

## Healthy By Design

All parents want to maximize their children's health, and they should take a proactive approach in keeping children healthy. There are five major strategies that you can implement as a parent who wants what's best for a child.

First and foremost is the understanding that your child's brain and nervous system controls and coordinates every function of the body, including the immune system, biochemistry, and hormones.

Your child's nervous system also controls how the body heals and regulates. Thus, you want to make sure that your child's spine and nervous system are developing and functioning properly; in our view, the best educated and trained expert to determine this is a doctor of chiropractic.



After taking a proper history about your child and doing a thorough evaluation, a doctor of chiropractic will determine the extent of your child's interference in the nervous system, which is called a subluxation, a minor misalignment of the vertebrae. All children, from birth onward, should be checked on a regular basis to determine whether there are spinal postural alterations, which can negatively affect the child's nervous system and the way the child's body heals and regulates.

Next, what goes into your child's body for the first year of life is essential to influencing their health. It is recommended that a child breastfeed exclusively for the first six to nine months, before one vegetable or fruit is introduced. Then, slowly introduce new foods individually every four to seven days. As long as your child's nervous system is being evaluated by the chiropractor and working properly, the child should usually be able to digest and assimilate the right foods properly. Dairy products, hydrogenated



oils or trans-fats, refined sugars, fruit juices, and processed foods should be avoided in your child's diet. As parents, it is important for you to be a role model and set healthy eating habits.

Exercise is also paramount in maximizing the health, coordination, and fitness level of your child. It is important to keep them away from the television and computer so they remain physically and mentally active. This will ensure that they maximize their immune system and brain function, provided that they maintain their spinal care and remain subluxation free.

Last, but certainly not least, you want your children to be raised in a loving, positive, and supportive environment where there is a connection between parents and children. You always want to ensure that they feel safe and protected. This creates a sense of well being for the children to flourish.

Children are designed to be healthy, but the better understanding we have as parents, the more we will be able to take control and make better decisions for their health and well being.



Reference: Warner, S, Warner, T. Healthy by Design, Chiropractic Wellness and Fitness Magazine, Vol. 3, Issue 5, 2004.