



Chiropractic and Ear Infections: What We Offer Makes a Difference

Many parents bring their children into our office asking us to treat their ear infections. My first response is that the purpose of chiropractic care is not the treatment of conditions or diseases; rather, it is the restoration of normal body function. I explain that as chiropractors, we work with the nervous system via gentle spinal adjustments. We reduce stress related interference to the nervous system, thereby enhancing all overall body function. I further explain that all systems of the body—muscular, glandular, respiratory, circulatory, digestive, eliminatory, hormonal and immunological—depend on the optimal function of the nervous system. With chiropractic, we focus on nerve system function to enhance all the body's systems.

Because many parents are unaware of the variety of options available for the treatment of ear infections, I continue, "As a parent, you have some choices to make. You can either treat the ear infection, or not—that's your right as a parent. Even the American Academy of Pediatrics recommends a watch-and-wait approach, because the evidence-based research about antibiotics is showing that not only are they ineffective at treating ear infections, but they will actually lead to repeated ear infections in your child.

As a parent, you can choose to treat or not to treat. If you do choose to treat, you again have some options. You can treat the ear infections allopathically (the typical medical/ drug route) or naturally. If you choose to go the usual route to a pediatrician, she may take a watch-and-wait approach.

More likely, she will prescribe an antibiotic. If, however, you would prefer to treat the ear infections more naturally, there are several



options for you to consider. A naturopath will explore herbs and nutrition; a homeopath will assess your child for a specific remedy; an acupuncturist will work with specific meridian points for healing.

It is so important that you as a parent realize you have choices, and the right to make these choices for your family.

Regardless of the choices you make, the chiropractic approach will improve your child's inherent ability to function. Doesn't it make sense to have your child function at an optimal level for healing no matter how (or if) you choose to treat? We will assess your child's spine, make the necessary adjustments to improve nerve system function and offer lifestyle suggestions to reduce nerve system stress for your child. We will also support any decision you make in your choice to treat the infection or not. This is your right as a parent, and we stand behind informed choice.

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Modified excerpt from: *Chiropractic and Ear Infections: What We Offer Makes a Difference* by ICPA Member, Jeanne Ohm, DC. Read the full article in *Pathways* Issue 23:

www.pathwaystofamilywellness.org

Beautiful Music: The Benefits of Singing to Your Baby, Before and After Birth

Postnatal benefits of singing to the baby before birth:

- Fetuses can sense audio vibrations and rhythms early in pregnancy. Later, they can hear and distinguish sounds.
- Newborns prefer their parent's voices over the voices of strangers.
- Repetitive prenatal reading of one story by one parent every day for weeks results in the newborns recognition and preference for that story.
- Newborns and young babies are calmed by familiar music, as demonstrated by the universal use of lullabies.



Six simple steps to introduce song into your baby's life:

- Choose a song that you like, lullaby or personal favorite, and is easy for you to sing.
- Sing it every day. Parents may sing together but each should sing it alone much of the time.
- When your baby is born, after the initial lung clearing, sing the song to your baby
- Continue to sing it every day, especially when the baby is crying.
- Sing it when bathing or diapering, when soothing or helping your baby to sleep.
- Sing it when your baby is upset and you can't pick her up.

Modified excerpt from: *Beautiful Music: The Benefits of Singing to your Baby, Before and After Birth*, by Penny Simkin, P.T. Read the full article in *Pathways* Issue 38:

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