as a signal to take antibiotics, but rather as an indication that they need to slow down, get lots of rest and boost their immunity with natural foods.” (21) If we instill these values in the next generation, and they take care of the generation after that can you imagine the impact of teaching your children to trust and listen to their bodies?
- ❖ Where does chiropractic come into play? “Your brain coordinates, via your nervous system, every function in your body including breathing, digestion, thought processes, and healing.” (22)
- ❖ Do you have yourself and your children adjusted? Do you all get adjusted only when something is wrong or something hurts or does your family practice wellness care? How would practicing wellness care with your family help create balance and greater health for your family?
- ❖ “Chiropractic adjustments during pregnancy help mothers feel more comfortable and mobile and encourage babies to move freely in the womb.” (23)
- ❖ “When the nervous system is not functioning well it has the potential to affect the communication channels of the body and may impact all aspects of health, including neurological development, respiratory function and the baby’s capacity to sleep, breastfeed and digest milk.” (24)
- ❖ Do you know the effect poor posture can have on your nervous system? It has a negative effect on our “well-being, overall mood and ability to concentrate or work.” (24)
- ❖ When children are using electronics it’s important to notice their posture. “Repetitive or prolonged postures while watching television and playing computer games can impact a developing spine.” (24) Being physically active helps activate and strengthen their bodies.
- ❖ We have to remember that adults aren’t the only ones who can become stressed. “Children are not immune to stress” (26) both in utero and out. Stress can have health consequences.

Are you able to apply some of these things in to your routine if you’re not already doing so? How can you help spread the message of health and wellness in your family and community?

Resources

Full references for each article are available at <http://pathwaystofamilywellness.org/references.html>

Pathways to Family Wellness Magazine is published by the ICPA (International Chiropractic Pediatric Association). On their website you can find links to wellness articles, chiropractic research, wellness research as well as our chiropractor directory. This is a great link if you want to spread the word to friends and family about the benefits of chiropractic care <http://icpa4kids.org/>

Peer-reviewed research and other information dealing with the concepts of health, wellness, and vertebral subluxation as they relate to children, mothering and families:

<http://www.chiropracticpediatricresearch.net/>

The Institute for Responsible Technology is a world leader in educating policy makers and the public about genetically modified (GM) foods and crops <http://www.responsibletechnology.org/>

Fluoride Action Network provides comprehensive and up-to-date information and also remains vigilant in monitoring government agency actions that impact the public's exposure to fluoride.

<http://fluoridealert.org/>

The goal of A Campaign for Real Milk is universal access to clean raw whole milk from pasture-fed cows, especially access for pregnant and nursing mothers and for babies and growing children.

<http://www.realmilk.com/>

The Weston A. Price Foundation is dedicated to restoring nutrient-dense foods to the human diet through education, research and activism. <http://www.westonaprice.org/>

Mercola aims to provide the most up to date natural health information and resources that will most benefit you and, exposing corporate, government and mass media hype that diverts you away from what is truly best for your health and often to a path that leads straight into an early grave.

<http://www.mercola.com/>

“Happy Healthy Child: A Holistic Approach” interview with Bruce Lipton, Ph.D.

<http://pathwaystofamilywellness.org/Children-s-Health-Wellness/happy-healthy-child-a-holistic-approach.html>

“What’s in Your Basket?” An Exclusive Interview with Jeffrey M. Smith

<https://pathwaystofamilywellness.org/Nutrition/whats-in-your-basket-an-exclusive-interview-with-jeffrey-m-smith.html>

“Eliminate the Fear, Not the Fever” by Susan Markel, MD

<http://pathwaystofamilywellness.org/Children-s-Health-Wellness/eliminate-the-fear-not-the-fever.html>