

Children naturally enjoy the chiropractic adjustments



The birth process may be one of the most traumatic events of our lives. Even so-called “natural” birthing methods can stress a still developing spine. The resulting irritation to the nervous system can be the cause of many newborn health complaints. Colic, unexplained crying, poor appetite, breathing problems, and allergic reactions can often be traced to the nervous system dysfunction caused by a malfunctioning spine.

Head support, followed by crawling, and a baby’s first few steps should be followed by chiropractic checkups. If neglected, the bumps and falls during this period of rapid growth may lead to serious spinal deformities later in life. This can set the stage for scoliosis. “growing pains” and a weakened immune system response.

Chiropractic adjusting techniques are modified to fit a child’s size, weight, and unique spinal problem. Parents often report that their children seem healthier than other kids in their age.

Many spinal problems seen in adults begin in childhood. Proper spinal hygiene is an important key to better health.

Optimum health begins before birth

Children can benefit from chiropractic care before they are born, by having a mother who receives prenatal chiropractic checkups. A healthy diet, proper exercise, a stress free environment, and a chiropractic lifestyle help prepare for a happy, healthy baby.

Don’t hesitate to let Dr. Adam treat your child with chiropractic adjustments. Improve the overall immune system and make sure your child is pain free. Call Nachmias Chiropractic’s offices and book your appointment:

Manhattan office, call: 212-924-1700

Brooklyn office, call: 718-832-7300

Welcome!