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## Signposts on the Path to Health

### 10 Reasons Parents Take Healthy Children To Chiropractors

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**Some adults may wonder why more and more children are starting to see chiropractors. That's a good question and the answer is simple: whether we have a large spine or a tiny little spine, if that spine is creating nerve distress then our magnificent bodies cannot operate smoothly...**

#### **The nervous system is the 'Master Controller'**

The nervous system is the master controller of our body and if its communication channels become fuzzy, distorted or damaged then we experience all sorts of communication errors. For babies and children, this ineffective communication may play out as colic or irritability, an inability to suckle and breastfeed, poor sleep, developmental delays, digestion issues, asthma, behavioural problems, low energy, inability to concentrate, headaches, etc – the list is endless. In fact, *regardless* of what the end result or symptom may be, all roads lead back to the nervous system – to the body's ability to self-regulate and function at a peak level.

While chiropractic may be able to help with a number of health issues, our focus is not treating or curing ailments; our focus is ensuring the nervous system has every opportunity to work efficiently and effectively.

## Can you cook at night with the lights out?

For example, imagine your nervous system is like the lighting system in your home. If the lights start to dim, you might not be able to cook dinner very well, you may start banging into furniture, you may trip and hurt yourself, you may feel frightened, etc. Exactly how the dim lights influence you will vary but the issue is still the same – there is a communication problem between the wiring and the intended outcome which needs detecting and fixing.

In the same way, chiropractors spend years studying the nervous system to be able to detect and correct these 'communication errors' in the body.

## How do little kids get nerve irritation?

Nerve irritations (or vertebral subluxations) occur as a part of normal daily life. They result from physical, chemical and emotional stressors or 'insults' to our health, such as bad posture, prolonged postures, sleeping on the tummy, knocks and falls, poor food choices, dehydration, exposure to chemicals and toxins, and stress and anxiety. Even before these lifestyle stressors have an impact, nerve irritation can occur in the uterus from awkward positioning, restriction of movement, and exposure to toxins, and from birth complications such as long labours, very fast labours, or forceps or caesarean delivery.

When we appreciate how important the nervous system is and how easily it can be hindered and impaired **it makes sense that all children deserve to have a well-adjusted spine and nervous system** ... it makes sense that chiropractic is an important part of a healthy lifestyle.

## 10 reasons parents take their children to see a chiropractor:

1. To maximise their child's neural plasticity (brain and nerve development).
2. To enhance their child's overall health and wellbeing.
3. To strengthen immunity and reduce the incidence of colds, ear-aches and [general](#) illness.
4. To help with colic and Irritable Baby Syndrome.
5. To help with asthma, breathing difficulties and [allergies](#).
6. To improve spinal posture.
7. To improve their child's ability to concentrate.
8. To assist with behavioural disorders and enhance emotional wellbeing.
9. To help alleviate digestive problems.
10. To assist with bed-wetting and sleep issues.

**Your child's health is their greatest asset.** For more information about improving your child's nervous system function and general health, please see [Chiropractic & Children](#) and [Holistic Parenting](#).