

For your Health and Wellness!

Wellness starts from within (let's help the little ones)

I returned several weeks ago from the yearly symposium held in Tampa for Nutrition Response Testing. The focus of the symposium was on kids. There were several great presentations on autism.

Autism and the Autistic Spectrum Disorders (ASD) show in kids with an inability to develop relationships with people, delayed speech, noncommunication, repetitive mannerisms, and marked distress during changes of normal conditions that they are accustomed to. When it was first discovered in 1943, Autism and Asperger's syndrome were very rare, occurring in only 1 out of every 2325 kids born while the numbers now are 1 in every 150. A 600% increase! There are many causes that have been pointed to. The end result of the many causes are that these kids are toxic. The toxicity may be linked to heavy metals and diet. This may also compromise their immune systems. New research even points to antibiotics. What is known is that the antibiotics kill off the "good bacteria" and abnormal bacteria are allowed to flourish. These bacteria give off toxins and can change the chemistry in the brain. Many of our neurotransmitters (the chemicals that make the brain work normally) are produced in the lower part of the digestive system. This area is affected by antibiotics.

How I can help. Chiropractic works on the premise that interference to the nervous system (subluxation caused by a vertebrae misaligned in the spine) compromises the way the nervous system controls and regulates the body. This can have unhealthy consequences. Distorted communication between the brain and your body can cause all kinds of health problems beyond just headaches and backaches. So, by adjusting the spine we can improve the function of the nervous system. This includes improved immunity, digestion and most other functions. I use a high-tech instrument which checks the function of the spinal nerves. Nutrition Response Testing is a wonderful adjunct to chiropractic care. With Nutrition Response Testing I am able to determine different stressors in the body which lead to poor health. Stressors routinely are heavy metals, environmental toxins, immune challenges, food allergies and others. I can use homeopathic test kits to determine the toxin and it's concentration in the body. I test the body and I am able to determine which whole food supplement will improve or eliminate those stressors. As the body becomes less toxic the symptoms will improve. There is also the need for proper diet to eliminate those foods which could very well be causing the problem. We'll help to monitor this too.

It's great to be able to help kids! Please go to my website and read the testimonial written by a mom who's little guy with Asperger's syndrome greatly improved under care. He received Chiropractic care and Nutrition Response Testing. If you've read this week's handout and have a family member or friend who can benefit from my care, please pass it on.



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Chiropractic care and Nutrition Response Testing