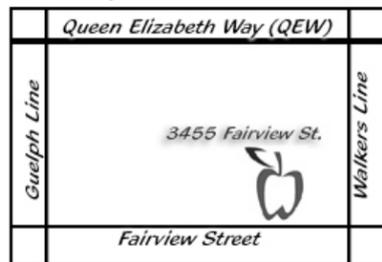


Know Someone Who Could Use Our Help?

WEDNESDAY, MAR, 28th
7pm—8pm



Recommend your friends and family attend Dr. Brad's **FREE HEALTH SEMINARS** at Goodness Me!®. The topic of discussion will be: **"Take Control of Your Child's Health"**



FREE KIDS' POSTURE CHECKS

March 12, 14, & 15

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 at LIFE Chiropractic Centre for FREE!

Make an appointment at 905-335-LIFE (5433).

FREE GOLF CLINICS



SATURDAY, MARCH 24th & SATURDAY, MARCH 31st
from 9:00-11:00 AM

FREE golf-swing analysis with Mike Heaney

at Life Chiropractic Centre. Mike is from **Turtle Creek Golf Course** on Guelph Line in Campbellville, Ontario.

TESTIMONIAL

I would like to write this testimonial to thank Dr Brad for all of his help and understanding throughout our colic phase with our daughter.

We came to Dr Brad's office after two months of yelling, screaming, sleepless nights, and wondering what we were doing wrong. Nothing, I mean NOTHING we did...car rides, holding, rocking, nursing her or walks in her stroller...calmed her down. Medically she was fine. Our MD couldn't find any reason for the "extreme fussiness" and we were told that it would pass. When she was in her colic bouts nothing could stop her for hours. The longest bout was 10 hours: 2pm to 12am of crying. That was the day my in-laws were here and they were all ready to ship her off to the ER to see what was wrong with her.

It was on the suggestion of a friend that I try chiropractic as she mentioned that a friend of hers had a colicky baby like Taylor and she swore that after one adjustment she was forever changed.

I called Dr Brad's office and made an appointment. He sat with me patiently listening to the story of her birth and listened to me as I went about telling him how frustrated we were not being able to console her when she cries. He examined her and explained to me what he would do and how the treatment would progress. We started that afternoon.

I was hopeful that the one adjustment would change everything like it did for my friend, but to be honest, it didn't. It took a few weeks before we noticed a significant change in her. The late-night crying subsided, and the evening ones were not as long and drawn out. She at least seemed to be comforted now by holding her and rocking her in her car seat.

We kept up the appointments and each week we noticed she was becoming quieter and a bit happier. Until one day she was so happy all day, it was wonderful. My husband and I talked and he too saw a huge difference in our little screamer. She seemed content and happy all of a sudden and the crying was minimal.

We are still keeping our regular chiropractic visits and she is doing well. I can't even imagine how long this could have lasted if we had not taken the advice of a friend and tried chiropractic.

Many thanks to Dr Brad for his understanding and helping us overcome this unforgettable time her life and ours.

H.S.



LifeLine Newsletter
MARCH / APRIL 2012

LIFE CHIROPRACTIC CENTRE

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

CHIROPRACTIC IS FOR CHILDREN

Often when I offer to do a spinal check-up for the children of relatively new (adult) practice members, I get a puzzled look and responses such as, "What for? My kid doesn't have any back pain," or "Why? My kids don't complain of any headaches," or "No thanks. I don't think that chiropractic is necessary for children." Most

parents, however, are trusting enough or open-minded enough to at least let me do a posture check and show them any potential spine-related health issues their children may have.

We understand that chiropractic care is a new way of thinking about healthcare for you and your children; so we are always providing opportunities for people to learn about chiropractic, its benefits, and help clarify any misconceptions or misunderstandings people may have.

...the five most common problems in kids that are related to spinal subluxations are: ear infections, asthma, allergies, spitting up, and colic.

The source of these misconceptions or misunderstandings in my experience have been the unfounded advice of well-intentioned family members or friends, family doctors or media reports that are often slanted due to someone else's underlying agenda. So, here is some good information for you regarding chiropractic and children.

Why do kids need chiropractic care?

Children are susceptible to trauma in their spines from various activities and events. These microtraumas can cause what is known as *nerve system stress*. Chiropractors describe this nerve system stress as spinal misalignments or *subluxations*. Let us clarify what a subluxation is:

A subluxation is a condition of a vertebra that has lost its proper juxtaposition with the vertebra above, below or both to an extent less than a *luxation* (complete dislocation) which impinges nerves and interferes

with the transmission of mental impulses.

The spine is made up of 24 individual vertebrae stacked in a column and these are held together by soft-tissues (muscles, ligaments, and tendons). Each vertebra has its own capacity to move in a multi-directional fashion.

Also, the bones of the cranium (skull) are easily misaligned in newborns which can also result in nerve system stress. These misalignments/subluxations are the result of stress. The two types of stress that can affect a newborn especially are physical (birth trauma from vacuum assisted births, forceps delivery, breech, base posterior deliver-

INSIDE THIS ISSUE:

- Chiropractic is for Children *continued*
- Chiropractic helps tennis elbow and golfer's elbow
- Kids with recurring coughs and colds
- Upcoming Events at Life Chiropractic and Testimonial

LIFE Chiropractic Centre

Visit our website:

905-335-LIFE (5433)

www.lifechiropracticcentre.ca

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

...continued from page 1

ies, prolonged labour) and chemical (drugs and medications before, during or after birth). When nerve system stress is left undetected and uncorrected, it will impair the child's ability to function in a state of optimal health and well-being.

Although symptoms, such as pain and malfunction may not surface for many years in children, injury to their vital nerve systems can result in a lifetime of damaging effects. By the way, the five most common problems in kids that are related to spinal subluxations are: ear infections, asthma, allergies, spitting up, and colic.

