



# The Truth about babies and Chiropractic

Healthcare safety should always be uppermost in your mind; after all it's your body right! As a healthcare consumer you should question any and all healthcare options in terms of effectiveness, cost, accessibility and safety. Chiropractic is no different. Just make sure you get the right information.

Hi, I'm Dr. Andrew Arnold, Chiropractor. Today I'm going to discuss Chiropractic and babies and in particular focus on myths around safety.

We use non-crack techniques for babies and children. These include brain training and kinesiology techniques.

For many people, the very thought of a Chiropractor treating or adjusting your baby or child let alone, cracking bones can be very daunting. Much of this fear does not know exactly what's going on, so I would first like to explode these myths and then offer you an alternative.

First of all Chiropractors don't actually crack anything. Every joint in your body is a sealed unit much like your inner ear. When I say sealed I mean sealed with material which has minute holes which only allow passage of very small molecules such as gases and salts.

When we push on a joint we force gases to pass between these minute holes. This equalizes the pressure outside with that on the inside. The result is a pop noise much like your ear popping when you are in a plane. The pop is a signal that the joint is moving or behaving differently, hopefully in a better way than before. This is what happens when a Chiropractor cracks your joints.

At **Cranbourne Family Chiropractic and Wellness Centre** we have been focusing for the past several years on a non-cracking treatment, and what's interesting is oftentimes the less force we use, the more powerful the techniques. That's right, more effective, longer lasting results, and much more comfortable.

## So what's involved?

In the case of babies we usually suggest you lay your baby on your chest. We then gently palpate the spine using a very gentle 'eye ball' pressure. We may then incorporate a tapping method where we contact the part of the spine or anywhere that needs correcting or adjusting, and simultaneously tap on either parts of the head or various acupuncture points on the face and body. What this



does is synchronizes or integrates the brain with the nerves at a particular body part causing it to restore proper functioning.

What's amazing is just how effective this is, and what's more it's ideal for babies and kids. They love it.

Babies are best checked during their key developmental ages, i.e. when the greatest amount of stress is on their bodies:

- 6 weeks
- 3 months
- 4-5 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- 24 months
- 2x year until 5 years of age.
- 4x / year until 10 years of age.
- 6x / year until 18 years of age.
- 8x / years from then on.

If you have any concerns, our Chiropractors are happy to talk to you prior to coming in.

So why not try a drug alternative. Chiropractic kids are healthy kids.

For more information please visit us online [www.cranbournefamilychiro.com.au](http://www.cranbournefamilychiro.com.au) or feel free to call.