



Discover Chiropractic

Discoverkidshealth.com

How Chiropractic Honors the Health of Your Child

Health is **NOT** the absence of disease. That is a simple statement that has very important implications for the sake of your kids. If your M.D. doesn't know that true health comes from within—that you were designed to be healthy—then he doesn't know where to find health, and is only concerned with treating sickness.

Maybe some people have resigned to accept a lifetime of doctor visits and drugs, but I'm certain that they want something better for their children. Children are not destined for sickness and disease. A culture of cynicism and distrust in the body seems to pervade the practice of medicine. Please don't allow it to affect the way you view their precious birthright to be healthy. Ask a chiropractor why we are certain that your child has a natural ability to be healthy, and you might be pleasantly surprised by hope!

The truth is that we are on a journey of discovery together. Research continues to confirm many of the principles that chiropractors have been advocating since the profession began in 1895. With today's rapid exchange of communication, the different schools of thought regarding natural living are now converging, as we discover that there is broad agreement with one another and with modern science. It is an exciting time for the chiropractic profession, as research confirms our fundamental trust in nature and the human body.

Outside of regular chiropractic check-ups, I don't think that it's a surprise to anyone to hear that one of the most important keys to healthy kids is exercise. Yes, exercise will burn calories and help them maintain or lose weight, but just as important, it will properly mold their neural connections in their brains. When children jump, run or play, they are creating new connections in their brains that will not only determine whether they will be healthy, but can help forecast their whole outlook on life!

Chiropractic works with a respect for your child's



innate potential, helping to restore the spinal pathways to and from the brain and guiding your family toward what it means to live according to nature's design. The medical profession may not even "believe" in design. Your chiropractor wants to stand alongside of you and encourage your children to live up to their personal potential. We don't ask ourselves how we are going to fix your kids—because, frankly, we don't think that they're broken. We ask ourselves what has gotten in the way of your child's natural ability to express his or her birthright for health. And we are certain that each child has more potential than even you, as their proud parent, has ever fully known.

So you may eat the healthiest diet, but if the nerves that control your stomach and other digestive organs aren't working right you won't get the most out of that nutrition. Same with exercise; if the nerves controlling your heart, lungs and muscles are irritated you'll never get the most out of your workout.

No matter what you have going on, you are better off with a nervous system free of interference. That is why chiropractic is so great. Chiropractors adjust the spine to remove nervous system interference. This ensures a solid foundation for your body to grow and function right.

- Nick Spano, DC

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