

The Wellness Express™



Jump on the train to good health

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Learning Disorders - A Growing Epidemic

Presented by: Total Health Systems

Introduction

Childhood neurological, learning and psychological disorders have gone from rare occurrences to epidemic proportion in a little more than one generation. Three to seven percent of US children are considered to have ADHD (not including other disorders)¹ with some estimates going as high as 15%.² Children with ADHD often continue with symptoms into adulthood. Between 6.5 million and 9 million adults in the US have ADHD.³

Is Drugging Our Children The Answer?

Psychiatric drugs such as Ritalin™ (methylphenidate) are given to children to treat their symptoms. However, according to Peter R. Breggin, MD these drugs can be dangerous and may cause drug-induced behavioral disorders, psychosis, mania, drug abuse, permanent neurological tics (Tourette Syndrome), growth retardation and addiction. Other side effects include loss of appetite, blurred vision, dizziness, lightheadedness, headache, dry mouth, stomach upset, sleeplessness, irritability, constipation, weight loss, chest pain, nervousness, pounding heart, difficulty urinating, mood changes and yellowing eyes and skin. Children on Ritalin™ may become robotic, lethargic, depressed or withdrawn. The drugs given to hyperactive children can frequently cause the very same problems they are supposed to treat: inattention, hyperactivity and impulsivity.⁴

Many parents are concerned about drugging their children for years and possible drug abuse and dependency. "Is there another way," they ask?

The Chiropractic Approach

For decades clinicians and parents have reported on the effectiveness of chiropractic care for children with many kinds of neurological conditions including learning disorders, hyperactivity, dyslexia, inability to concentrate and behavior problems. Some of the below case histories that have appeared in peer review journals underline chiropractic's effectiveness with improving brain function.

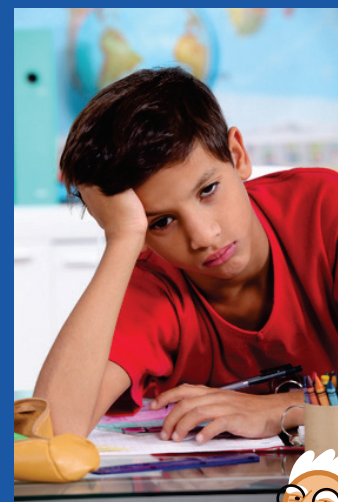
Case Histories

A 5-year-old boy diagnosed with ADHD, difficult behavior and facial tics. He was on methylphenidate (Ritalin), Adderall, and Haldol for 3 years. After eight weeks of chiropractic care his facial tics resolved and his behavior vastly improved. The child's pediatrician said he no longer exhibited ADHD symptoms.⁵

An 8-year-old boy with many learning and behavioral disorders associated with ADHD that seemed to begin after a fall. 18 months prior. For 18 months the child's symptoms had remained virtually unchanged. After two months of chiropractic care his mother noted positive changes in behavior and reduction in his complaints of headaches and neck pain. In addition,



ADHD in Children

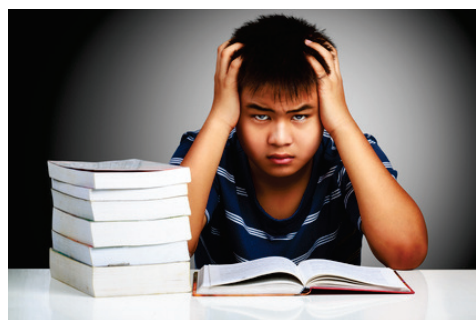


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reports from his teachers remarked on the positive changes in his behavior and improvements in academic performance.⁶

Literature Review

Several published studies reported positive effects of chiropractic care in individuals suffering from learning disabilities and dyslexia.⁷ Also patients with abnormal ADHD scores noted significant changes after 2 months of care with 88% becoming completely normalized.⁸



Research Studies

One of the earliest and most dramatic studies on the benefits of chiropractic care occurred in a Kentucky reform school after 244 children were given chiropractic care. The results so impressed the teachers that they wrote a letter to the governor requesting full time chiropractic care at the school. They wrote (in part), “[The students] improved in health...school work...there has been a marked improvement in their moral life.”⁹

While the exact mechanisms of how chiropractic improves brain function are unknown, present research indicates that chiropractic appears to improve blood flow to the brain and therefore reduces anxiety.^{10, 11} Chiropractic adjustments appear to balance nerve reflexes in the spinal cord.¹² Other mechanisms may be involved as well.

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In Conclusion

Chiropractic, by releasing stress on the brain, spinal cord and related nerves and structures, can benefit all children and adults, especially those suffering from neurological disorders.

In addition to working with chiropractors, parents are enlisting the help of nutritionists, homeopaths, craniosacral therapists, medical doctors and other healers to improve their family’s life expression.

While seriously afflicted individuals certainly benefit from chiropractic care, so-called “normal” or “average” children benefit as well. Students are better able to realize their full potential. All children should visit a chiropractor for a check-up; all children deserve the benefits of chiropractic.



Quote to Inspire

*“It’s not our disabilities;
it’s our abilities
that count.”*

Chris Burke

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