



SHEPPARD CHIROPRACTIC
753-KIDS

©2004 ChiroKids, Inc.

PARENTS - FREE OFFERS AND COUPONS INSIDE!



SHEPPARD CHIROPRACTIC • 753-KIDS



Parents play a vital role in the development of good spinal health habits.

As Dr. Joe says "It's easier to build a child's future rather than to repair an adult."

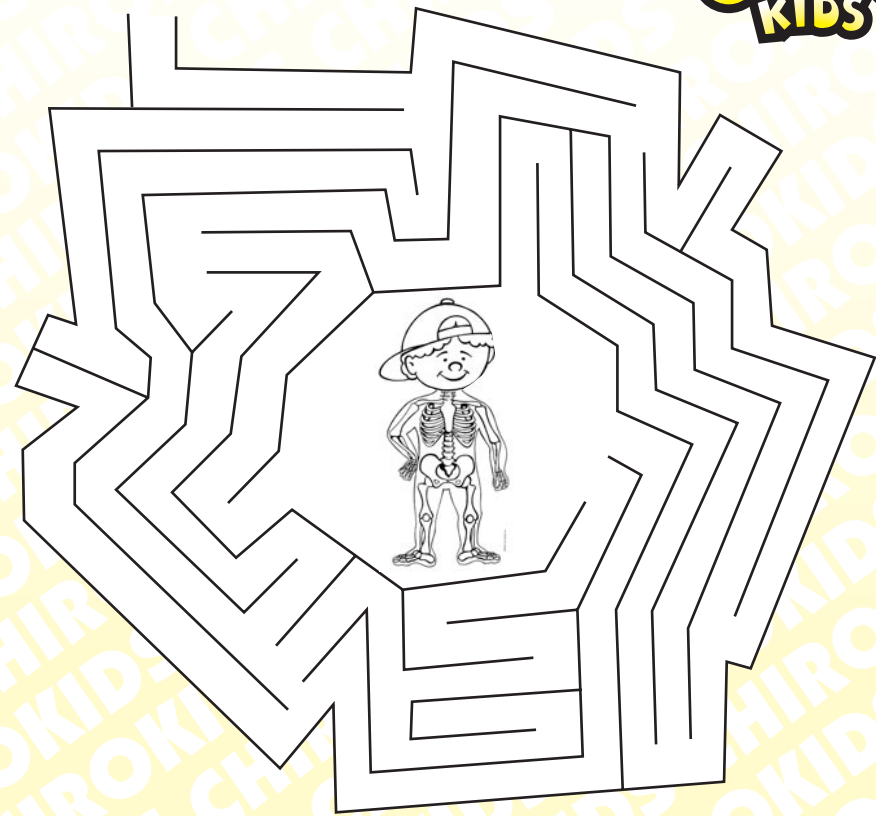
This booklet will help you and your son and daughter in the adventure of building a subluxation-free child. The first section of this book has games for your child and the second section is information to help you guide your child to better spinal health.

What's different?

There's something different about his posture in one of these pictures. Do you see which one?



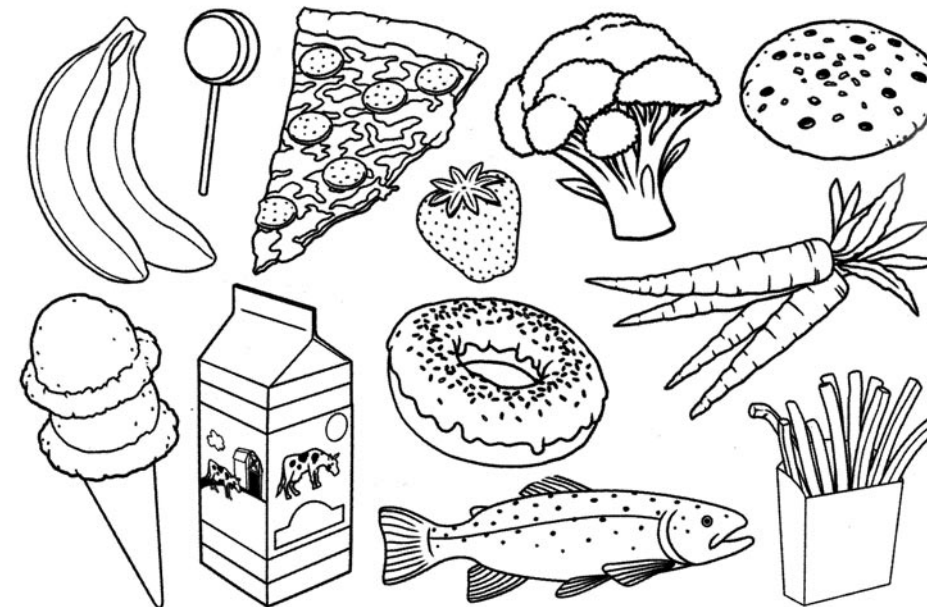
Chiro Maze



Good Food = Good Health

Some foods are more likely to make you unhealthy. These foods are made up of simple sugars and make you sick, tired, and unhealthy. Good foods are those that are raw and natural.

