

THE NEURO-BEHAVIORAL “DETOX” WITH CHIROPRACTIC CARE

The purpose of this article is simple; to better help parents understand what is happening with their child as they heal and recover through chiropractic wellness care. It is a long and complex topic, so please bear with me as we jump around from point to point here in this article. Here goes...

Truth is, when children with challenges such as autism, ADHD, anxiety, sensory processing disorder, behavior issues, autoimmune challenges, frequent colds/flu, and such begin chiropractic care they often experience what some would term “regression before progression.” While that term may be correct in what is going on the “outside” it is not true of what is going on the “inside” with that child, and that is exactly what we will explore and explain in this article.

It is very true that once they begin getting adjusted, things such as seizures, anxiety, tempers, tantrums, etc., often will “flare up” and increase in frequency. **For very young children, this usually lasts no longer than a few days, kids aged 5-10 usually just a week or two, and older children (whose challenges have been present longer) it can be up to 4-6 weeks. In even more difficult cases unfortunately, it can take even longer.**

When I finished school, this was one of the most challenging things I faced. With my education and training, I knew without any shadow of a doubt that correction of vertebral subluxation complex has a profoundly positive impact on the central nervous system, and thus on the health of a child. So... why were they getting “worse” in the beginning? And also even more perplexing, why were all my objective/functional findings showing improvement at the same time!?!

Important point here:

“Subjective” findings are those related to signs and symptoms, things such as fever, headache, seizures, pain, etc... Therefore these findings are very much varied from person to person (for example: pain tolerance), and therefore not the best measure of improvement or change.

“Objective” findings are those that are measurable and more definitive, things such as posture, diagnostic imaging, blood work, etc. It is a hallmark of “functional wellness” care that objective findings are more important and more reliable than subjective findings.

After months of stumbling through this myself and in conversations with parents who wanted to know what was going on, I finally found the answers in talking with my mentors, who when I told them of a few examples of this responded with a resounding

“Yeah, that is a GOOD sign!!!” I, like most parents now when I say that to them, responded with a “Seriously? How can that be good?!?” and also with “Yeah, you tell that to these parents!”

Well, they were right... it is a good sign, and here is why... These children with very challenged and overstressed nervous systems, immune systems, and digestive systems have unfortunately been that way for a long time, **meaning they have become “hard wired” with that stress, tension, and toxicity.** Usually by the time they enter our office after all traditional medical treatments have failed, all they know is stress, stress, stress. And in the end, for them to get better... that stress has to come out.

A proper parallel analogy here is the idea of a person going on a nutritional detox program. The purpose of nutritional detoxes is to “rid” the body of built up toxins and junk. The ingredients in the detox are usually ones that are known to kick in our bodies “cleaning and excretion” organs such as our liver, kidneys, and gut. Therefore, often times people experience headaches, diarrhea, skin sores, and more when going through this detox. While those are all what many perceive to be “negative symptoms” (subjective), when you understand physiology... you understand they are really “positive responses” (objective) the body goes through.

Well think of the types of subjective challenges many of these kids are going through that must eventually “come out” in order to ever be healed, or free from: anxiety, hyperactivity, poor behavior and outbursts, coughing, mucus, gut issues, etc. These things are all bound to increase on the “outside” as the body gets them out of the “inside” as care begins.

The real “deep” answer to this is explained in having an understanding of the **Innate Intelligence** each child has within them. Innate Intelligence is not a familiar term to most, but is something we all know to be true. It is what explains why a cut on a living human being will heal, and why one on a cadaver will not... the living human has that continuous innate intelligence or “life force” that controls and coordinates the healing process for that cut.

The beauty of chiropractic wellness care is that we work from inside-out, meaning that the goal of our care is to simply allow the body to better function and better express that innate intelligence or life force. **The body is designed to heal; the adjustment removes the interference (subluxation) so that healing can better do its job. The adjustment does not do the healing, the body does.** Most importantly, the control and coordination of that life force is governed and done within the central nervous system – the system most affected by chiropractic care.

So how can an increase in seizures, tics, and outbursts be healing? In the same way that a body “dumps” toxins in a nutritional detox, the nervous system dumps “stress” in the

same manner. If that nervous system had years of seizures, tics, and anxiety “hard-wired” into it, how else is it going to get rid of it?

Now one last point to consider – the alternative to chiropractic wellness care: Western Medicine (drugs). Drugs are designed to work outside-in, not inside-out. What this means is they attempt to “control” the change, “control” the healing, “control” the physiology. They do not take innate intelligence or the environment into account at all.

They attempt to “bottle up” and control the symptoms. For example, take Tylenol to bring down a fever (the body’s natural response)... antidepressants designed to control mood and behavior... stimulants for ADHD... anti-convulsants for seizures. Each of them is trying to mask and get rid of something the body is innately and intelligently expressing. Just because it is not a pleasant or positive symptom, does not mean that the body is inherently wrong in producing it. In the end, who do you think knows more... Innate Intelligence or the MD who prescribed the drug?

So when you put it all together, “regression before progression” is not regression at all, it is healing. Many times the body must go through this to get to the end desired result; it must “get ‘sick’ to get well.” That is why we as chiropractors often times get excited when we get these reports back. We are not callous and crude people who like the fact that the child is having more seizures, tantrums, or hyperactivity. But we understand and respect the healing process the body must go through to ever be well again, and we know that without going down that road... it never will be well.

So if you are reading this article as your child goes through this, please know we understand. We will talk to you and walk you through each and every step, answer every question, and continue to show you the vital objective and functional findings that are likely improving with each and every visit. Please know that the care we provide allows your child to better heal and better express that innate intelligence within them. In the end, that is exactly what they need to have a chance at a healthy, bright, optimum future.