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The scoop on Inflammation

A normal biological (biochemical & cellular) protective process that occurs following injury. Acute inflammation is part of the healing process. Its purpose is to control the injury, repair the damage and remodel the injured tissue. If Acute does not resolve then a state of Chronic inflammation develops.

Why inflammation? It signals the body a disruption in cellular integrity exists and may prevent further damage thereby initiating the repair process. Everyone's response rate is different and depends on genetic predispositions, nutrient acquisition, environmental factors and ability to manage stress.

Chronic inflammation can occur by simply eating the wrong foods leading to "dietary trauma," an altering of our bodies biochemistry. This then slowly leads to an expression of chronic pain, cancer, heart disease or whatever disease to which you may be genetically predisposed to develop.

We can reduce this inflammation by avoiding foods like fatty red meat, egg yolks, organ meats, and sugar and increasing Omega 3 & 6 rich foods like cold water fish, free range meats, vegetables, flax seed and nuts. Also consider avoiding processed foods which are low in nutritional value, partially hydrogenated foods (found in margarine, deep-fried foods and all packaged foods) and chemicals such as Aspartame or Splenda which the body cannot easily breakdown. Stay hydrated! The recommended intake of water is 1/2 of our total body weight in ounces.

Chiropractic Testimonial
Before receiving chiropractic care I had migraines daily. I was not able to carry out my daily activities. For fear of the unknown I did not seek medical treatment and I self-medicated with Aleve, Excedrin Migraine, Extra Strength Tylenol, hot/cold compresses to head, heat pads, hot showers and baths.

Chiropractic care had been recommended for my headaches but I was afraid I would get hurt and / or headaches would get worse with treatment. As a last resort I made an appointment with Dr. Katie. My awareness has expanded. I wished I had come sooner - - No more Headaches!!! I am not afraid of chiropractic anymore and I recommend it to everyone no matter what their ailment. Finally I feel like I can live my life to the fullest as I am pain-free. Thank you!
 - Sara Beth Foti

An Introduction to Essential Oils

Essential oils are one of the great untapped resources in the world. The concentrated essences of various flowers, fruits, herbs, and plants have been used for centuries all over the world, but in modern times we have forgotten the power of these ancient medicines of the earth, preferring instead to use the products of perfume and chemicals companies which imitate the natural fragrances and medicinal and cleansing properties of essential oils.

Some of our Favorites!

Eucalyptus—Cools the body in the summer and protects it in the winter. It is an anti-inflammatory, antiseptic, antibiotic, diuretic, analgesic and deodorizing.

Lavender—Effective treatment for burns and scalds. It is a natural antibiotic, antiseptic, antidepressant, sedative and detoxifier which promotes healing and prevents scarring, and also stimulates the immune system and contributes to the healing process by stimulating the cells of a wound to regenerate more quickly.

Tea Tree—Antiviral, antibacterial, and antifungal properties make it useful in a wide range of conditions. It is used for Candida and all sorts of infections, for ringworm, sunburn, acne, athlete's foot, toothache, and pyorrhea, among other things.

Peppermint—An excellent digestive, it helps the respiratory system and circulation, it is an anti-inflammatory, and an antiseptic. It is a great oil to use for indigestion, flatulence, bad breath, varicose veins, headaches and migraines, skin irritations, toothache and fatigue.

Continue learning about Essential Oils in "**The Complete Book of Essential Oils & Aromatherapy**" by Valerie Ann Worwood which is available in our lending library.

Whatever you focus on expands. It means that whatever you give your attention to becomes more & more of your reality. It doesn't matter whether or not your perception is right or wrong. Quite often, we misperceive others because we lack complete information. Our life experience is determined by where we focus our attention. So if you're unhappy, it's quite possible that your focus has been on the negative. If you want to create more joy & happiness in your life, then you must focus on the positive. And one important way of doing that is through gratitude... taken from "Getting The Love You Want" by Harville Hendrix



Headaches in Children

by Dr. Jennifer, author of “Well Adjusted Babies”

Our eleven year-old is a trampoline enthusiast. He would literally take a trampolining class every day if the family budget would allow...

He loves how his chest is becoming stronger and his shoulders and arms muscle-bound, but as chiropractic parents we feel a little uneasy about his eagerness to bounce and flip from the moment he wakes. Yesterday he took a nasty fall trying to perfect a standing back-sault and experienced for the first time a whiplash injury. He was rather distressed by the acute pain and the headaches that followed that evening. The experience helped him appreciate how the body gives us signs and symptoms when it is distressed.

