

# 3 Reasons to Get Your Child's Spine Checked

**Increased Immunity:** Colds, flu, and allergies oh my! From school year germs to seasonal allergies; from the weather getting chillier to less fresh air in our homes, we want to protect ourselves and our children from getting sick. Regular chiropractic adjustments are an amazing way to support and strengthen our immune system. The nervous system is the master control system of the body, it monitors what is happening in the body and tells the body what to do, thus it is vital that the brain and the nervous system can control the immune system. This can give your body the best chance to deal with viruses, bacteria or allergens. Chiropractors are doctors specifically trained to remove interference to the nervous system. These interferences are called subluxations. Not only can regular chiropractic adjustments allow the two systems to communicate more optimally but studies show that regular chiropractic adjustments can cause an increase in one's white blood cell count. White blood cells are the cells of the immune system that protect that body from infectious disease and foreign invaders. Give yourself and your kids the best chance to get through cold and flu season unscathed by getting your spine checked by your chiropractor.



## **Decreased Injury:**

Sports and playground falls, injuries happen! But did you know that regular chiropractic care can help decrease the incidence



and intensity of injuries? Regular chiropractic adjustments can not only reduce injury by increasing flexibility, strength, balance and coordination. It also allows for quicker healing times if an injury does occur. It is even

more important for young athletes to get checked since they are more prone to injury due to inexperience and limited coordination. Did you know that experts estimate that 90% of world class athletes have received chiropractic care? To quote Tom Brady, "As long as I see the chiropractor, I'm one step ahead of the game!".

**Strong Start to Life:** Most of us experience our first subluxation during the birthing process. It is vital that we all correct subluxations with regular chiropractic adjustments to remove any interference in the communication between the brain and the body. Removing this interference allows our bodies to grow and adapt optimally. It is therefore a great idea to get a baby checked as soon as possible to support their healthy growth and function. In our office we frequently see infants as young as 1 day old! We have experienced that infants that get adjusted experience a decrease in symptoms of colic, are more in alignment, and sleep more soundly. Adjusting subluxations in an infant is extremely gentle. Many babies sleep through the process of getting checked and adjusted.

