

Written by Jeanne Ohm, DC

Tuesday, 01 March 2005 00:00 - Last Updated Friday, 04 April 2014 10:26

## Children and Chiropractic

Doctors of Chiropractic have been working with children since the early days of chiropractic over 100 years ago. Their reliable services have offered parents a safe option for natural health care. The founder of chiropractic, D.D. Palmer, D.C., had this to say in 1910, "The principles of Chiropractic should be known and utilized in the growth of the infant and continue as a safeguard throughout life." Truly, the importance of chiropractic care for the family was recognized and practiced since the onset of the profession.



from the editor **JEANNE OHM, D.C.**

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Over the years, the practice of chiropractic became known by many as merely the treatment of bad backs and necks. When I began care in 1976, I went to a Doctor of Chiropractic because of spinal injuries. Within several months of regular care, my back pain resolved, but even more significantly, my migraine headaches went away, my allergies subsided, my bouts of asthma disappeared and my menstrual cycle became regular. My Doctor of Chiropractic explained that chiropractic care was not the treatment of bad backs or disease, but the restoration of normal nerve function. Since all body functions are dependent on a healthy nerve system, many health changes can occur under regular chiropractic care. Thus began my revelation about true health and wellness and my pursuit of chiropractic as a career.

When we first opened our office 24 years ago, my husband and I discovered that most people, like ourselves, began care for spinal injuries and pain. By taking the time to explain the essentials of chiropractic with our patients, they too understood the role chiropractic plays in the family wellness lifestyle.

Today, we have parents coming to our office drawing the natural conclusion that since Doctors of Chiropractic are working with the nerve system, their children need care as well. Just a few weeks ago, a mother made an appointment for her son in our office. In our initial consultation she revealed that her son had been diagnosed with ADHD and since ADHD was determined to be a dysfunction of the nervous system, the logical steps for her son should include care that addressed interference to the optimal function of his nerve system. Based on speaking with other parents and researching the role of chiropractic on the internet, she chose to bring her son in for an initial exam to determine if her child had any spinal subluxations that may be affecting his ability to concentrate.

Today is fortunately the age of information, where parents are privy to knowledge previously kept from the public. The internet has allowed parents to explore and research information on their own—affording them the ability to make informed decisions for their families' well-being. Additionally, parents are talking with other parents, sharing success stories about their children's health and opening new doors and options they were not previously aware of. The importance, safety and efficacy of chiropractic care for children is reaching more and more parents and whole families are participating in wellness lifestyle changes that are making a huge impact on their families' present and future well-being.

It is truly an exciting time of movement and change as parents are taking active responsibility for their families' health. We are proud to play our role in offering information that supports the chiropractic family wellness lifestyle in *Pathways* and on our website. We respect and appreciate parents right to choose wellness and we will continue to provide parent's with perspectives that offer families the solutions they are seeking.



Many blessings,  
Jeanne Ohm, D.C.



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This article appeared in [Pathways to Family Wellness](#) magazine, Issue #05.

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