



Why Kids Need Natural Health ...



Kids, Now More Than Ever, Need Natural Healing Methods.

Hello Patients & Friends,

Many parents today are turning to alternative healing methods for their kids because the standard medical treatments can have some long lasting detrimental effects.

Consider just one -- recurrent antibiotic therapy.

Did you know that there has been a 12x increase in C. difficile among children?

Does this matter? You bet it does!! C. diff is a gut infection that can (and does) kill people.

Why?

C. diff is an antibiotic resistant bacterial gut infection that does not respond to antibiotics and here's the kicker ... the frequent use of antibiotics is one of the main reasons C. diff is increasing.

Let me tell you my story.

When I was a kid my father, a chiropractor, did not rush us to the pediatrician everytime we had an ache and a pain. We relied on the healing powers of the body with a healthy dose of herbs and chiropractic.

As the Seedling Bends, So Grows The Tree

Herbal Medicine & Diet Ought To Feature Prominently

When kids get sick the first stop ought to be natural medicine. For most of what ails kids (sore throats, tummy aches, colds, ear infections, and minor injuries) the least invasive treatment is often the most effective and carries the lowest risk for iatrogenesis (doctor induced illness).

In some cases, drugs can be addictive and create life long problems. I can think of a number of people I've treated as adults who when they were kids were put on speed (Ritalin, Adderal, etc) and ended up with digestive problems as an adult. Yes, there are many more serotonin receptors in the gut than in the brain, but they don't tell you that when they start you on the drugs. You only figure it out the hard way (withdrawal) when you try to get off them.

In the case of one young man, we used St. John's Wort, Skullcap, and Valerian to make the transition off meds into a normal life. The ADD was a story (a label) some school administrator gave him when he was too small to know the difference between being a normal healthy kid and one teachers felt needed "calming down."

For elementary school kids immune support is important, no single immune support product is better than Echinacea-C. And when combined with a daily vitamin-mineral nutrient like Catalyn Chewable you have a powerful combination.

For working mothers with a child in daycare, immune support is just as important. If nursing we suggest Echinacea Premium for the mom and if not you can use a small dose (2-3 mL) of Echinacea Glycetract right in the baby bottle.

There is so much more to share, but suffice it to say that there is a rich and varied tradition of natural health remedies for kids.

Chiropractic is Not Just For Back Pain

One of the biggest misconceptions Americans have about chiropractic is that it is all about back pain. While it is true that chiropractors access the body through the spine; it is not (and never was) all about the back.

Every part of the body has a nerve supply. That's important because with information coming from the brain to organs (and organs to the brain) that spinal conduit is critical for things working well. In the absence of healthy nerve function we'd say there is a functional disturbance in the body. That might be reduced grip strength if a muscle is involved or lowered immunity or reduced circulation if it's an organ or blood vessel.

If the body part is the ear, then infection might be the manifestation in a child due to reduced nerve supply or circulation. Ear infections are the number one reason kids get antibiotics and the GREAT NEWS is that they are 100% preventable with diet and chiropractic.

I can't recall ever getting an antibiotic. We never went to the pediatrician. My father considered vaccination, drug therapy for manufactured illnesses like ADD and hyperactivity, and antibiotics unnecessary (and he was right with the exception of the possible life threatening situation).

One should look upon drug pushers with suspicion; whether illegal or prescribed. When you use drugs it is all about dependency vs. normalization of function.

As a parent, I'd like nothing better than to see kids leading healthy lives with regular chiropractic care and herbal interventions as a part of that.

We have special prices for kids in our office (\$26). We feel it is important to make care for young people affordable. If you have a big family ask for a special family rate.

At DWC we love kids and not just cuz they're fun, but because they are our future.

Dr. Olejak

Sources:
<http://www.webmd.com/children/news/20120521/c-diff-on-rise-in-kids-and-outside-hospital>



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For lots of kids it is all the garbage in their diet that has them get sick. They're eating stuff they are developing allergies to. Get them off the nasty orange colored gold fish snacks (made with artificial colorings and nasty fats), end the sugared cereals (Coco Puffs, Captain Crunch, Honey Combs, & Sugar Frosted Flakes), don't take them for "happy" meals, and make sure they are eating plenty of veggies and protein instead of pasta (and not Jiff - the peanut butter with the hydrogenated fat, YUK!).

When Is The First Mis-alignment?

Kids get their first misalignment very often at birth. There are few events in our lives as traumatic as birth. Without getting too graphic, we are squeezed through a tight canal and then grabbed by the neck and twisted until we can be yanked out.

Scientific studies have shown this method of birth causes misalignments in the spine and can tear the spinal cord. Many of these injuries go unreported. Many children grow up without ever having their spine checked for misalignment. People may go decades with spinal cord stress associated with birth and have problems like ADD, headaches, neck pain, vision problems, and digestive issues (assoc. with the vagus nerve) without ever connecting the two events.

Sources:
<http://adc.bmj.com/content/49/1/70.full.pdf>
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3442319/>

Dr. Olejak Loves Kids and Wants Health & Vitality For Them Too



To Make An App't For Your Child:
518-439-5077
drjoseph.olejak@gmail.com



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