



The Spinal Column

Chiropractic Care for my child! Why? Her back doesn't hurt?

By Dr. Alfin Mitha, Hons. B.Sc., D.C.



A lot of patients ask if children are too young to be adjusted or if it is safe to be adjusted. My question is why doesn't anyone question the efficacy and safety of procedures such as vaccinations, antibiotic-abuse or routine ultrasounds during pregnancy. The side effects of any of these can be far greater than any gentle adjustment.

Parents who know the importance of checkups for their child's teeth, hearing, eyes, nose and throat often draw a blank when it comes to their child's spine. As the old saying goes "As the twig is bent so grows the tree". It is important to remember that only 10% of our nervous system perceives pain and most of us go through life without knowing we are ill until the illness has progressed. No one is too old or too young to take care of their health. Our children were adjusted within one minute of their births and continue to be adjusted regularly. Neither was or is vaccinated. Both live well adjusted healthy lives.

Children in kindergarten believe the cause of illness to be something magical. Ask a fourth grader why people get sick and the answer will be germs; whose very presence is sufficient to make a child sick. Even most adults haven't begun to understand that it's your body and its ability to withstand germs that are around us that determines whether you will get sick or not. That is the reason why even though many of us can be in the same room; only some of us get

sick. It is proper exercise, a good diet and fostering a stress-free environment that promotes health.

So why have your child adjusted?

Here are some of many reasons:

The average length of the human spine at birth is 20 cm. By the time you are two the spine can double to about 45cm. Approximately 90% of the brain grows in the first year of life. This type of growth never happens again and a few adjustments early in life can save years of back pain later in life. In the first few months of life the babies neck begins to curve so she can hold her neck up, her low back starts to curve so she can sit and the pelvis comes into its proper position so she can walk. Spinal adjustments during very pivotal points in development ensures a properly aligned spine.

One study showed in North America almost half (47.5%) of all infants were discovered to have fallen head first from a high place during their 1st year of life and then they have at least 200 more major falls by the age of 5 years. Playground equipment is responsible for 118,000 accident-related injuries a year to children.

Overloaded unsafe backpacks are more often seen on the backs of developing spines of young children than ever before. (Remember, child/teen backpacks should not exceed 15 percent of the child's weight.) The spine is mostly cartilage, not bone until 6 years of age and so is very sensitive to outside forces such as the ones mentioned above, that can cause subluxations in a child's body. A child's nervous system is not developed as much as an adults plus they cannot express themselves as well so the pain they may feel goes unnoticed to us. One study in the U.S. found 19% percent of 15 year old teens without back pain have degenerated discs in their spine.

The typical Canadian diet is yet another area of concern for the developing child. Most parents think they are providing a healthy lunch of refined carbohydrates, with macaroni and cheese, pizza, and hamburgers. Even cafeteria lunches are often pre-packaged and processed with canned or frozen fruits which often contain a sugary base that directly effects many of our body systems in a negative way. It is a mistake to assume that the school system or large corporations like Kraft or Nestle have the best intentions when making their quick lunchables or snackfoods. Yes, they are convenient

but at what cost. Malnutrition and decreased immune function result in children with weak bodies and poor central nervous systems. Add neglected spinal health into the picture, and the situation becomes much worse.

So, when you think about why children being raised in a society with so many advantages are so unhealthy, you just have to look at how families spend their time. If the lifestyle of the family is busy compacting everything we believe is important, this leads to poor nutrition, lack of healthy rest, and overstimulated and stressed-out children. An unhealthy, stressful lifestyle cannot be in the best interests of children or their parents.

Why should a family chiropractor care about all this? Because I am the first-line health care providers of families in our community, and we need to address those issues that

may interfere with the overall wellness of our children. For over 100 years chiropractors have observed often dramatic responses from some infants after a chiropractic spinal adjustment with conditions as varied as colic, foot inversion, bed wetting, torticollis, ear nose and throat infections and asthma. Children under Chiropractic care get less ear infections, decreased absenteeism in school, and in general are healthier.

Please remember you are always either going toward health or away from it from the day you are born until the day you die.. The choices you make now will affect your health in the future. Make the right choice and get yourself and your family adjusted.

About the Author:



As a life-long resident of Brampton (34 years), Dr. Alfin Mitha endeavors to provide this city with reliable, informative Chiropractic care. He lives here with his 2 kids, Aura and Zen, and his wife Rupi. Having completed his Bachelor of Science degree in both Biology and Pharmacology at McMaster University, Dr. Mitha had the opportunity to work with Eli Lilly pharmaceuticals in their Research and Development of Non-Small Cell Lung Cancer and Prozac. Deciding that the private sector in medicine was not for him, Dr. Mitha then took one year off to work in Ixtapa, Mexico as a land sports G.O for Club Med. Having considered Chiropractic in the past, it was only confirmed while having the chance to meet many Chiropractors during his time in Ixtapa.

The next part of his journey took him to the Canadian Memorial Chiropractic College in Toronto, Ontario. During his education, he still maintained an active physical lifestyle while working as a personal trainer. His internship year provided him the opportunity to work at 2 very different and unique places. The first part of his internship was at Anishnawbe Health and Native Well-

ness Center which serviced much of Toronto's aboriginal and homeless community. The second part of his internship allowed him the chance to treat players of the Canadian National Soccer Team, and other elite Canadian athletes. Both of these placements allowed Dr. Mitha to understand many aspects of illness, injury and health. A focus which remains in his clinic; In GoodHands.

Having returned back to Brampton (a resident of 34 years, he has since become an active member of the Rotary Club, Brampton Tennis Club, Brampton Volleyball League, Yoga instructor and more recently the Health Practitioner Advisory Committee for the city. Dr. Mitha wishes to become a more integral part of Brampton's community. "It is imperative that we take care of our body and mind, it is our most valuable asset. The first step is education and if anything else, we provide that for our patients".

Main and Franchise Clinics:



In GoodHands Rehabilitation & Wellness Centre
 Bramalea City Centre – Inside GoodLife Fitness
 Unit 50A - 25 Peel Centre Drive, Brampton, ON L6T 3R5
Phone: (905) 453-5858 **Fax:** (905) 453-8995
Email: info@ingoodhandswellness.com

Services:

- Acupuncture
- Chiropractic Care
- Massage Therapy
- Naturopathic Medicine
- Orthotics
- Physiotherapy

Products:

- Athletic Braces & Splints
- Compression Stockings
- Memory Foam Pillows
- Custom Made Orthotics
- Health Supplements

Clinic Hours:

Mon. and Wed.: 9:30 am - 8:30 pm
 Tues. and Thurs.: 10:00 am - 9:00 pm
 Fri.: 9:30 am - 7:00 pm
 Sat.: 9:30 am - 2:30 pm
 Sun.: Closed

In GreatHands Chiropractic & Wellness Centre
 Inside Oshawa Centre Mall
 C/O Goodlife, 419 King Street West, Oshawa, ON L1J 2K5
Phone: (905) 433-9520 **Fax:** (905) 433-8144
Email: oshawa@ingreathands.com

Services:

- Chiropractic Care
- Dry Blood Analysis
- Hair Analysis
- Irridology
- Massage Therapy
- Nutritional Urinalysis
- Orthotics
- Psychology
- Reflexology
- Rehabilitation
- X-Rays

Products:

- Custom Made Orthotics
- Health Supplements

Clinic Hours:

Mon. - Thurs.: 9:00 am - 7:30 pm
 Fri.: 9:00 am - 7:00 pm
 Sat.: 9:00 am - 5:00 pm
 Sun.: Closed