

Berthiaume

Chiropractic

POTENTIAL FOR OUTRAGEOUS HEALTH

Most chiropractic patients are familiar with the word "subluxation." Chiropractors detect and correct subluxations. A subluxation is a subtle misalignment of the spine or the joints in the extremities. When the joint is not moving correctly the information sent to the brain is not healthy and the brain may develop integrative lesions or in simpler terms, areas that don't talk to each other and the body as well. Because the brain is responsible for controlling all health in the body, these areas may not regulate body function as well. This may result in immediate problems or over long periods of time cause disease and poor health. These subluxations, along with toxins, trauma and poor nutrition can cause a slow gradual decline in health potential. This process can take years before it manifests as actual disease and there may be irreparable tissue damage.

Babies are born with outrageous health potential. The decisions that are made from the first breath will affect the health of the child for the rest of his or her life. If the baby is subluxated during the birth process (or even from poor positioning in the uterus) this slow gradual decline in health begins. Add trauma, toxins and poor food choices and this process accelerates.

Trauma is often considered a single event, such as a car accident, fall, or a blow to the head or body. However, trauma can also be a repetitive small injury. Many activities babies are subjected to cause trauma to spine and musculoskeletal system. Activities such as sitting a baby up too soon, bouncing them on a lap, standing them up, and placing them in a walker or jumper can cause trauma that may not be obvious. Fifty percent of all babies fall on their heads in the first year of life.

Our world is full of toxins and even with the best effort it may no longer be possible to prevent exposure. Babies are especially susceptible to toxins because of the number of new cells being developed daily in order for the baby to grow. Air is very polluted and it is difficult to protect from. Food supply is not only exhausted of nutrients but also loaded with chemicals. It is even doubtful that organic food is free of chemicals because of the pervasive pollution of rain, air, and soil. Even the very baby clothes put on a child are treated with chemicals for a number of reasons. Vaccinations are toxic and permanently alter the immune system.

Food choices are critically important. It is important to breastfeed a baby as long as possible. Mother's milk is the perfect food and (mom takes care of her nutrition and toxin status) may be the most toxin free. There is much discussion about children's nutrition, however, Minimal sugar, no artificial coloring, no trans fats, no MSG, and lots of fresh fruits and vegetables, adequate protein sources, and supplementation with Omega Three fats are critical to good health.

We all have the potential for outrageous health. Unfortunately we often begin to attempt to have good health when we already are in poor health and unwilling to take the drastic measures needed. As responsible people we need to guard our children's health potential as we guard their lives. Responsible parents have their children checked by their family chiropractor at birth and throughout their lives. The family chiropractor is also a good advisor on avoiding toxins and good nutrition. Don't we adults all wish our parents had joined with a family chiropractor to ensure that we had outrageous health potential as adults?

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