



August/September 2010

# W.O.W.

## Way Of Wellness Newsletter

### When to Start Chiropractic Care

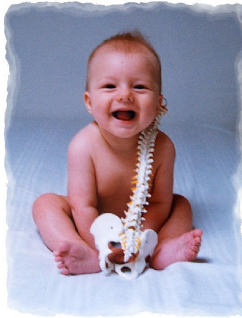
Children should have a chiropractic examination as soon after birth as possible. Spinal trauma to an infant's spine can occur during the birth process as well as from any number of tumbles while learning to sit or walk. Youngsters suffer numerous accidents and falls while learning to ride bike, or even while jumping or running during play. But after the tears have dried, underlying injuries, such as subluxations, go undetected during the spine's most formative period.

Your child's spine grows almost 50% in length during their first year (the equivalent of a six-footer growing to nine feet in just 12 months!). It's this kind of tremendous growth, along with developmental changes, which make continued chiropractic examinations so important in the early stages of life.

It is especially important to have your child under chiropractic care when they take part in athletic activities. The "sack" of a quarterback could twist a young spine. A softball pitcher could throw a vertebra out of alignment. Chiropractic can do more than correct these problems; it can also help improve performance on and off the field by helping the body function at its optimum level, naturally without stress and drugs.

Through regular adjustments, as well as awareness about diet, exercise and posture, Chiropractic can help you raise a child free of subluxations whose body is structurally and functionally sound. Your child will also learn good health habits at an early age, which will be very beneficial to them in adulthood.

**Naturally Chiropractic**  
Dr. Stephanie West  
404 W. Superior St., Ste. 225  
Duluth, MN 55802  
Phone: 218-722-2004  
www.naturallychiro.com



### Why Should Children See a Chiropractor?

More and more parents are seeking chiropractic care for their children and with good reason. Many spinal problems seen in adults began as early as birth. Even so called 'natural' birthing methods can stress an infant's spine and developing nerve system. The resulting irritation to the nerve system caused by spinal and cranial misalignment can be the cause of many newborn health complaints. Colic, breathing problems, nursing difficulties, sleep disturbances, allergic reactions and chronic infections can often be traced to nerve system stress.

Since significant spinal trauma can occur at birth, many parents have their newborns checked right away. As the infant grows, learning to hold up the head, sit, crawl and walk are all activities that affect spinal alignment and are important times to have a child checked by a Chiropractor.

As the child begins to participate in regular childhood activities like skating or riding a bike, small yet significant spinal misalignments (subluxations) may occur. If neglected, the injuries during this period of rapid growth may lead to more serious problems later in life. Subtle trauma throughout childhood will affect the future development of the spine leading to impaired nervous system function. Any interference to the vital nerve system will adversely affect the body's ability to function at its best.

One of the most common reasons parents seek care for their child is trauma from an injury of some sort. These misalignments may or may not result in immediate pain or symptoms. Regular chiropractic checkups can identify potential spinal injury from these traumas, make the correction early in life and help avoid many of the health complaints seen later in adults. Proper spinal hygiene is an important key to better health for a lifetime.

Another sought out reason for care is the resolution of a particular symptom or condition. Parents seek care for conditions such as colic, ear infections, asthma, allergies and headaches (just to name a few) because they have heard from other parents that chiropractic care can help. Numerous medical studies confirm chiropractic's effectiveness.

It is important to understand that the doctor of chiropractic does not treat conditions or diseases. The expertise of the chiropractor is in checking the child's spine for misalignments that impair nervous system function therefore affecting overall body function. The bones of the spine, the vertebrae, house and protect the spinal cord. The spinal cord is an extension of the brain and carries information from the brain to the body parts and back to the brain again. Subluxations interfere with the nerves' ability to transmit this vital information.

The nerve system controls and coordinates the function of all the systems in the body: circulatory, respiratory, digestive, hormonal, eliminative and the immune system. Any aspect of health may be impaired by nerve interference. The chiropractic adjustment restores nerve system function allowing the body the ability to express a greater state of health and well-being.

## The Birthday of Chiropractic

*On September 18, 1895, in the city of Davenport, Iowa, Daniel David (D.D.) Palmer, an immigrant from Canada, performed the first specific adjustment! Chiropractic was born!*

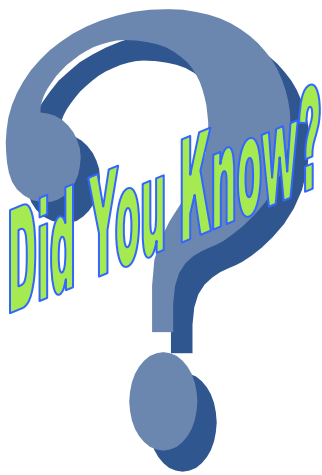
**Chiropractic...serving you and your family since 1895.**

### Perseverance and a Positive Attitude

October is National Positive Attitude Month and there is no better time to look at the bright side. After all, we all face struggles, challenges and hardships. What matters most is how we persevere during the hard times. Every great accomplishment was accompanied by some sort of hardship or disappointment.

Consider the story of Thomas Edison...**Did you know**, Thomas Edison, the greatest inventor in the history of mankind, **failed around 10,000 times** in his struggle to invent the light bulb? You will be surprised to know that this great man had **formal schooling** of only 3 months in his lifetime. And, you will be even more surprised to know that he was a **partially deaf 4 year-old boy** who returned one day from school with a note from his teacher. The note read, "Your Tommy is **too stupid to learn**, take him out from school". His mother taught him at home from that time forward.

Thus, the success story of every great man is **full of disappointments, failures, setbacks, and betrayal**. Had Thomas Edison, and his mother, given in to the negative thoughts of others, we would not enjoy the benefits of the light bulb, or the many advances that came from its introduction, today. Yes, without struggle there is no success.



### The Power of Thinking Positive

A positive mental attitude (PMA) helps to cope more easily with the daily affairs of life. It brings optimism into your life, and makes it easier to avoid worry and negative thinking. If you adopt it as a way of life, it will bring constructive changes into your life, and makes you happier, brighter and more successful.

With a positive attitude you see the bright side of life, become optimistic and expect the best to happen. It is certainly a state of mind that is well worth developing and strengthening.

Positive attitude manifests in the following ways:

- Positive thinking
- Constructive thinking
- Creative thinking
- Expecting success
- Optimism
- Motivation to accomplish your goals
- Being inspired
- Choosing happiness
- Not giving up
- Believing in yourself and in your abilities
- Looking for solutions
- Seeing opportunities
- Displaying self-esteem and confidence
- Looking at failure and problems as blessings in disguise

A positive attitude leads to happiness and success and can change your whole life. If you look at the bright side of life, your whole life becomes filled with light. This light affects not only you and the way you look at the world, but also your whole environment and the people around you. If it is strong enough, it becomes contagious.

**"If you change the way you look at things, the things you look at change."**

Wayne Dyer

### Morning Power Questions

Spending time each day on our emotional health is essential to living a happy life. This is especially important during stressful times in our lives, when we are faced with life challenges as a result of our health, school, career and family.

We typically don't leave a lot of time to recognize the best parts of our lives. Take 5-10 minutes each morning to ask yourself these questions. Soon you will see the good things in life are all around you.

- ☼ What am I happy about in my life right now?
- ☼ What am I excited about in my life right now?
- ☼ What am I committed to in my life right now?
- ☼ What am I enjoying most in my life right now?
- ☼ What am I proud about in my life?
- ☼ What am I grateful about in my life?
- ☼ Who do I love and who loves me?

*Start your day  
in a powerful way!*

