



Babies need Chiropractic too!

Research finds Spinal Dysfunction in new-borns less than 3 days old!

Research shows **pregnancy and the birth process can alter the position and movement of newborns' spines**. Chiropractors check and correct spinal abnormalities (subluxations) to **reduce interference (stress)** from the central nervous system. The reduction of nervous system interference through **better spinal health allows a baby, child, or adult maximize structure, mobility, and function in their entire body**.

The **value of Chiropractic goes well beyond back pain** and neck stiffness. Men, women, and babies experience the **benefits of Chiropractic with or without spinal pain**. An intimate relationship exists between the alignment and movement of the spine, and the function of the central nervous system. **Chiropractic helps** people with a variety of conditions, disorders, and symptoms due to the role the spine plays in central nervous system function. **Understanding the lifelong benefits of Chiropractic care** involves a proactive approach to overall health care. **Small misalignments in the spine occur like cavities in teeth**. **Damage begins to happen well before pain** or symptoms arise. Optimal health involves **regular spinal check-ups and adjustments over a lifetime** to maximize function of the body through a healthy spine and nervous system.

The **most crucial moments of proactive care begin with new-born babies**. Recent research evaluated 100 healthy new-borns between 6-72 hours after birth for asymmetry and restricted motion in the spine. **91 percent of babies began their lives with abnormal symmetry and restrictions in the neck (cervical spine)**. **94 percent of these subjects experienced abnormalities in their lower spine (lumbar)**.

Evidence reflects **the importance of Chiropractic care for new-born babies** experiencing subluxations resulting from **the trauma of birth**.

Spinal dysfunctions in new-borns result from uterus strain during pregnancy. Uterine fibroids, uterine shape, and strained uterine ligaments create stress on the uterus and fetus during development. The physicality and often **traumatic birth process contribute to abnormal spinal health in babies**. Chiropractors understand this concept better than most other health professionals and reflect why Chiropractic clinics focus on the importance of



early care for children and babies who deserve the utmost attention when it comes to building a foundation of immunity and strength against disease and sickness.

Factors that contributed to the abnormal findings in the study included duration of labour, number of births for the mother, intervention during labour and birth, instruments used during delivery, foetal head position, and caesarean deliveries. **These traumatic events occur naturally but reveal the importance of checking and optimizing spine and nervous system health through Chiropractic care for women, pregnant mothers, children, and new-borns.** The study also found a significant correlation between the number of identified spinal dysfunctions and the duration of labour. **Longer the labour led to an increase in spinal dysfunction in new-borns.**

Extensive research provides evidence which showed the vast **majority of healthy new-borns have spinal mechanical problems** which may adversely influence the child's health and development. Healthy tends to describe the child's present state while Chiropractic focuses on being proactive for the future. All the babies in the aforementioned study experienced spine and nervous system abnormalities yet received a healthy grade from medical doctors because no immediate pain or stress manifested during examination. **Better neurological health with or without symptoms begins with a Chiropractic evaluation.** The best health care plans involve preventative steps to ensure healthy teeth, a healthy heart, and a healthy nervous system. **Waiting for pain usually means the road ahead will be long and difficult.** The identification and treatment of spinal subluxations through Chiropractic care leads to improved health outcomes in newborns, babies, children, and adults. **Over 120 years of science and research prove that Chiropractic works.**