

Health As Your Body Knows It

The Apex Herald has allotted us a section of their newspaper to impart to its readers information on the topic of Health. The “us” are the local Chiropractors serving the Apex community. We hope to provide the readers with a wide variety of information with the focus of each, and every article being on Health and Well-being. The human body needs certain conditions and essential elements to be healthy. What are those conditions and elements we hope to touch on in the weeks and months to come.

We hope to touch on topics such as; what brings on headaches? To what causes a fallen arch. From head to toe we plan on being a source for the Herald readers to look and see some of the latest info related to their health. From breast-feeding to elderly exercise we anticipate having something for all ages interested in health and being healthy. We will touch on some different philosophical views relating to health and well-being. A good rounding to let the reader be as well informed as possible.

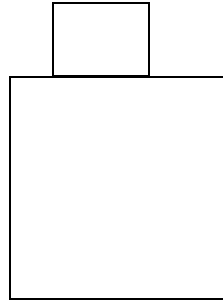
There will be five different chiropractic clinics contributing to this article. Creating a uniqueness of each the five clinics sharing a little different aspect of health and well-being. We will be drawing on our years of practice experience in addition to sharing some of the latest news we get from our different schools newsletters or current publications.

An example of our writings could be on child health care and “**Don’t Use a Walker Too Soon!**” Although you may have heard that before let us give you some backing (no pun intended) to that statement.

A child will become fully weight bearing, standing up on their feet, when they are ready and the necessary spinal development has occurred. Yet, if they are forced to stand up before their spine, specifically their low back, is ready to handle that weight, problems could be incoming. Specifically I am referring to placing a child within a walker before the back bones (vertebrae) have matured to the level where they can withstand the child’s weight. Although walkers have their place in helping a child develop walking skills, yet, you don’t expect a 3-week-old infant to crawl nor should a 6 month old be expected to run around a baseball diamond. When a child takes that first, unassisted step on their own, their body is saying it is ready to bear its own weight. Then, and not a day sooner, is the correct time to place a child in a walker.

CASE OF THE WEEK: Each week a different clinic may present a case of a patient who has been receiving chiropractic care. I get the honor of starting this off with one of my patients. She is an eleven-year-old female who presented with what we call enuresis, more commonly know as “bed wetting”. She also had reports of asthma upon simple exertion, in addition to finding it hard to breath in hot weather.

Upon examination there was a subluxation/misalignment noted at the top of her spine called the atlas or C-1. It was also noted that she had knocked knees, which we call a valgus formation. After her first adjustment there has been no more waking up with a wet bed! Another good report was no more asthma attacks. Her knee condition is showing some signs of improvement also. Although children do respond very well to corrective care, this young girl was exceptional in showing signs of improvements and returning to what is normal and healthy for a child of her age.



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