

Naturally Raising a Healthy Family

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A little about me...



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FAMILY CHIROPRACTIC

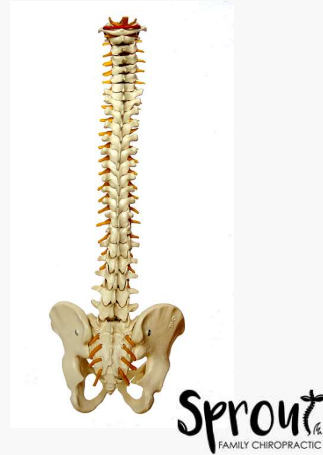
A little about you...

Chiropractic care?

Pediatric
chiropractic care?

Why?

How?



Goals for today...

HOW TO PRIORITIZE HEALTH AND WELLNESS AT EACH
STAGE OF RAISING YOUR KIDS!

- How does chiropractic work?
- What are the benefits of chiropractic...
 - BEFORE BABY
 - DURING THE FIRST YEAR
 - FOR "BIGGER" LITTLE ONES
 - FOR OLDER KIDS
 - FOR PARENTS

ANSWER ANY QUESTIONS YOU HAVE!



Our Amazing Bodies...

- 50,000 cells in your body will die and be replaced with new cells in the time it takes you to read this sentence!
- There are 45 miles of nerves in the skin of a human being!
- A sneeze zooms out of your nose at over 100 m.p.h.!
- We are constantly recreating ourselves – we make a new skeleton in 3 months, new skin in 1 month!

Why, when we get sick, don't we have more faith in our own amazing body?

- Cutting finger with a knife
- Pregnancy

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Central Nervous System is the Communication Center...

BRAIN

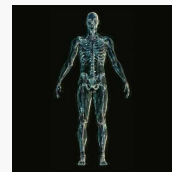
- Coordinates and creates harmony between every cell, tissue, organ and system
- *Heals the cut and grows the baby*

SPINAL CORD AND NERVES

- Communicate messages throughout the body

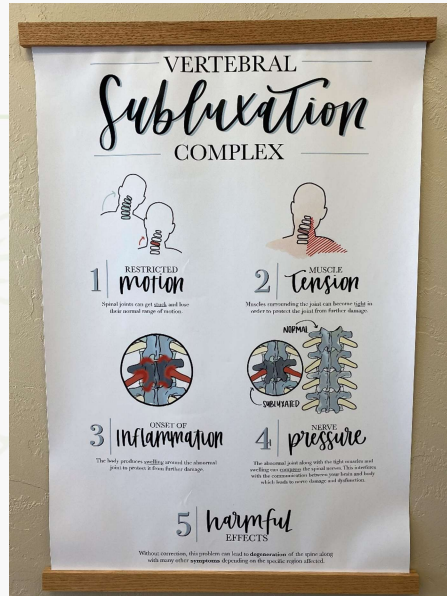
BONES

- Protect the nervous system



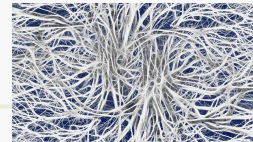
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Subluxation...



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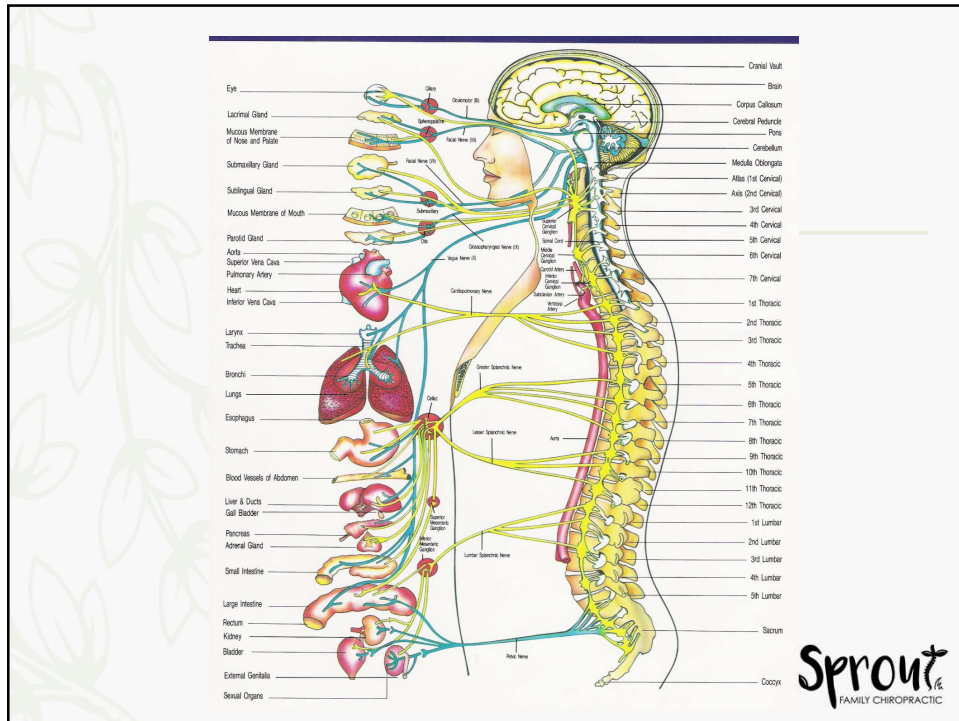
SO WHAT?