Color in the "good foods" below



(see answers on next page)

Good Food = Good Health



The foods that are colored are "good foods"



Chiro Kids Word Search

Find and circle these words in the puzzle.
They are written up, down, and across.

spine
chiropractor
adjustment
nerves
health

neck
back
fruit
vegetables
exercise

G	T	P	V	G	Q	Y	M	A	H	M	D	O	T	C
O	K	E	S	I	C	R	E	X	E	I	H	R	N	I
I	I	A	K	Y	K	C	E	N	A	U	L	B	E	Z
B	L	Y	P	S	W	I	E	G	L	Y	F	U	M	A
C	H	I	R	O	P	R	A	C	T	O	R	A	T	X
S	O	S	H	J	V	I	D	B	H	T	U	B	S	Y
Q	B	F	I	E	C	O	N	J	D	E	I	M	U	H
I	A	H	S	L	B	X	V	E	S	W	T	E	J	N
M	C	L	V	E	G	E	T	A	B	L	E	S	D	O
R	K	C	Y	Q	N	O	U	P	I	C	K	G	A	K

(see answers on next page)

Word Search - ANSWERS

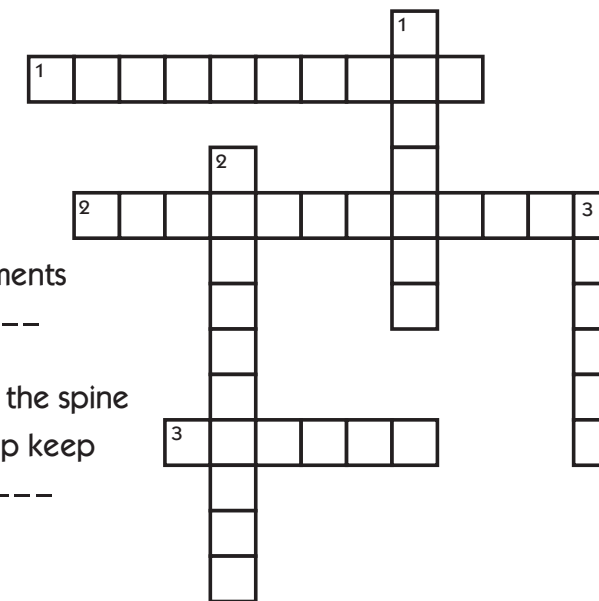
Find and circle these words in the puzzle.
They are written up, down, and across.

spine
chiropractor
adjustment
nerves
health

neck
back
fruit
vegetables
exercise

G	T	P	V	G	Q	Y	M	A	H	M	D	O	T	C
O	K	E	S	I	C	R	E	X	E	I	H	R	N	I
I	I	A	K	Y	K	C	E	N	A	U	L	B	E	Z
B	L	Y	P	S	W	I	E	G	L	Y	F	U	M	A
C	H	I	R	O	P	R	A	C	T	O	R	A	T	X
S	O	S	H	J	V	I	D	B	H	T	U	B	S	Y
Q	B	F	I	E	C	O	N	J	D	E	I	M	U	H
I	A	H	S	L	B	X	V	E	S	W	T	E	J	N
M	C	L	V	E	G	E	T	A	B	L	E	S	D	O
R	K	C	Y	Q	N	O	U	P	I	C	K	G	A	K

CROSSWORD PUZZLE



DOWN

1. Chiropractic adjustments will keep you _____
2. Subluxations are mis-_____ of the spine
3. A good diet will help keep you healthy and _____

ACROSS

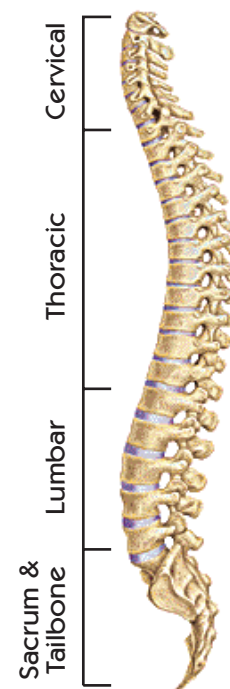
1. _____ are healthy to eat
2. Chiropractic adjustments correct _____
3. Your _____ control your body

