

RESEARCH: Feeding problems, sleep issues, excessive crying, infant pain, and neck restrictions improved with Chiropractic care

The benefits of chiropractic care continue to be evaluated and dissected through new studies and research. Evidence builds with each report detailing the variety of health benefits produced by chiropractic care which extend far beyond simple pain relief. Chiropractic adjustments have proven to improve the health and well-being of all age groups ranging from infants to advanced age. Those outcomes mark the landscape of the past 120 years and advanced research continues to explain why.



The chiropractic profession traveled a timeline marked with challenges and obstacles, largely at the hands of other health professionals and political agendas attempting to stifle the spread of a non-medicinal option to improved health. These obstacles temporarily limited the reach and influence which chiropractic care could have otherwise provided to millions more. **The passing of time and mounting research overwhelmed many detractors due to one insurmountable piece of evidence: results.** Nothing furthers the chiropractic movement more than the real results experienced by patients in offices all over the world on a daily basis. Chiropractic care delivers results for men, women, children, and infants of all ages by seeking to address the root cause of problems and disease.

Infants comprise the most uniquely impacted group of people under chiropractic care. Some people assume nervous system care focuses on adults, but nothing could be further from the truth. **The most significant and lasting impact made on the spine and nervous system takes place in the stages of childhood and infancy when the spine undergoes the process of growing and taking shape.**

Children currently face some of the most significant health challenges in our world. Reports show that for the first time in history the children of today will not outlive their parents. This means that life expectancy of today's children ranks lower than that of their parents. Many factors contribute to this issue, but the resolution requires a new and improved approach to health in order to change the current course.

Chiropractic addresses the underlying cause of specific functional problems related to the spine. Research published in 2019 evaluated thousands of

children who received chiropractic adjustments. Statistically significant improvements were reported across all aspects of infant behavior including feeding problems, inconsistent sleep, excessive crying, sleep discomfort, infant pain, and restricted range of motion in the neck. Residual outcomes included improvements in maternal ratings of depression, anxiety, and satisfaction

with motherhood. Ninety-five percent also reported a belief that the nervous system care proved cost-effective, and 90.9 percent rated their satisfaction as an eight or higher on an 11-point system. No adverse side effects were reported.

Research not only determined the value of chiropractic care, but also demonstrates long term effectiveness which transcends temporary pain relief in the back and neck. Nervous system care offers a proven, long term course of optimal health care for infants, children, and adults. Chiropractic care maximizes the health and function of the nervous system by improving the alignment and movement of the spine, allowing the brain and organs to provide long term health and restoration free from a reliance on drugs and medicines. Every person has a spine housing the most important system in the body. **The benefits of chiropractic care await everybody.**

Journal of Manipulative and Physiological Therapeutics 2019
"Maternal Report of Outcomes of Chiropractic Care of Infants."
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