

Wellness News

MASSAGE IS BACK AT
SPINAL HEALTH CARE CENTER!
Call to schedule your massage
today!

Spinal Health Care Center • May 2011

May is Child and Family Wellness Month!

Spring is the perfect time for a fresh start! Take a look at your family members--mothers, sons, aunts, grandfathers--how healthy are they? Are they emotionally happy, physically fit, and socially involved? Could they benefit from a Wellness Screening? Spinal Health Care Center offers scans and consultations that help identify interferences in the body which may be making a part of your or your loved ones unhealthy, even if they don't feel it! From April 16th-21th Dr. Doug will be offering discounted Wellness Screenings to get the whole family "back" on track. Pass it on!

Whole Family Chiropractic Wellness Screening!

May 16th-21th

Wellness screening package for the whole family. For new & returning patients. All ages welcome!

Includes: Wellness Chiropractic Consultation, Physical & Computerized Chiropractic Examination, Chiropractic Report of Findings, & 50% off X-Rays (if necessary).

Call today to schedule a screening and take advantage of this special offer!

Chiropractic and Children

As parents and guardians, we want the best for our children. We feed them nutritious foods, give them a good education and make sure they are healthy and happy and primed for success. But even the most caring families forget a very basic piece to their child's (and their own!) wellness--spinal checkups.

"They're Too Young"

Even a newborn can benefit from a spinal checkup. Sometimes an infant's spine experiences trauma from the birth process. Stress from mechanical manipulation or even orthodox birthing procedures can cause neurological injury to the newborn.

Chiropractors have many safe and effective ways to adjust babies and young children. Studies of chiropractic care of both infants and children show immediate results in the cessation of and reduced frequency of infant **colic**, **ear**, **nose** and **throat infections**, **hyperactivity**, **vomiting** and **sleeplessness**.

Developmental milestones are the perfect time to get your baby's spine checked. Some especially important times include:

- After the **birth** process
- When the baby begins to **hold their head up**
- When the baby **sits up**
- When the baby begins to **crawl**
- When the baby begins to **stand**
- When the baby begins to **walk**



"They Don't Have Back Pain"

The spine protects billions of nerve fibers that send messages and energy to every part of the body. Subluxations (interferences of blockages) in the nervous system can lead to lowered resistance to disease, organ malfunction and sickness. It is common to have subluxations and be symptom free. Regular spinal checkups and adjustments continually show **physical** and **psychological** benefits which include positive behavioral and emotional changes in children with hyperactivity, **autism**, **anxiety**, **asthma**, **discipline problems** and lack of concentration. And all without the use of potentially harmful or damaging drugs!

If your child is experiencing any of the following conditions or symptoms, consider taking them to a chiropractor to get a wellness exam and spinal checkup.



- Vision problems
- Sinus problems
- Ear infections
- Painful joints
- Poor concentration
- Bed wetting
- Scoliosis
- Hyperactivity
- Allergies
- Headaches
- Constipation
- Fatigue
- Poor coordination
- Frequent falling

Information provided by Back Talk Systems, Inc, 2006, *Children, Infants, Scoliosis, & Ear Infections*

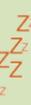
Chiro Advise for Moms-to-Be

Visit your chiropractor for a wellness exam! Before you become pregnant, your chiropractor can detect any **pre-existing imbalances** in the pelvis or elsewhere in your body that could make pregnancy discomfort even worse.

Many pregnant women have found that chiropractic **adjustments provide relief** from the increased low back pain, headaches, "morning sickness" and imbalance brought on by pregnancy. And scientific studies have found that spinal manipulation, unlike medication, carries no increased risk to the pregnant woman or her baby.

Chiropractic's **non-drug, non-surgical approach** to back pain can be especially attractive to pregnant women who are trying to avoid over-the-counter and prescription drugs. Doctors of chiropractic can also offer nutrition, ergonomic and exercise advice that will help you avoid the discomforts of pregnancy.

Three quick tips to help ease pain and discomfort during pregnancy:

-  When sleeping, lie on your side with a pillow between your knees to take pressure off your lower back. Many women find that full-length "body pillows" or "pregnancy wedges" are especially helpful during pregnancy.
-  Wear flat, sensible shoes. Not only can high or chunky heels be uncomfortable, they can also exacerbate postural imbalances and cause you to be less steady on your feet than you already are.
-  Safe exercise during pregnancy can help strengthen your muscles and prevent discomfort. Try exercising at least three times a week - preceded and followed up by a gentle stretching routine.

http://www.chiro.org/pediatrics/ABSTRACTS/Chiropractic_Advice_for_Moms.shtml

Spinal Health Care Center

Dr. Doug Smith, Chiropractor
1386 SE Lund Suite #1
Port Orchard, WA 98366

360.874.7494

spinalhealthcarecenter.com

spinalhealthcarecenter@gmail.com

Heavy Packs Hurt Backs!

*Does their pack fit?
Is your child's
backpack too heavy?
Are they wearing
their backpack
properly?*



As schoolwork mounts, backpacks grow and so does back, neck and shoulder pain in our youth. A repetitively overloaded or improperly worn backpack distributes heavy loads unevenly and causes stress on growing spinal columns. During the primary growth stage (ages 11-16), homework load and textbook size/weight increase making backpacks more problematic.

Additional research shows that by the end of their teen years, nearly 60% of youth have experienced at least one episode of low back pain, with many reporting it as a weekly occurrence.

Proper backpack wearing and appropriate weight loads keep the spine properly aligned and reduce back strain and injury now and in the future.

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Here are three factors to consider when buying a new backpack.

Make sure it fits!

Is your child being swallowed by their huge pack? A backpack should be the same proportions as your child's back, no wider than their shoulders and no longer than their waistline. Also, look for backpacks with padded shoulder straps and a waist strap for extra support.

Wear it right!

Slinging backpacks over one shoulder may be fashionable, but it places unequal stress on the spine, causing it to twist and curve to accommodate the weight of the pack. Wearing a backpack too low on the back shifts the body's center of balance and forces the spine to bow forward to keep the body from tipping backwards. Always use both straps and adjust the pack to fit high on the back, not sagging.



WRONG!



RIGHT!

Weigh it!

The proper maximum weight for loaded backpacks should not exceed 15% of the child's body weight. For example, an 80-pound child should not carry more than 12 pounds in a pack. Prioritizing the pack's content is very important to reduce excessive backpack weight. Avoid loading unnecessary items. Balance the weight of the contents if the body has to shift into unnatural postures to compensate.



www.backpacksafe.com

We continue to grow, thanks to the referrals of:

*Crystal Wright
Kate Christiansen
April Gatz*

Your trust and confidence in us is greatly appreciated! Please invite you're friends and family to call **360-874-7494** and schedule an appointment for a **FREE** consultation.