



Kids First!



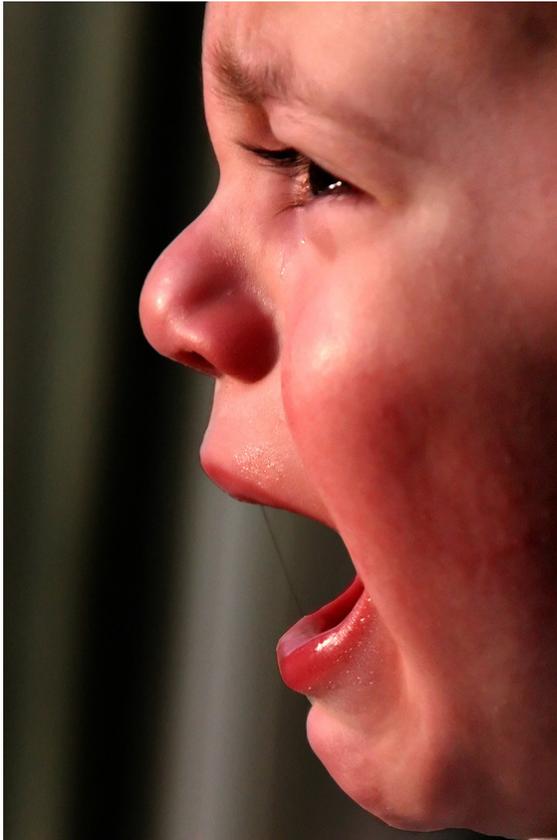
OUR FAMILY NEWSLETTER

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My Mission is to help as many people in my lifetime as I can – especially children!

Last month I covered the topic of Chronic and Recurring Ear Infections – a very controversial and little understood issue that tends to tug a parents' heart strings more than anything else. So, let's continue what we started last month:

Chronic Ear Infections – cont'd



"The bottom line was there wasn't any difference in the development outcomes as best we could measure them at age 3," said Dr. Jack Paradise of Children's Hospital of Pittsburgh.

Dr. Paradise, however, warned that there is a risk of complications from the anesthesia – you do not want to hear these.

"Also, the tubes sometimes leave perforations in the eardrums or scar them, or cause chronic drainage from the ear. If tubes were absolutely harmless and free, then I think you might say, 'Well, let's have the tubes to be sure,'" Paradise said. "But tubes themselves carry risk and, of course, there's cost involved. So it becomes a matter of.....which set of risks would you rather take?" Hmmm.....

Paradise said he would hold off inserting tubes if the only concern was developmental problems from hearing loss. There you have it! Yet millions of these operations are performed in Canada and the United States each year when controlled clinical studies have determined that there was "no benefit gained from the surgical placement of tubes."

As a matter of fact, they actually create complications Paradise mentioned - such as scar formation on the eardrum leading to hearing loss. Not a desirable side effect! The biggest problem with these medical treatments is that they attempt to interfere with the body's own healing ability and discount the power of the body to heal all by itself! As a result, they're not effective!

Let's look at this closely: The Eustachian tube (the small tube which connects the nasal cavity to the inner ear) is at a different angle in children and, therefore, they are prone to infections - at least that is what most parents are told.

(If that was the reason for ear infections, then ALL children would have ear infections until the tube matured. And that is simply not the case!) The other reason parents are given as to why their children have chronic ear infections is that it is just a normal part of childhood.

Nonsense!

OR: *“Your child has a tendency toward ear infections so we’ll just put him on a low dose of antibiotics as a preventive measure.”*

(That is dangerous thinking).



Research indicates that children, who have been given antibiotics prior to their first birthday, have a tendency to develop Asthma as a result.

I'll tell you what is true: The normal propensity is NOT to have ear infections!

From my perspective as a Chiropractor, I see ear infections as a malfunction of the immune system and lowered resistance. In other words, the child's body is not able to fight off or prevent the infection on its own.

The main cause of lowered immune resistance in a child is nervous system interference most often from a Vertebral Subluxation caused by the process of delivery.

Yes, birth.

It can be very traumatic. The stress of the average, uncomplicated delivery can cause a vertebral subluxation of the delicate segments of a baby's spine, thereby affecting the way a child's nervous system and immune system react to the world around him. In their landmark research done as early as 1987, Drs. Gutman and Biedermann, two German researchers, examined hundreds of newborn infants and concluded that, "an unhealthy spine at birth causes lowered resistance to infection, especially ear, nose, and throat infection." (Gutman, G., Blocked Atlantal Nerve Syndromes in Babies and Infants, Manuelle Medizin, 1987,)

I'll continue our discussion of Chronic Ear Infections in the next issue. Please stay tuned!

BOOST YOUR KIDS' IMMUNITY

Schools are a favoured playground for germs and viruses. Now that class is back in session, parents will want to do all they can to help their kids from getting sick.

To keep little ones' immune systems strong, Aviva Allen, a Toronto nutritionist who specializes in child nutrition, advises parents pack lunches with as many whole foods as possible and avoid processed foods, especially if they contain refined sugar.

“White sugar will suppress the immune system,” says Allen.

While a balanced diet is key to revving up the body's natural ability to fend off disease, Allen says there are four key nutrients essential for boosting immunity. (I will continue in the next issue)

