

Questions & Answers – Chiropractic Care and Children



**Nachmias
Chiropractic**

Do you know when the most critical time is for a child's development?

The first 5 years are critical to the development of your child's spine. It's during this time and followed by age 5 to 10 that your spine is at its peak of development and will determine what your adult spine will be for your lifetime, says Dr. Claudia Anrig.

Did you know that there is actually chiropractic research showing following improvements in children receiving chiropractic adjustments?

1. Improved sleep
2. Improved behavior and attitude
3. Improved immune system function

Did you know that natural birth can stress an infant's spine and cause many newborn health problems?

Even so called "natural" birthing methods can stress an infant's spine and developing nerve system. The resulting irritation to the nerve system caused by spinal and cranial misalignment can be the cause of many newborn health complaints. Colic, breathing problems, nursing difficulties, sleep disturbances, allergic reactions and chronic infections can often be traced to nerve system stress.

Did you know that chiropractic treats asthma and allergy symptoms in children?

The chiropractic adjustment restores nerve system function allowing the body the ability to express a greater state of health and well-being, and therefore also helps asthma and allergy symptoms (source: icpa4kids.org).

Book your next appointment with Dr. Adam Nachmias at Nachmias Chiropractic and ensure wellness for the whole family.

Call any of our offices:
Brooklyn: 718-832-7300
Manhattan: 212-924-1700

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