DOWN - 1. HEALTHY 2. ALIGNMENTS 3. STRONG
ACROSS - 1. VEGETABLES 2. SUBLUXATIONS 3. NERVES

Types of Spinal Bones

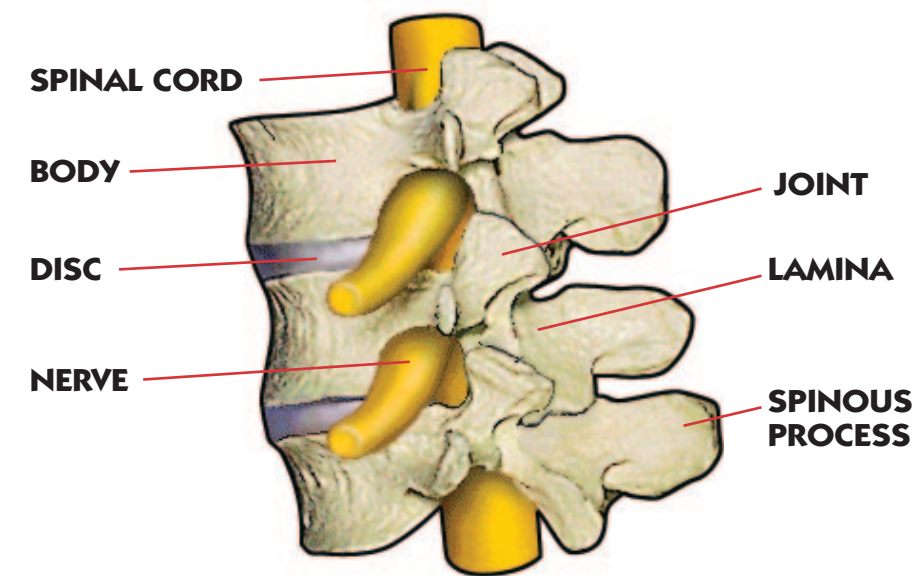
There are 4 types of spinal regions and they all have different jobs and locations.

1. **Cervical** - The spinal bones underneath your head, where your neck is. They protect your nerves and allow your neck to turn.
2. **Thoracic** - located between your shoulders and protect your vital organs.
3. **Lumbar** - located in your lower back, they allow you to twist, turn, and lift.
4. **Sacrum/tailbone** - this area protects and supports your lower spine.



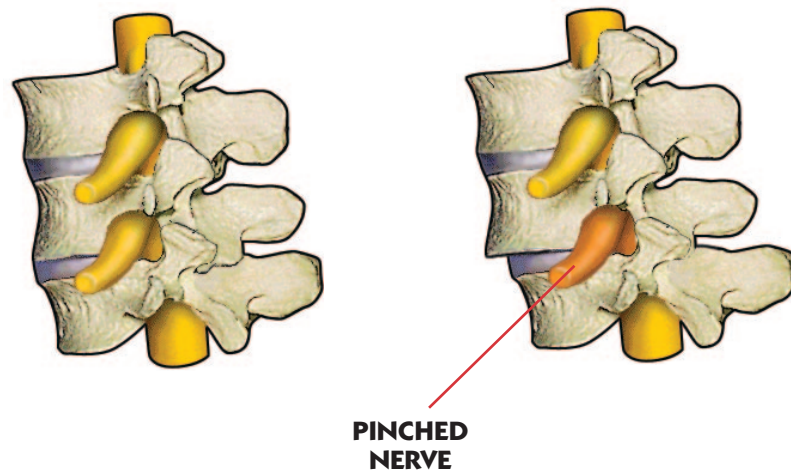
Parts of a vertebra

Vertebra are made up of several parts



Subluxation

Subluxations are misalignments of the vertebra that cause pinched nerves. They can cause dysfunctions in glands, organs and tissues, and can make you unhealthy. Subluxations are often caused by stress, poor diet and accidents (slips and falls).



How can we be HEALTHIER?

- 1 Get chiropractic adjustments at least 1x every month
- 2 Eat healthy - 4 servings of fruit and vegetables every day
- 3 Get plenty of sleep and rest



- Dr. Sheppard has created an educational program for children and families
- Dr. Sheppard's practice consists of 40% children
- Dr. Sheppard has been a chiropractic patient since the age of 4 and is committed to building the health of children and families.



Visit us for additional family health news and tips @ 753-KIDS or www.sheppardchiropractic.com

Quick Tips

Remember your spine's 4 important areas.

- 1) Try to sleep on your back on a good pillow
- 2) Lift with your legs, not your back.
- 3) Try to stretch before sports and active games.
- 4) Get regular exercise.
- 5) Eat 4 servings of fruit and vegetables every day and drink water when thirsty.
- 6) Cut out sugar, soft drinks and chips
- 7) Wear protective headgear and pads for sports



Special thanks to the
International Chiropractic Pediatric Association
for excerpts and research. For more information
on chiropractic care for children, contact:

International Chiropractic Pediatric Association
327 N Middletown Road
Media, PA 19063
(610) 565-2360
For more information, please email info@icpa4kids.com.

<http://www.icpa4kids.org>

Hey Parents!

Are your kids healthy?

Ask your chiropractor for a complimentary
childrens examination.

1 Month FREE

U.S. Martial Arts 752-KICK
212 W. Main Amelia

20% off 1st Session tuition

Gymnastics Central 947-0540
4101 Founders Blvd, Batavia

10% off your purchase

Susan's Natural Health Food 474-4990
8315 Beechmont Ave

1 Complimentary Visit

Laugh and Learn Discovery Center
943-9045 609 Ohio Pike

Did You Know?

- Children under chiropractic care get sick less often and less severely, rarely miss days from school and have fewer emotional, neurological and learning problems.
- When compared with children under medical care, the kids under chiropractic care had fewer ear infections, fewer allergies, a lower incidence of tonsillitis and less need to be given antibiotics.

Vanbreda WM, Vanbreda J. *A comparative study of health status of children raised under healthcare models of chiropractic and allopathic medicine.*
The American Chiropractor. Sept 1993