

## What are Parents Saying?

**Ear Infections:** *"During the first few years of my son's life, he had numerous ear infections. After rounds of antibiotics & a failed set of tubes, I was lost. I finally decided to try chiropractic. After only a few Chiropractic visits he has not had a single problem since. I truly appreciate what treatment has done for my son and my only regret is not seeking chiropractic care long before his first set of tubes."* -Lacy

**Colic:** *"My 4-month-old son would cry for hours, unable to be consoled. My Pediatrician referred us here for Chiropractic care. After three visits, he was happier and slept through the night. I strongly recommend Chiropractic & Acupuncture!"* -Emily

**Constipation:** *"My 3-month-old was always constipated. It was so hard to see him suffer and to constantly give him suppositories. After getting adjusted, he is going on his own with no problem. I know he isn't hurting anymore thanks to you."* -Ashley



The human body is an intelligent, self-healing organism.  
**CHIROPRACTIC & ACUPUNCTURE** assist the body in restoring and maintaining balance and optimum function.

Our **MISSION** is to provide safe, all-natural healthcare to as many families as possible in our lifetimes so that they live this life to its fullest potential.

## Well-Adjusted Kids

*A Parent's Guide to  
Making Chiropractic  
a Family Affair*



## Pediatric Chiropractic

*"As the twig is bent, so grows the tree."  
Ensure that YOUR child reaches their full potential & lives a life of optimal health.*

**Meylor Chiropractic and Acupuncture**  
**Dr. Neal Meylor**  
**2645 Beaver Ave— Des Moines 50310 – (515) 255-7246**

**Q. What is Chiropractic?**

A. The expertise of the Doctor of Chiropractic is in checking the spine for misalignments that impair nervous system function—therefore affecting overall body function. The bones of the spine (*vertebrae*) house and protect the spinal cord. The spinal cord is an extension of the brain and transports communication to and from the brain and body parts. Spinal misalignments and nerve stress—which we call Subluxations—directly interfere with the nerve transmission of vital information. This will lead to inhibited function and decreased resistance to disease.

**Q. What does a Chiropractor do?**

A. The doctor of chiropractic analyzes the body for vertebral subluxation using his/her hands and other analysis tools, and then corrects or removes any spinal nerve stress using specific spinal adjustment techniques.

**Q. How does a baby or child get spinal nerve stress (Subluxations)?**

A. From stress. It may occur in infancy from a difficult birth or from childhood falls. Later in childhood, emotional tension, sports injuries, falls, or dietary stress can gradually damage your spine. The resulting irritation can be the cause of many newborn/childhood health complaints.

**Q. What kind of health ailments can be associated with nerve stress?**

A. Colic, nursing difficulties, constipation, ear infections, breathing problems, reflux, headaches, sleep disturbances, digestive dysfunction and stomach pain, allergic reactions, attention and focus issues, and physical/emotional development delays can often be traced to nerve system stress.

**Q. When should a child be checked by a chiropractor?**

A. Significant spinal trauma can occur during the birthing process. It is beneficial and completely safe to have a newborn checked to remove stresses caused during birth. As the infant grows and reaches new development milestones, it will be important to have a child regularly checked by a Doctor of Chiropractic.

Parents take children to regular appointments to check their eyes and teeth. Spinal check-ups are of the same importance. *We only get one spine. It is vital to take care of the one we have!!*

**Q. What happens to the child who is not checked & adjusted?**

A. Birth to adolescence is a period of rapid growth and development. If neglected, spinal stress may lead to more serious problems in life. Subtle trauma during childhood will affect the future development of the spine which leads to impaired nervous system function. This will adversely affect the body's ability to optimally function.

**Q. Assuming I am going to take my child to a chiropractor, how are exams and treatments performed?**

A. Chiropractors spend years of highly specialized training in order to locate where misplaced spinal vertebrae are impinging nerves which travel down the spinal cord and out through the spinal column to the muscles, organs, and glands of the body. After taking a thorough case history, the chiropractic exam involves locating the vertebrae impinging the nerves. The chiropractor—using various highly specialized techniques, is able to replace the misplaced vertebrae and thus release pressure on the nerves. This is called a *Spinal Adjustment*. Adjustments for children are gentle, low-force & safe.

**Q. How many adjustments will be necessary?**

A. The frequency of visits and length of treatment plan depend completely on the findings of the exam and the baby or child's response to adjustments. It is important to remember that chiropractic is different than medicine. The adjustment is not a "cure" but rather a support to your child's natural healing abilities. The plan will be uniquely tailored to fit the needs of your child. The chiropractor will guide you through this process.

**Q. Are adjustments safe if the child is under medical care?**

A. Absolutely! Having spinal nerve stress corrected is important no matter what other type of care the child is receiving. MD's and other healers are not trained in detecting and correcting spinal nerve stress (Vertebral Subluxations). Chiropractic should be a part of your family's healthcare regimen—to obtain optimal wellness and prevent disease.