Just like adults, children can become ‘out of sorts’ and end up with headaches due to knocks or falls, poor diet, a lack of sleep or a lack of water etc. Interestingly, they are also susceptible to stress particularly when it relates to family matters—one such presentation for stress even in children may be headaches or abdominal migraines.

Headaches are a common problem for adults however they also affect a large number of children. A 2006 study reported that over 3.7 million American children between the ages of 4 and 17 experienced headaches in the previous 12 months⁽¹⁾. A study of Australian children found that only 36.8% of 10-18 year olds had never experienced a headache⁽²⁾. Headaches are in fact one of the top 5 health problems experienced by children⁽³⁾.

Should parents worry about their child’s headache?

Any headache in a child should be discussed with a health practitioner. It is possible for headaches in children to be caused by serious underlying conditions, however this is rare and there are generally other highly concerning signs and symptoms such as paralysis, drowsiness or loss of consciousness⁽³⁾. A new headache that is progressively worsening over days to weeks, or a persistent one-sided headache are cause for concern⁽³⁾. Most commonly however, childhood headaches are tension-type and migraine, and in 60% of cases they run in the family^(1,4). Aside from pain and discomfort, childhood headaches can lead to missed days at school, poor school performance and emotional difficulties⁽⁴⁾.

What symptoms do children with migraine or tension headaches experience?

Children that are too young to verbalise their pain may instead grab or hold their face, hit their head against the floor, show sensitivity to light or be disinterested in food⁽⁵⁾. Infants may display ineffective latching, grimacing or positional discomfort when feeding from the breast or a bottle⁽⁵⁾.

Parents who are aware that their child suffers from migraine can sometimes predict when a migraine is about to start. Their child may become lethargic, have mood changes, yawn excessively, crave food or become thirsty, or turn pale with dark circles under the eyes⁽⁴⁾.

Migraine does not always involve headache but can instead manifest as episodes of abdominal pain, cyclical vomiting or dizziness, and children with migraine often seek refuge in a quiet and darkened bedroom⁽⁴⁾. Tension-type headaches tend to occur frequently (daily or several times per week), can be associated with stress at home or at school and are more common in anxious or highly emotional children⁽¹⁾.

What are potential causes of childhood headaches?

Headaches can be due to a number of environmental factors and may also have genetic links. A significant finding in a chiropractic study of thirteen cases found that birth trauma and assisted birth (forceps, ventouse extraction or caesarean) were associated with each case of headache⁽⁵⁾. In this study all children demonstrated significant dysfunction of the upper neck joints and musculature. The authors stated: “Forces of 30-70N show transient neurological effects when applied to the upper cervical spine (neck) in infants. The forces exerted upon the cervical spine during assisted deliveries range from 77-199N. These forces would likely be sufficient to cause muscular and mechanical joint impairments considering the increased laxity of the infant spine”. Along with damage or irritation of the neck region, the birth process can also lead to jaw problems in infants that are particularly painful when trying to latch and breastfeed. Interestingly, jaw problems and headache often overlap in adults⁽⁵⁾.

Is it safe to offer children medication?

Many parents will give medication to a child who has a headache, as this is what they might do for their own pain. However, studies that specifically look at the safety and effectiveness of medication for children are very limited⁽³⁾. A number of medications are shown to have serious side-effects in children and some of the more common-place medications such as paracetamol can have longer-term effects on the integrity of the immune system^(3,6). Children also have a particularly high placebo response rate of up to 70%; oftentimes children report feeling better after they are unknowingly given a sugar pill than after being given a medicine itself⁽³⁾.

What alternatives to medication are there?

Although chiropractic does not treat headaches *per se*, many case studies demonstrate that by enhancing the function of the spine and nervous system, headaches and other symptoms may then resolve^(5,7,8). In considering the number of children who have difficult births, and the number of children showing strain to the spinal joints and surrounding muscles, it is logical to prioritise a chiropractic check-up. In addition to chiropractic, other alternative approaches for chronic headaches that have been shown to be effective include cognitive behavioural therapy, relaxation training, and self-hypnosis⁽¹⁾.

A holistic approach for children including chiropractic, good nutrition and play, and mindfulness for reducing stress, may not only help with headaches but bring more energy and vitality into their life!

Warmly,
Dr Jennifer

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