Subluxations are like "blown circuits" in your spine.

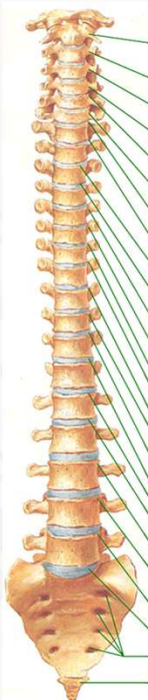
They interfere with the spinal nerves which disrupts the flow of information coming to and from your brain.

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All systems of the body—muscular, glandular, respiratory, circulatory, digestive, eliminatory, hormonal and immunological—depend on the optimal function of the nervous system.

Find a chiropractor:
icpa4kids.org



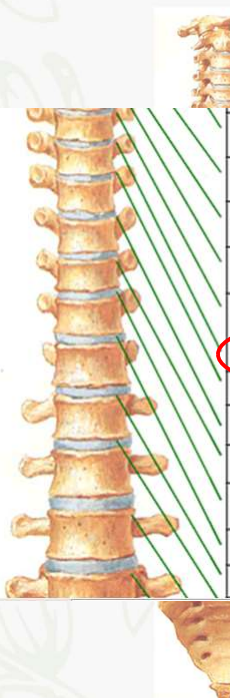
| Spinal Bone | Nerve Supply | Common Warning Signs |
|-------------|-------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|
| C1 | Blood supply to the head, pituitary gland, scalp, bones of the face, brain, inner ear and middle ear. | • Headaches • insomnia • high blood pressure • Migraines • chronic fatigue • dizziness |
| C2 | Eyes, ears, sinuses, tongue, forehead | • Sinusitis • ear aches • pain around the eyes • Vision problems • hearing problems |
| C3 | Cheeks, outer ear, face bones, teeth, facial nerves. | • Neuralgia • pimples • eczema |
| C4 | Nose, lips, mouth, Eustachian tube | • Hay fever • runny nose • hearing loss • Adenoids |
| C5 | Vocal cords, neck, glands, pharynx | • Sore throat • laryngitis • hoarseness |
| C6 | Neck muscles, shoulders, tonsils | • Stiff neck • arm pain • tonsillitis • Persistent cough |
| C7 | Thyroid gland, shoulder bursa, elbows | • Bursitis • colds • thyroid conditions |
| T1 | Forearms, hands, wrists, fingers, esophagus, trachea | • Arm and hand pain • difficulty breathing • Shortness of breath • asthma |
| T2 | Heart, coronary arteries | • Heart conditions • chest conditions |
| T3 | Lungs, bronchial tubes, pleura, chest | • Bronchitis • pleurisy • pneumonia • Congestion |
| T4 | Gallbladder | • Gallbladder conditions • jaundice • Shingles |
| T5 | Liver, solar plexus, circulation | • Liver conditions • blood pressure conditions • poor circulation |
| T6 | Stomach | • Indigestion • heartburn • dyspepsia |
| T7 | Pancreas, duodenum | • Ulcers • gastritis |
| T8 | Spleen | • Lower resistance |
| T9 | Adrenal glands | • Allergies • chronic fatigue |
| T10 | Kidneys | • Kidney problems • hardening of the arteries • fatigue • nephritis |
| T11 | Kidneys, ureters | • Skin conditions • eczema • pimples |
| T12 | Small intestines, lymph circulation | • Rheumatism • gas pains |
| L1 | Large intestines, inguinal rings | • Colitis • diarrhea • hernia |
| L2 | Appendix, abdomen, thigh | • Cramps • varicose veins • leg pain |
| L3 | Sex organs, uterus, bladder, knees | • Menstrual pains • irregular periods • miscarriages • impotency • knee pain |
| L4 | Prostate gland, lower back | • Back pain • difficulty, painful or frequent urination |
| L5 | Lower back, buttocks, thighs, legs, feet, sciatic nerve, large intestine | • Back pain • leg pain • constipation |
| Sacrum | Hip bones, buttocks | • Sacroiliac conditions • back pain • Hip pain |
| Coccyx | Rectum, anus | • Hemorrhoids • tail bone pain |

