

# The Weekly Handout

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## Chiropractic for Kids!!



*An increase in chronic childhood disease is part of the reason parents today seek alternative health care for kids.* Gentle, noninvasive and drug free, chiropractic adjustments treat, resolve and prevent a wide range of health problems. Recent research by the International Chiropractic Pediatric Association (ICPA) found spinal manipulative therapy safe and successful in treating children of all ages.

### Acute Conditions

*Acute conditions may result from birth trauma, sports mishaps and accidental injury. Chiropractic care benefits children by correcting the spinal alignment to improve their overall health.* When vertebral joints are misaligned during birth or from a blow or fall, muscle tissue and nerves may also be affected. Spinal adjustments free the joints, restore motion and relieve nerve pressure, which may be the cause of additional ailments. Parents report successful treatment of children's health issues such as acute earache, upper respiratory infection, muscle pain, neck pain and accident trauma. Spinal manipulation for children as young as newborn babies is also an alternative treatment for feeding and sleeping difficulties, and the discomfort of colic and other digestive disorders.

### Chronic Conditions

Parents surveyed by the ICPA reported *behavioral improvement* for kids who saw a chiropractor, as well as *improved sleep* and *stronger immune systems*. Chiropractic America reports that natural, drug-free chiropractic care is often more effective than traditional medical approaches for chronic earache, scoliosis and neck pain. Headaches and sleep disorders of nonspecific causes also respond well to spinal adjustments, which affect and repair interrupted neural pathways. Asthma and allergy symptoms and patterns of attention-deficit hyperactivity disorder (ADHD) may also be improved with chiropractic.



**Today's  
Chiropractic  
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### Prevention

*Periodic ongoing adjustments at a young age can help stave off these acute and chronic ailments before they begin.* Proper spinal alignment now may delay or prevent degenerative bone or joint disease, such as osteoporosis and osteoarthritis. In addition to maintaining children's health, regular visits to the chiropractor also instill the value of proactive health care in kids. They'll be more likely to monitor and manage their health as they grow up and less likely to be afraid or in denial of any health problems. *Encouraging good lifelong health habits is one of chiropractic's best benefits for kids.*

-courtesy of [www.livestrong.com](http://www.livestrong.com)

### Office Hours:

Mon: 8:30am-12pm & 2:30pm-6:30pm

Tues: 8:30am-12pm & 2:30pm-5pm

Wed: 8:30am-12pm & 2:30pm-6:30pm

Fri: 8:30am-12pm & 2:30pm-6:30pm



### Moroccan-Style Tilapia with Cumin, Mango and Cilantro

#### Ingredients

4 (5-ounce) tilapia fillets  
Salt and ground black pepper  
2 teaspoons ground cumin  
2 teaspoons ground coriander  
1 tablespoon olive oil  
1 ripe mango, diced  
1/4 cup chopped fresh cilantro leaves

#### Directions

Season both sides of tilapia fillets with salt and black pepper. Rub cumin and coriander all over both sides of fillets. Heat oil in a large skillet over medium heat. Add tilapia fillets and cook 3 to 5 minutes per side, until fish is fork-tender. Meanwhile, in a small bowl, combine mango and cilantro. Top tilapia with mango mixture just before serving. Serve with your favorite rice or couscous recipe.

-recipe courtesy of [www.foodnetwork.com](http://www.foodnetwork.com)