

# SHEPPARD CHIROPRACTIC

## ASTHMA AND YOUR CHILD

Asthma is a common condition in children. It is characterized by breathlessness that begins with a dry cough and chest tightness. If the asthma attack continues it can progress into labored breathing and wheezing. In mild cases, asthma attacks usually last only a few minutes. However, in severe cases, they are terrifying as the sufferer gasps and struggles to get air.

Asthma can be caused by many factors. Usually it starts as an allergic reaction to something in the environment or to a food allergy. Studies also indicate that an imbalance in your nervous system that regulates lung function also causes asthma.

Patients with asthma typically have neck and upper back subluxations (spinal misalignments). Specific chiropractic adjustments to the neck and upper back restore the proper balance to your nervous system that is required for lung function. Spinal adjustments to the neck and upper back also reduce muscle tightness and joint stiffness that occurs from the wheezing and labored breathing. Once your muscles, joints and nervous system are working properly, you will be able to function and breathe better. Research studies show that: children under chiropractic care achieved the same decrease of asthma attacks as those undergoing medical care and without the side effects of drugs. The children under chiropractic care reduced the amount of medication they required by 47%, and the frequency decreased by 45% for those children undergoing chiropractic care. After only 4 weeks of care, the patients stated that their asthma severity decreased by 34%.



There are many studies showing the harmful effects of medication! Interesting studies show that children under chiropractic care had a 96.5% non-occurrence rate of asthma, whereas children under medical care had a 95% re-occurrence rate of asthma. The authors concluded that the immune systems of children under chiropractic care are better able to cope with allergens, which may cause asthmatic conditions.

Among parents of asthmatic children who had received chiropractic treatment, 92% considered this treatment beneficial. Alternative treatment was more frequent among children from the higher social classes. A tendency was observed towards less satisfaction with medical treatment, information and general guidance concerning the illness among families who sought alternative treatment.

In another study, 76.5% of patients with bronchial asthma said they benefited from chiropractic adjustments. The Peak flow rate and vital capacity increased after the third adjustments.

The studies show that chiropractic care to correct these spinal problems may be an effective way to reduce many of your child's asthma symptoms. A complete chiropractic examination would be the first step in finding a solution for your child.

**To make an appointment at  
Sheppard Chiropractic,  
call 753-KIDS.**