

The Wellness Family

Dr. Baric Keeps You Informed

Frequently Asked QUESTIONS

Did you know that your Chiropractor adjusts children? Did you know that Chiropractic care can help pregnant women to experience a higher quality labor and delivery? Or that many women report back that their labor was easier and their pregnancy practically pain-free after seeking prenatal Chiropractic care?

It may be that there's a lot that you don't know about Chiropractic and Dr. Baric has the answers.

What is Vertebral Subluxation? Your spine is made up of small joints called vertebrae. When these small joints get slightly misaligned, due to repetitive stress injuries or sudden falls, the nerves are irritated. When the nerve isn't functioning correctly it can result in symptoms related to organs, muscles and systems of the body.

How does a subluxation occur? Any major or even minor spinal trauma (a fall, a jolt, a sudden movement) can cause the vertebrae to become misaligned, resulting in a subluxation. This can happen in children due to birth trauma, as well as with falls and tumbles in their first five years of life.

What is a Chiropractic adjustment? Your doctor of Chiropractic gently moves the vertebrae back into place; removing nerve interference and allowing the body to improve its function, resulting in better health.

Will my child be adjusted every time I bring them in to have their spine checked? Your Family Wellness Chiropractor wants your child to have regular check-ups due to the many falls and tumbles that are part of everyday life.

There is a relatively small window of time when your child's spine is developing (from birth to age 15), in which to prevent adult problems; however, if your child doesn't need to be adjusted then your Chiropractor will provide a check-up visit only.

Checkups with a Chiropractor will be much more frequent than with any other health care provider because the spine is more sensitive to outside stress, strains and small repetitive injuries than any other part of the body.

Why should I bring my child to a Chiropractor? Like dentistry, early care and frequent checkups prevent adulthood problems.

Why should children be under Chiropractic care? Because the spine is developing rapidly in the first ten years of life, it is highly affected by the falls and injuries that are common in those years. Like dentistry, many parents see the benefits of providing preventative care for their children and see this as an important role in their child's overall health and wellness.

Should I be worried that my child could be hurt by a Chiropractic adjustment? Absolutely not! Your Family Wellness Chiropractor uses safe and gentle techniques adapted for babies or children.



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Can Chiropractic care cure common childhood illnesses? No, however, many parents report back that after receiving regular Chiropractic adjustments, there is a marked improvement in their children's quality of life, such as with their immune, digestive and respiratory systems.

Basically, Chiropractic care facilitates natural body function, which typically leads to an expression of better health.

Can children get addicted to Chiropractic adjustments? Absolutely not! The Family Wellness Chiropractor examines the child and determines when they need to be adjusted. Children, in the first ten years of life, should have regular checkups with their Chiropractor due to the numerous falls, tumbles and strains that their spine is receiving on a regular basis but parents participate in the decision making process regarding frequency of care.

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Do medical doctors refer to Chiropractors? Yes, there is a growing trend of obstetricians, pediatricians and family doctors referring patients for Chiropractic care as they see the benefits of spinal adjustments. They recognize that Chiropractic care is out of the scope of their practice.

Are Chiropractors anti-medical doctors? No, your Family Wellness Chiropractor recognizes the important role that a medical doctor plays in your family's health and believes in a team approach. When your son or daughter needs medical attention that's where your Chiropractor will encourage you to go.

Are Chiropractors anti-drug? No, but they recognize that a body that is functioning properly and is operating in a wellness lifestyle will not need drugs.

What if my medical doctor tells me not to take my children to a Chiropractor? Many obstetricians, pediatricians and family practitioners are beginning to see the benefits of Chiropractic care for children but there are still a great number of medical doctors who have not accepted the facts. For every doctor that tells you that Chiropractic care is dangerous for children, you'll find a handful that will tell you it's perfectly safe and beneficial. The final decision is up to you.

Can women who are pregnant receive Chiropractic care? Of course, many pregnant women report back to their Chiropractors the tremendous benefits they've received through regular adjustments. These include: less back pain, less discomfort during the pregnancy, less morning sickness and an improved quality labor and delivery.

What is the Webster Technique? The Webster Technique is a specific Chiropractic analysis and adjustment which reduces interference to the nervous system, improving function of the pelvic muscles and

ligaments leading to the reduction of constraint to the woman's uterus allowing the fetus the best opportunity to be positioned for a healthy birth.

Can Chiropractic care be affordable for my entire family? Families that are treated by a Chiropractor are usually healthier and enjoy a quality, wellness lifestyle. Since this is the case, they often find that the money saved on treatments for illnesses and medical visits is enough to make it worth taking the entire family for care. Of course, knowing that you've provided your child the opportunity to have a healthy adulthood is the greatest benefit.

In Summary

These are the questions that are asked most frequently but it could be that you have a question that wasn't answered here. If so, it's important that you know that Dr. Baric is there for you. There is no question you could ask that would be offensive or upsetting; the truth is that it's probably been asked before.

So, if you have a question, take a moment to ask your Family Wellness Chiropractor today!

Three Reasons for Family Wellness Chiropractic Care:

1. It promotes healthy and regular spine development
2. It diminishes the long term effects of childhood falls and tumbles, reducing the possibility of adulthood problems
3. It improves and supports the nervous system function which allows for the optimal level of health.

For more information on Chiropractic care please visit:

www.icpa4kids.org

www.chiro.org

www.mothering.com

Dear Parent,

Dr. Baric is dedicated to providing you with the absolute best in family wellness care. Take a moment today to ask your Family Wellness Chiropractor any questions you may have regarding your family's overall health and wellness.

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