



One of the most frequently asked questions we get in our office is, “Why would a child need to get adjusted?” The below article provides answers to your questions! With children making up a significant part of our practice, getting them adjusted regularly is a major factor in their healthy development. Also in this newsletter, we explain the importance of a whole food multivitamin vs. over-the-counter synthetics. And finally, don’t miss out on the July massage special!

**Yours in health,
Dr. Barron**

10 Reasons Parents Take Healthy Children to Chiropractors

Welladjustedbabies.com



Some adults may wonder why more and more children are starting to see chiropractors. That’s a good question and the answer is simple: whether we have a large spine or a tiny little spine, if that spine is creating nerve distress, then our magnificent bodies cannot operate smoothly...

The nervous system is the ‘Master Controller’

The nervous system is the master controller of our body and if its communication channels become fuzzy, distorted or damaged then we experience all sorts of communication errors. For babies and children, this ineffective communication may play out as colic or irritability, an inability to suckle and breastfeed, poor sleep, developmental delays, digestion issues, asthma, behavioral problems, low energy, inability to concentrate, headaches, etc – the list is endless. In fact, regardless of what the end result or symptom may be, all roads lead back to the nervous system – to the body’s ability to self-regulate and function at a peak level.

While chiropractic may be able to help with a number of health issues, our focus is not treating or curing ailments; our focus is ensuring the nervous system has every opportunity to work efficiently and effectively.

Can you cook at night with the lights out?

For example, imagine your nervous system is like the lighting system in your home. If the lights start to dim, you might not be able to cook dinner very well, you may start banging into furniture, you may trip and hurt yourself, you may feel frightened, etc.

Exactly how the dim lights influence you will vary but the issue is still the same – there is a communication problem between the wiring and the intended outcome which needs detecting and fixing.

In the same way, chiropractors spend years studying the nervous system to be able to detect and correct these ‘communication errors’ in the body.

How do little kids get nerve irritation?

Nerve irritations (or vertebral subluxations) occur as a part of normal daily life. They result from physical, chemical and emotional stressors or ‘insults’ to our health, such as bad posture, prolonged postures, sleeping on the tummy, knocks and falls, poor food choices, dehydration, exposure to chemicals and toxins, and stress and anxiety. Even before these lifestyle stressors have an impact, nerve irritation can occur in the uterus from awkward positioning, restriction of movement, and exposure to toxins, and from birth complications such as long labors, very fast labors, or forceps or caesarean delivery.

When we appreciate how important the nervous system is and how easily it can be hindered and impaired it makes sense that all children deserve to have a well-adjusted spine and nervous system ... it makes sense that chiropractic is an important part of a healthy lifestyle.

10 reasons parents take their children to see a chiropractor:

- To maximize their child’s neural plasticity (brain and nerve development).
- To enhance their child’s overall health and wellbeing.
- To strengthen immunity and reduce the incidence of colds, ear-aches and general illness.
- To help with colic and Irritable Baby Syndrome.
- To help with asthma, breathing difficulties and allergies.
- To improve spinal posture.
- To improve their child’s ability to concentrate.
- To assist with behavioral disorders and enhance emotional wellbeing.
- To help alleviate digestive problems.
- To assist with bed-wetting and sleep issues.

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DID YOU KNOW?

Babies are born with 300 bones, but by adulthood the number is reduced to 206.

JULY MASSAGE SPECIAL! EVERYBODY DESERVES A MASSAGE WEEK



The 2011 Associated Bodywork and Massage Professionals **Everybody Deserves a Massage Week** is July 17-23 to raise awareness of the benefits of therapeutic massage. In support of this event, Mosaic Massage Therapy, at Barron Chiropractic, is offering

\$15 OFF A 60 MINUTE MASSAGE
\$20 OFF A 90 MINUTE MASSAGE
FOR THE ENTIRE MONTH OF JULY!

EXPERIENCE THE DIFFERENCE A MASSAGE CAN MAKE IN YOUR LIFE!

Call today to schedule your appointment with
Diana Thompson, LMT!

314-707-9046

For scheduled appointments ONLY during the month of July. Not valid for gift certificates.

Special Hours

July/August

7/19- Extended hours 8am-11am, 3pm-6pm

7/22- CLOSED

7/20, 7/27, 8/3, 8/10, 8/16, 8/17- Special evening hours

2:30pm-5:30pm

CATALYN Whole Food Multivitamin

Which ingredients seem more natural?

Catalyn

Contains whole Vitamin Complexes

Proprietary Blend: 766 mg

Defatted wheat (germ), carrot (root), calcium lactate, nutritional yeast, bovine adrenal, bovine liver, magnesium citrate, bovine spleen, ovine spleen, bovine kidney, dried pea (vine) juice, dried alfalfa (whole plant) juice, mushroom, oat flour, soybean lecithin, and rice (bran).

Other ingredients: Honey, glycerin, Arabic gum, ascorbic acid, calcium stearate, cholecalciferol, pyridoxine hydrochloride, starch, sucrose (beets), vitamin A palmitate, cocarboxylase, and riboflavin.

Retail Multivitamin

Contains Isolated Components of Vitamins and Minerals

Ingredients: Calcium Carbonate, Magnesium Oxide, Potassium Chloride, Cellulose, Ascorbic-Acid, dl-alpha Tocopherol Acetate, Acacia, Croscarmellose Sodium, Zinc Oxide, Dicalcium Phosphate, Stearic Acid, Dextrin, Titanium Dioxide, Niacinamide, Silicon Dioxide, Hypromellose, Gelatin, Soy Extract, Magnesium Stearate, Calcium Silicate, d-Calcium Pantothenate, Manganese Sulfate, Polyethylene Glycol, Corn Starch, Pyridoxine Hydrochloride, Mannitol, Cupric Oxide, Resin, Lecithin, Riboflavin, Thiamine Mononitrate, Vitamin A Acetate, Chromium Chloride, Folic Acid, Dextrose, Beta Carotene, FD&C Red #40 Lake, FD&C Blue #2 Lake, Sodium Selenate, Biotin, Phytonadione, Cyanocobalamin, Ergocalciferol.

By using whole foods, a supplement is much more effective and more assimilated by the body than its isolated counterparts. Catalyn provides nutrients from whole foods, as well as selected individual components to promote optimal nutrition. In addition, all of the ingredients in Catalyn are organically farmed, ensuring the soil is laden with minerals and nutrients, and the plants are nutritionally complete, free of synthetic pesticides. For more information, call to schedule a complimentary nutritional consultation with Dr. Barron.

Catalyn- \$37 for a 4 month supply

Catalyn Children's Chewables- \$14 for a 1 month supply

Quote of the Month

“In health, there is freedom. Health is the first
of all liberties.”

- Henri Frederic Amiel