

Downtown Chiropractic

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The Benefits of Childhood Chiropractic...

- Build up the immune system and avoid antibiotics
- Help with common childhood ailments (i.e. colds, ear infections, asthma) and other problems (i.e. anxiety, bed-wetting, learning disabilities)
- Learn preventative health habits at a young age
- Allow for the opportunity for maximum potential for well-being



Pregnancy & Children

With the elasticity of youth, a child is able to bounce back from falls more easily than an adult. But with repeated stumbles, underlying injuries can go undetected, leading to vertebral subluxations.

Subluxations in the spine can obscure a child's normal growth and development and stop them from ever reaching their God-given potential. Some conditions, easily corrected with chiropractic care, are too often neglected and carried as a burden by a child throughout their lifetime.



Parents who often appreciate the importance of checkups for their child's teeth, eyes, ears, nose and throat draw a blank when it comes to the spine. However, a spinal check-up could be one of the most important of your child's life.

A Child's Adjustment...

Some parents hesitate to schedule a chiropractic check-up for their children out of fear that adjustments may be too forceful for youngsters. In reality, a chiropractor does not adjust a child the same way as an adult, as the child's spine is more mobile.

Chiropractors are trained in specialized paediatric adjusting techniques that are extremely low-force, gentle and safe. They involve very light finger-tip adjustments that are fun and pain-free.

It is strongly encouraged that children see a chiropractor during their all-important first year of life, as spinal trauma can occur during birth, as well as from tumbles while learning to sit up or walk. The child's spine grows almost 50% in length during that first year, and chiropractic is one of the safest forms of health care during this period of tremendous growth and developmental changes.

Chiropractic & Pregnancy

Pregnancy can be a time of joy and excitement, yet for many, the experience is coloured by pain, discomfort, and illness.

Roughly one-half of all pregnant women suffer from backache.

Simply the fact that pregnancy-related back pain is so widespread should motivate every expectant mother to focus on prevention, and research has demonstrated that chiropractic care is highly effective for putting an end to such pain. Backache during pregnancy most often occurs due to the rapid growth of the baby and interference to the body's normal structural adaptations to that growth.



Preparing for a new baby is a daunting challenge even for the most organized mothers-to-be. During this meaningful time, be proactive: work to prevent backache before it affects your peace of mind or distracts you from focusing on your family's well being.



Why Chiropractic During Pregnancy?

- ☑ Reduces backache during delivery
- ☑ May shorten the duration of labour
- ☑ Helps maintain pregnancy, control vomiting, deliver full-term infants with ease and produce healthier infants
- ☑ Drug-free approach to pain reduction: Since avoiding unnecessary medication is essential to preventing birth defects, chiropractic provides relief without the worry that comes from taking medication
- ☑ Prevents postpartum backache: Spinal care can help the postpartum woman return to pre-pregnancy normalcy by balancing her spinal column, realigning her pelvic bones and removing vertebral subluxations

Announcements & Things To Watch For...

Downtown Chiropractic will be closed on Friday June 18th, 2010 for the 3rd Annual Angels of Hope Golf Tournament.

Dr. Mark will be on vacation from July 12 - 23rd, 2010. Dr. Brent is available to see Dr. Mark's patients during that time.