

KNOW SOMEONE WHO COULD USE OUR HELP?

WEDNESDAY, MAR. 30th
7pm—8pm

Recommend your friends and family to attend

Dr. Brad's **FREE HEALTH SEMINARS** at Goodness Me®. The topic of discussion will be, **"Low-Back Pain."**

Also on the calendar:

Wednesday, May 11th 7-8 pm, the topic will be **"Sciatica."**



Please call 905-335-5433 to RSVP as seating is limited.

FREE KIDS' POSTURE CHECKS
at LIFE Chiropractic Centre

Saturday, March 26th, 12pm - 2pm

How often are you home with your kids who are absent from school? **Chiropractic can help ELIMINATE most childhood illnesses** like ear infections, upper respiratory infections, asthma, colic, allergies, headaches, skin disorders, and more.

Get them checked here for FREE!

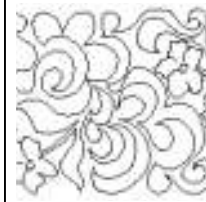
LIFE Chiropractic Centre
8-2501 Guelph Line N
Burlington, ON L7M 2A3
905-335-LIFE (5433)



Visit our website:

www.lifechiropracticcentre.ca

We help families build vibrant, healthy, drug-free lives



LifeLine Newsletter
MARCH 2011
LIFE Chiropractic Centre

We help families build healthy, vibrant, drug-free lives!

CHIROPRACTIC IS FOR KIDS!

"Chiropractic care for my child? Why? His back doesn't hurt."

How often parents who appreciate the importance of a check up for their child's teeth, hearing, eyes, ears, noses and throat draw a blank when it come to the spine.

Spinal care has been shown to help children with emotional, learning, behavioural, and neurological problems. Pilot studies have confirmed clinical findings that chiropractic care has a positive effect on hyperactivity, discipline problems, and even low grades and low IQ. After chiropractic care grades improved, attention span increased, discipline problems diminished, energy and attitude improved and neurological and other physical problems subsided.

The children were on heavy doses of various medications after being diagnosed as hyperkinetic, non verbal, passive, insomniac, and having poor gross- and fine-motor control. One group of children were treated medically with drug therapy while the second group received chiropractic care. Case studies included:

Elementary Student. Extremely hyperkinetic, alleviated temporarily by medication; uncoordinated; irritable; severe behaviour problems at home and school. Grades: failing to marginal. Ritalin had been increased from an initial 5 mg to a total of 70 mg per day with diminishing results. After chiropractic, the heavy dosage of Ritalin had been entirely discontinued. Coordination was improved, attitude was excellent, grades were up an average of one letter grade. Behaviour at home and school was exemplary.

This pilot study indicates that chiropractic appears to be highly effective in the treatment of children with learning impair-

Continued on page 2

ments and emotional problems. Statistically, chiropractic treatment was twenty to forty percent more effective than the commonly used medications.

Other studies concur: “Impressive evidence that the majority of the children in the field study did, in fact, improve under specific chiropractic care. Chiropractic...has the potential to become an important non-drug intervention for children with hyperactivity.”

Other researchers have noted chiropractic success with dyslexia, learning disabilities, and attention deficit disorders.

For the estimated eight million school children in the United States alone that suffer from a learning impairment, chiropractic holds promise as a non-drug way of caring for them. All children with learning disabilities and similar problems should have a chiropractic spinal check up. A spinal check up could be one of the most important of his or her life!

Chiropractic care focuses on the prevention rather than the treatment of illness and disease

READY FOR ALLERGY SEASON?

Yup, it’s right around the corner. The time of year when sneezing, itchy, watery eyes, stuffed up sinuses, fatigue and irritability become everyday occurrences for lots of people—welcome to allergy season.

Why is it that some people are miserable and others just breeze right through it without even a sniffle? Pollen, mold spores, trees, you say? Can’t possibly be the allergens, or every one of us would have runny noses! What’s going on?

Allergens trigger a hypersensitive, or inappropriate response from the immune system. Specific cells in the body react

Please visit our website at www.lifechiropracticcentre.ca

to the invader by producing antibodies and releasing histamines that cause sneezing, runny noses, itchy eyes, skin rashes and other annoying allergy symptoms.

We don’t treat allergies in our office. Instead, we look for ways to restore your ability to adapt appropriately to allergens by locating and eliminating stresses to your nervous system (subluxations). By removing the subluxations, your body is better able to heal itself.

Ways to survive allergy season:

- Get adjusted regularly
- Reduce emotional stress
- Maintain a well-balanced diet
- Get adequate rest

In other words, improve your overall health so your body is better able to adapt and accommodate the offending allergen; because it’s not the pollen—it’s YOU!

Increasing the frequency of your adjustments *BEFORE the allergy season starts* prepares your body to handle the season without the annoying symptoms and resulting dependency on antihistamines to get you through the day. Ask us how we can make this more affordable for you with our *Wellness Plans*.

We help families lead healthy, vibrant, drug-free lives. It’s not just a tag line. Let us help you help your body fend off these allergens naturally.

Increasing the frequency of your adjustments *BEFORE the allergy season starts* prepares your body to handle the season...

“Illnesses hover constantly above us, their seeds blown by the wind, but they do not set in the terrain unless the terrain is ready to receive them.”
- Claude Bernard, 19th century French physiologist, contemporary of Louis Pasteur

Pass this newsletter on to a friend in need. It could change his or her life!