When should children be checked?

Children should be checked right after birth because of the potential damaging effects of the birth process. Even the most natural births are somewhat traumatic to the infant and may cause 'hidden nerve system damage'.

Understand that medical doctors are too eager. You are giving birth on their schedule, not on the mother's or baby's

schedule. That is why births are often assisted (forceps, vacuum extractor) and can result in up to 90 lbs of force to pull a newborn out of the birth canal. Midwife-assisted births are much more natural and provide a softer setting for both mother and child.

Any pulling on the baby's fragile neck and spine during birth may cause stretching and injury to the brain and spinal cord. It has been shown that many children who experience symptoms of difficulty sleeping, fussy, or not breastfeeding, digestion (reflux and colic), repeated ear and respiratory infections; have impaired nerve system function. The accumulated effects from this initial damage will have lifelong consequences. The other five landmarks when infants should have a chiropractic check-up (these are all within the first year) are: 1) when they first start to hold their head up, 2) when they first start to sit up, 3) when they first start to crawl, 4) when they first start to stand and 5) when they first start to walk. And of course when there has been any trauma such as a fall off a change table or out of a crib,

call your chiropractor immediately!

Be advised not to place infants in the walking position too soon. This can produce pathological conditions in the spine and hips. Swings, jolly-jumpers etc, will inhibit normal development and possibly result in bow-legs, knock-knees, hip problems and scoliosis.

Does it hurt?

Chiropractors who work with children regularly use very specific, gentle techniques catered to the child's specific needs. In the very young child, the adjustment is as light as a finger touch.

Often babies will sleep through the adjustment. Older kids enjoy chiropractic care as well, and look forward to their adjustments. Chiropractors who are members of the International Chiropractic Paediatric Association utilize advanced techniques specific to the needs of the pregnant mother, infants and children. Irrespective of age or condition, we make the whole chiropractic adjustment experience as comfortable and as enjoyable for all kids.

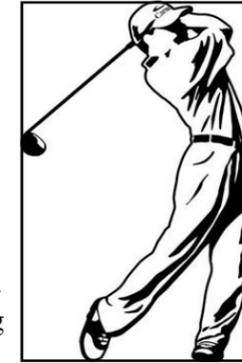
CHIROPRACTIC HELPS TENNIS ELBOW AND GOLFER'S ELBOW

By Kim Christensen

Epicondylitis is not just caused by tennis and golf. This can be caused by any kind of activity that needs repetitive gripping of objects. When there is an elbow pain that starts on the lateral or outer side of the elbow, it is known as tennis elbow. This takes place when there is an inflammation or irritation of the tendons of the forearm muscles at the point where they are connected to the bony protuberance at the elbow joint which is known as lateral epicondyle. The technical term of this condition is known as lateral epicondylitis which means the inflammation of the epicondyle.

Other activities that can result in tennis or golfer's elbow are knitting, carrying heavy bags, computer work that involves poor posture, and chopping food. The condition is known as medial epicondylitis or Golfer's elbow when the inflammation takes

place on the medial side or inside of the elbow. Tennis elbow is more commonly seen to occur rather than Golfer's elbow. Epicondylitis at times start farther way up the neck or the arm. If someone is having a subluxation or complication, the nerves that provide the forearm muscles movement might get irritated resulting in tense muscles and putting extra strain on the tendon attachment. This gives a predisposition to the pain in the elbow already present and this is despite whatever the cause of the pain might be. When someone new to a sport starts to play, the problem starts. He or she uses weird methods and tests



the clubs and racquets and practice more than the body can take. If this condition is ignored, further complications may take place like arthritis or more subluxations. Chiropractic treatment is the best way to treat epicondylitis in a natural way.

Your chiropractor can find the root cause of the problem and then make a proper treatment plan to help you recover fast. This plan might also consist of ice therapy, cold laser therapy, and stretching exercises. Chiropractic treatment has been reported to be more effective than medications and other form of treatments. Chiropractic treatment is very natural and helps in treating the condition without resulting in any kind of side effects. If you are suffering from Tennis elbow or golfer's elbow, then you should consult your chiropractor soon so that he or she can act fast and the pain and discomfort can be relieved.

KIDS WITH RECURRING COUGHS AND COLDS

Here is some very useful information for parents whose children are constantly requiring cold remedies and antibiotics for recurring coughs and colds. One thing that you must understand as a parent is that it is not normal for your child, or anyone for that matter, to be sick all the time with coughs and colds. Our bodies were designed to express health, not sickness, and it really isn't a good idea to be giving your child cold remedies and antibiotics on a regular basis.

These can be quite toxic and detrimental to the body in a

variety of ways. Frequent or recurring coughs and colds usually mean that your child has poor immune system function. This can be the result of their immediate environment at home, or at school, their diet and especially if they have poor spinal alignment. What many parents do not realize is that your spinal alignment has a direct impact on your immune function. The immune system is under the direct control and influence of the nerve system and if the nerve system is compromised due to poor spinal alignment, so too will be the

immune system. A child's body cannot defend itself properly against the germs that cause coughs and colds when their immune system is compromised. In fact, nobody's body can.

If you need help getting your child healthy again, give us a call at 905-335-5433 to get more information or you can always schedule an appointment for a free initial consultation. We have office hours on Mondays, Wednesdays, Thursdays and most Saturday mornings. Remember we are here to help families like yours build vibrant, healthy, drug-free lives.

FREE KIDS' POSTURE CHECKS AT LIFE CHIROPRACTIC

March 12-17th we are offering **FREE POSTURE CHECKS** for all kids. Call us for an appointment for your child at 905-335-LIFE (5433). We have been helping children and families for 25 years. *We can help you too!*