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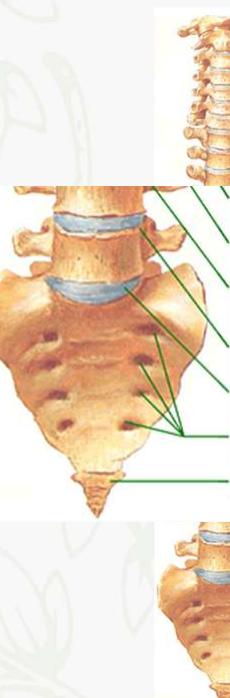
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Diagnosis: Subluxation...

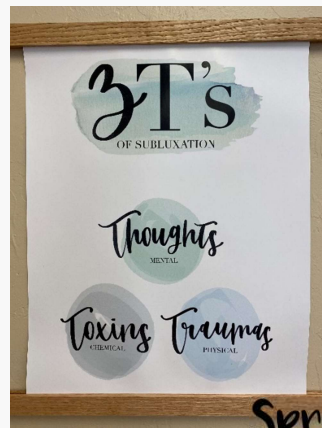
WHAT IS THE CAUSE?

...STRESS!

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What Does Stress Have To Do With It?

- Identify and manage stressors
- "3T's"
- Can we eliminate stress?
- NO! You can't eliminate stress.
- Chiropractic can help manage stressors by increasing your threshold for stress.



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Subluxation Facts.

- The nervous system controls everything in how the body works.
- Subluxation affects the proper function of the nervous system.
- How do we “fix” subluxation?



THAT'S WHERE CHIROPRACTIC COMES IN!

Chiropractors are the only providers in the world that are specifically trained to locate, analyze, and correct vertebral subluxations.

DO'S AND SOME PTS WILL MANIPULATE THE SPINE. BUT
CHIROPRACTIC PHILOSOPHY FOCUSES ON THE WHOLE
BODY AND RECOGNIZES THE ROLE OF STRESS ON OUR
BODY'S ABILITY TO ADAPT.



Subluxation Facts.

The objective of the chiropractic adjustment is to reduce stress to the nerve system so that the body can regain optimal performance and therefore improve its potential for healing and wellness.



Find a chiropractor:
icpa4kids.org

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“Doctor of Chiropractic”

- Graduate from 4 year college
- Graduate from accredited chiropractic school
- Medical students = pharmacology
- Chiropractic students = hands-on techniques
- 900 hours of work in a chiropractic clinic during education
- Pass written and oral board
 - National
 - State

Chiropractic Education VS Medical Education

| Chiropractic Education Class Hours | Subject | Medical Education Class Hours |
|-----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|
| 520 | Anatomy | 508 |
| 420 | Physiology | 326 |
| 271 | Pathology | 335 |
| 300 | Chemistry | 325 |
| 114 | Bacteriology | 130 |
| 370 | Diagnosis | 374 |
| 320 | Neurology | 112 |
| 217 | X-Ray | 148 |
| 65 | Psychiatry | 144 |
| 65 | Obstetrics & Gynecology | 198 |
| 225 | Orthopedics | 156 |
| 2,887 | TOTAL HOURS | 2,756 |
| <i>Adjusting, Manipulation, Kinesiology, and other similar basic subjects related to their specialty.</i> | Other required subjects for doctors of medicine/doctors of chiropractic | <i>Pharmacology, Immunology, general surgery, and other similar basic subjects related to their specialty.</i> |
| 4,485 | GRAND TOTAL CLASS HOURS | 4,248 |

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What does Sprout Family Chiropractic look like?

- Moms (Webster Technique)
- Newborns
- Infants
- Children
- Families – Dads, grandmas, grandpas, etc



CACCP Certification by the Academy Council of Chiropractic Pediatrics

- ICPA – International Chiropractic Pediatric Association
- Designed to expand professional ability in adjusting techniques, evaluation, and assessment of different stages of development: from pregnancy, birth, infancy throughout childhood
- ICPA seminars are taught from the **salutogenic perspective** (*an approach to wellness focusing on health and not on disease*)
- Focuses on strategies, environments and lifestyle choices that empower individuals to experience the full spectrum of life.



