

# 3 Ways to Get Your Child Pooping



**WITHOUT MIRALAX!**

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## GET TO THE ROOT CAUSE EARLY

Challenges with constipation and digestive motility show up very early for many kids. The earlier these challenges show up, the more likely that the difficulties with poop can start to become 'hard-wired' into your child's nervous system and lead to chronic challenges.

Early on most constipation and poop problems are usually lumped in with the diagnosis of colic. Like nearly all pediatric health challenges, colic is multi-factorial and therefore addressing the root cause of each component is key. And for most infants suffering from colic, finding and hitting the "Poop Button" as we call it is absolutely crucial to helping them get to the other side of those struggles!

When it comes to colic, most pediatricians still today tell parents something to the tune of, "Don't worry, they'll grow out of it." But that's simply not true.

Most infants continue to struggle with their digestive function as they get older, and while they may start to call it different things (diagnosis)... for most kids, the root cause remains the same.

Constipation is absolutely not caused by a random genetic issue or bad luck, and it's also not due to simply a lack of prunes, probiotics, or Miralax. The most common contributor to constipation and digestive issues in kids is simply stress.

While we know as adults that when we are stressed out and wound up our gut function, immune function, mood, focus, and other things are negatively affected as well... but too few of us understand fully how much stress and tension play a role in our children's health as well.

This stress and tension first sets up shop in the central or autonomic nervous system, which is NOT the first place pediatricians or parents know to look.

The autonomic nervous system does exactly what it sounds like it would – runs things on autopilot. And one of the first things it's supposed to control starting out way early in life is digestive motility.

The best thing possible is to catch poop and digestive motility issues early on for kids, because the digestive system is a complex system of nerves and muscles just like our musculoskeletal system is. But the key difference with the muscles of the stomach, intestines, colon and so forth is that they are out of our control. We can't activate them or relax them instantly like we can with our skeletal muscles (arms, legs, etc.). They are supposed to run on autopilot, controlled by the nervous system at all times.

We've all heard of the concept of "muscle memory" and unfortunately it can really come into play with chronic constipation in kids. If they started as an infant with digestive challenges, and the only thing their parents were given as an option to treat it were things like Miralax and other medications – it's likely the "stuck memory" is woven pretty deep into the nervous system for that child.

But do not worry parents! If you're reading this section and your child well past the infant stage and has chronic constipation, everything we'll discuss below can still help – it just simply takes more time and repetition! We'll explain more – keep reading!

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## REDUCE OR REMOVE TOUGH-TO-DIGEST, TROUBLE-MAKING FOODS

Once parents get tired of the medical approach of more Prevacid, Miralax, and medications they tend to go natural. And really natural means, nutritional.

You can find some great articles and guides on almost every single natural health and parenting blog, and within every one of those Facebook Groups. That's good! The information is getting out there! When I first started practice, maybe 1 out of 10 parents knew even a little bit about the the troubles that things like gluten, dairy, and corn cause.

Since it's a safe bet you not only already know about step #2 here then parents, and there is so much other great information out there on this topic – I'm going to explain it from a more simple angle for you. I'll walk you thru things from my "farmer perspective" because yes, I grew up on not just any farm... but a corn soybean, and cattle farm!

Put simply, these foods aren't necessarily just toxic for the sake of being toxic — they are just really hard to digest. The proteins and elements of grains and dairy are absolutely complex and wildly complicated, causing our neuro-digestive systems to really have to work overtime and become stressed out and exhausted trying to break them down inside the gut.

Doubling down on this problem are the facts discussed in #1 above, and even further next in #3 below — today's children have nervous systems and guts that are absolutely overstressed and full of stuck tension. This stuck stress (subluxation) leads to altered and delayed function of the gut, namely motility (moving food and poop through)... and now our kids have an even harder time digesting these tough, complicated foods.

The real problem with gluten, dairy, and so forth is not just the food itself, but it's really our children's inability to properly digest it. That function starts in the central nervous system, and therefore getting your child better must start in that "central" place.

Meaning, time for #3!!!

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## ADD IN NEUROLOGICALLY-FOCUSED CHIROPRACTIC CARE

Time to hit the "Poop Button" as we like to say inside PX Doc offices!

What the heck does that mean? It's simple really.

The vast majority of kids presenting for care at PWC have significant levels of subluxation (stuck tension) in the areas of their nervous system that specifically control digestive motility, as discussed above.

Subluxation first has a negative effect on the neurological control and activation of those digestive muscles, leaving them wound up, tense, and tight all of the time.

This is not just a physical problem on the "outside" that can lead to neck, pain, and other challenges — but it works the exact same way on the "inside" and creates this built up tension and even constipation problems within the digestive systems.

Honestly stress and subluxation are synonymous, and it's really that simple. That is why you always hear of someone getting "knots in their stomach" when they are stressed and out and nervous, because stress stops digestive motility and literally jams things up.

It's wild how well it works for so many kids to simply, quickly relieve their tension and get the poop moving again! Child after child struggles with constipation, when something as simple and profound as subluxation could be in the mix and the leading trouble maker.

And then, when we get that stress and subluxation cleared out of the way, with gentle, specific adjustments by a PX-trained Pediatric Chiropractor, our kids can finally find relaxation and ease in those key areas of health again — and the party begins!

To learn even more about the neurological components of constipation and how chiropractic works to release tension and get results, check out this in-depth article [here](#)!

If your child struggles with any of the challenges and issues described above — get them checked by a local PX Doctor right away.

One of the things that really sets our PX Docs apart is their unique [5-Step Clinical Process](#), designed to make sure all of your questions are answered and we find the real root cause of your child's constipation and digestive challenges!

You can learn more about the exam and technology we use by checking out this [link](#).

And most importantly, to find your local PX Doc simply click [here](#) and plug in your city and state. You'll be blown away by the compassion and expertise of our PX Docs, and we can't wait to add your child's story to the thousands of other kids who have found relief and had their health restored through Pediatric Chiropractic Care!