

## Keeping Your Baby Well



*“My baby has no problems,  
so why do I need to see a  
chiropractor?”*

**T**his is a common question asked by people who have well children. There are specific reasons why a chiropractor can be of assistance to well children.

### Preventative Health Care

In western society, current medical practice has moulded the way we think about disease, sickness, healthcare and also wellness. Because of this, the notion of taking a happy thriving baby to a doctor of any kind at first thought seems strange and unnecessary. There are, however, compelling reasons why regular, chiropractic check-ups of a well baby make very good sense. To understand these reasons it is necessary to think differently about how we look after our health. This involves attempting to prevent disease and have children obtain optimum health rather than trying to cure them when they get sick.

### What is a Subluxation?

One of the bodies major systems is the spine. It is vital to the entire bodies operation. If the spine is not functioning properly it can irritate your baby's nervous system, called a subluxation. Subluxation can occur for all sorts of reasons.

The normal birth process, a fall or even a viral infection can cause a subluxation. Breastfed babies can also be affected by stress in the nursing mother which may result in a subluxation.

### Symptoms

If your child develops such a problem, symptoms may not appear for years or they may be obvious immediately. The sort of problems that may arise from the subluxation will usually depend on the age of your baby. In the very young it is commonly associated with colic, irritability, constipation and sleep disturbance. In older children it may be seen as intoeing, clumsiness, bed wetting, headache, constipation, recurrent ear infections and a host of other problems.

To give your baby a subluxation free start to life is one of the best ways to help prevent disease and promote good health.

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