CACCP

Certification by the Academy Council of Chiropractic Pediatrics

- Requirements:
 - 15 In-Person Seminar
 - *Perinatal Care with Webster Certification
 - The Essentials of Chiropractic: Adjusting the Infant and Education in the Perinatal Period
 - Advanced Spinal Assessment for the Infant and Child
 - Techniques: Thompson and Logan with Infant Exam
 - Enhancing Pediatric Neuroplasticity
 - Perinatal Neuroimmunology: Patterns of Interference
 - Neurology of the VSC & Thompson Technique 2
 - Assessing and Reducing Risk in the Chiropractic Family Practice
 - Developmental Neurobiology
 - Perinatal Health: Epigenetics and Parental Nutrition
 - Advanced Perinatal Clinical Application
 - Cranial Eval & Adjusting Protocols for the Infant and Child
 - Building the Chiropractic Family Practice
 - Research: Evidence-Informed Practice
 - Clinical Certainty Through Functional Assessment
 - Connecting with Parents, the Baby, and Supportive Care Providers
 - Pregnancy, Birth, and Infancy from the Baby's Perspective
- 1 Final Exam

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QUESTION BREAK



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Health and Wellness at Each Stage of Raising A Family



BEFORE BABY

DURING THE FIRST YEAR



FOR "BIGGER" LITTLE ONES

FOR OLDER KIDS



FOR PARENTS

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BEFORE BABY

(PREGNANCY)

- Nutritional Support
 - Folate
- Pain
 - Neck, midback, low back, headaches
- Breech presentation
 - Webster Technique

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PEDIATRIC (First Year)



- Birth is traumatic.
- Initial evaluation (spine, cranial bones, primitive reflexes, lip/buccal/tongue tie eval)
- Meeting developmental milestones through a healthy nervous system.
 - Tummy time (1 hour/day by 3 months old)
 - Rolling → Sitting → Crawling → Standing → Walking

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 - Rolling → Sitting → Crawling → Standing → Walking

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PEDIATRIC

(First Year)



- Pediatric adjustments look different than adult adjustments.
- Checking tomato/avocado ripeness
- Gentle, safe, effective

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PEDIATRIC

(Elementary School Age)

- ▶ Wellness
- ▶ Bedwetting
 - ▶ Causes include physical and emotional trauma
 - ▶ Bladder is consciously and unconsciously innervated
- ▶ Avoid food dyes especially for already hyperactive children
 - ▶ Toothpastes, crackers, pickles, yogurt, potato chips, pastas
 - ▶ Red 40, Yellow 5, and Yellow 6
 - ▶ Most popular = 90%+ of the market
 - ▶ Contribute to hyperactivity, increased cancer risk and other health problems

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PEDIATRIC

(Middle School/High School Age)

- ▶ Wellness
- ▶ Support athletes/repetitive extracurriculars
 - ▶ Adjustments improve flexibility to reduce likelihood of injury
 - ▶ Ex. 9 year old competitive twirler (top 5 in the country)
- ▶ Electronic use
 - ▶ Poor posture = ↑ nervous system load
 - ▶ 2 inch anterior head carriage = 30+ lbs pressure on the spine
- ▶ Stress
 - ▶ Regular and specific chiropractic care
 - ▶ Manage age specific stress
 - ▶ Support "rest and digest"/avoid "fight or flight"

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POSTPARTUM + PARENTS

- ▶ Chiropractic care ASAP
 - ▶ Only two visits in the first 6 weeks post partum in medical model
 - ▶ "Nursing neck"
 - ▶ Sleep: awkward positions and not enough!
- ▶ Mental health screening
- ▶ Parents are in the trenches!
 - ▶ Take care of yourself so you can take care of your family



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IN CLOSING

- ▶ Sprout Family Chiropractic
 - ▶ Supporting parents raise healthy families through chiropractic care
 - ▶ Recognizing the whole person needs to be well (mind and body)
 - ▶ Connecting patients with amazing resources in the community
 - ▶ Follow us on Facebook and Instagram @sproutfamilychiro
 - ▶ Specific Questions?
 - ▶ Schedule a free consult at www.sproutfamilychiro.com
 - ▶ Email at drkali@sproutfamilychiro.com

THANK YOU!
Q & A!



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