

HOLISTIC WELLNESS PEDIATRIC PERSPECTIVE

It is often necessary to ask questions regarding the health of a child.

What are the contributing factors to a child who is healthy or not well?

Does moms' lifestyle during pregnancy play a role? What about mom and dads' lifestyles' after birth? What could be happening to a newborn, infant, or child at such a young age that is causing health challenges? Are they missing something (i.e. antibiotics, steroids, cough medicine), or is something interfering with the proper function of the system?

Many factors contribute to the health of children:

The birth process. Most mothers are given drugs, which are toxic, during the birthing process. C-section rates are up to 40% (even more on L.I.) and are very traumatic to mom and newborn. In addition, the newborn does **NOT** benefit from; cranial molding (via natural birth) which stimulates the nervous system, and also the most important first meal (probiotics from mom's vaginal and anal canal) when born C-section. Most mothers living today are themselves toxic and deficient, and are devoid of these beneficial bacteria which aid in digestion and immunity.

How was the birth process for your child?

Often, the spine, and especially the cervical (neck) region, sustains trauma during birth. This can disrupt proper function of the joints, muscles, and nerves in the involved areas. Sometimes there are obvious signs and symptoms, but not always. Even if there is something happening, parents may not attribute this to trauma during the birth process.

Breast feeding and the introduction of food. Most children are not breastfed at all, which is completely different from the recommended six months to two years. Initially, a newborn's GI tract is very permeable (leaky) allowing passage of large proteins from mom's breast milk for the formation of immunoglobulin's (involved in immune system). Consequently, the formula (cow's milk, sugar, and antibiotics) which is used in place of breast milk causes foreign proteins to pass through the infants gut and triggers a stress response (the body mounts an attack). This autoimmune issue may not show up for years. Once foods are introduced (usually grains) signs of sensitivity and intolerance may start. Parents may be aware of the symptoms (i.e. colic, croup, mucous, decreased immunity) their child is experiencing; however, the symptom is usually not correlated to foods or birth trauma. Children will usually crave the foods that they have become allergic to, and these foods are usually not very beneficial to their health.

Sedentary living. Movement patterns today are much less overall. Children sit all day in school, watching T.V., and playing video games in an unhealthy posture. This unhealthy posture creates severe deconditioning and lack of neurological stimulation (proprioception) to the brain. Chronic lack of movement has been scientifically linked to altered mood, learning, behavior, obesity and chronic illness.

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