

INDIFFERENCE

Why Our Children Are So Sick



Included: A Recipe for Safe, Healthy & Happy Kids

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in·dif·fer·ence

in 'dif(ə)rəns

noun

- lack of interest, concern or sympathy.
synonyms: unconcern, disinterest, lack of interest and enthusiasm, apathy, nonchalance, insouciance, boredom, unresponsiveness, impassivity, dispassion, detachment, coolness



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Caveat

This book is NOT intended to diagnose or treat any disease, because as a Doctor of Chiropractic, I am looking for the cause and prevention of dis-ease and have no intention on labeling a condition or treating symptoms.

Any mention of medication, drugs, or chemicals is strictly based on my opinion and personal experience and is not a recommendation for any person or child to use or not to use drugs. That decision should be at the discretion of you and your doctor. Ultimately, you are the one making the final decision and your doctor is there to support you in that decision. Remember, your doctor works for you, and there is NO such thing as “doctor’s orders.”

If your medical doctor is prescribing or recommending medication, antibiotics or vaccines, I truly hope they are educating you about the safety, efficacy and side effects, especially if they are prescribing them for prevention or for a chronic condition.

Your doctor should also be willing to stand by and take responsibility for their recommendations in case harm was to come to the individual. Their Hippocratic Oath, “first, do NO harm,” which at times can be very *hypocritical* (that is irony), is the foundation of their profession.

I say this because of a conversation I had with a pediatrician who had been in practice for more than 30 years. We were talking about the DTaP (Diphtheria, Tetanus and Pertussis) vaccine and he said, “it’s much safer now than it used to be,” implying that it has never been safe, but that he was alright with that because the vaccine is improving every year.

Final warning: if you cannot trust your health care OR sick care provider, then it is time to find a new doctor. Find a doctor who doesn’t just tell, but who listens. Find a doctor who is in your

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corner and is there to support you. Don't choose someone who contradicts him/herself and only orders the standard accepted method of diagnosis and treatment that has many times been proven to be unsafe and very ineffective at dealing with chronic dis-ease.

Contradiction will lead to dis-ease.

Dedication

I dedicate this book to my lovely wife Casey, who has been with me from the beginning and who saved my life from indifference with her love.

I also dedicate this book to my amazing parents, because they always challenged me to become better and they were always there to support me even during the toughest of times. They never gave up on me. That is love.

Foreword

Dr. Derek Kasten has been a very close friend of mine for over 10 years and I credit him with not only changing my life, but also the lives of my beautiful wife and three amazing sons. The content of his book is an important part of our physical, mental and spiritual foundation. Without his educational and inspirational sermons regarding health and wellness, my family would not be leading the life we now choose to live. And little did I know at the time, but it was his passion and persistence about this topic that led me to an epiphany.

Dr. Derek started educating me about the concept of health and wellness towards the end of my college career. Our discussions ranged from a variety of topics, from the foods we eat to the healthcare we receive. And although the topics varied, there was one constant question he always asked me: Why? Why do we fill our bodies with foods we're not exactly sure how they're produced or what they're made of? Why are we so quick to take another pill when "sick" or give our children vaccines to help lead "healthy" lives? The truth is there were no specific answers. He asked why, not necessarily for me to give an answer, but more so to get me to open my mind and see ideas from different perspectives. He was encouraging me to educate myself.

I always listened to Dr. Derek and respected his knowledge and passion for health and wellness. Unfortunately at the time though, I didn't practice what he was preaching to me. It wasn't until my second son was 18 months old and we found ourselves visiting the doctor. We were probably seeing the doctor once a month, not including his infant check-ups. He wasn't sleeping well or eating well. He would be active and happy one minute, then tired the next. And every time we visited the doctor, we received the same feedback. "Oh, he must have this or he must have that. I'll write a prescription and if he's not feeling better in a week, come back and see me." This visit was no different. The doctor stated he'd

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heard of a virus going around and thought it would be a good idea to put my son on antibiotics. It was during this visit that Dr. Derek's question "why" hit me like a ton of bricks. An epiphany! "Why?!" I stated to the doctor. "Is another prescription the only answer to help my son?" I took him into the hallway and explained to him my son's 18 months on this earth, filled with prescriptions and shots and that ultimately, I was done with it. We took him to a chiropractor the very next day.

It was one of the best decisions we've ever made as parents. The chiropractor took the time to educate us on the human body and how it works. She adjusted my son during his first visit and explained exactly what she was doing and why. She told us what to expect moving forward in his life and that this was a life-changing decision, not just a quick fix or a guess. That night, my son slept through the night for the first time in his life. He started eating and breathing better. And because of that, we noticed a change in his behavior and personality. He is now eight years old and one of the healthiest children I know. Now, as much as I respect chiropractors and have accepted them as an important part of my family's life, I do understand that they're only part of the solution. Eating healthy foods and drinking healthy fluids allow our bodies to function properly. Staying active and choosing positive thoughts keeps our minds and bodies in top shape. And all of that together grants us the spiritual knowledge to help understand what this life is all about.

In the following pages, you will experience firsthand Dr. Derek's passion and understanding for health and wellness. He has a brilliant mind and a huge heart, which is instantly recognizable to anyone who meets him. He cares deeply for his family and friends, and continues to this day with his educational and inspirational sermons. I am very proud to call him my friend and I thank him every day for what he's done for me and my family. I pray that one day you too can look back and be thankful for what you've learned in this book. I can assure you, only positive things will come from it.

~ Good vibes Dr. Derek!

Dan Piontek

Chapter 1: What's All the Fuss About?

The Problem: My concern is that there are too many kids suffering from preventable chronic dis-ease, and to me, that is NOT acceptable. Furthermore, too many of these children are given medication to cover up their symptoms.

Chronic: Persisting for a long time or constantly recurring. A condition or disease that is persistent or otherwise long-lasting in its effects and often times seen as incurable.

Here are some examples of the problem. According to the CDC (Centers for Disease Control and Prevention):

- ADHD (Attention Deficit Hyperactivity Disorder): In 2011, 1 in 10 children were diagnosed with ADHD (11% of all children in the U.S. or 6.4 million kids age 4-17).
 - In 2011 alone, more than three million children were medicated (6%).
- Autism Spectrum Disorder (ASD): The numbers are rising for diagnoses of ASD, and as of today the rate is 1 in 68.
- Developmental disabilities: 1 in 6 suffer from developmental disabilities, ranging from mild developmental disabilities such as speech and language impairments to serious developmental disabilities, such as intellectual disabilities, cerebral palsy and autism.
- Asthma: 1 in 10 suffer.
- Allergies: 1 in 25 suffer.
- Sensory Processing Disorder (SPD): According to multiple studies, as many as 1 in 6 could be affected by SPD at some level.
- Depression and bipolar disorder: According to the NIH (National Institutes of Health), as many as 1 in 10 children

suffer from depression, and bipolar disorder in children is on the rise.

- Anxiety: One of the most common mental disorders seen in children, the NIH estimates that 25% of children are suffering from anxiety.
- Sinus/ear infections: Rates of both infections are on the rise, and the use of antibiotics is also at an all-time high, which is contributing to the increase in bacterial-resistant infections.
- Additional dis-eases: The following list of chronic dis-eases are also commonly seen in children:
 - Colic
 - Torticollis
 - Insomnia
 - Bed wetting/enuresis
 - Acid reflux
 - Headaches
 - Behavioral issues
 - Seizures
 - OCD (Obsessive-Compulsive Disorder)
 - Constipation
 - GI (gastrointestinal) issues

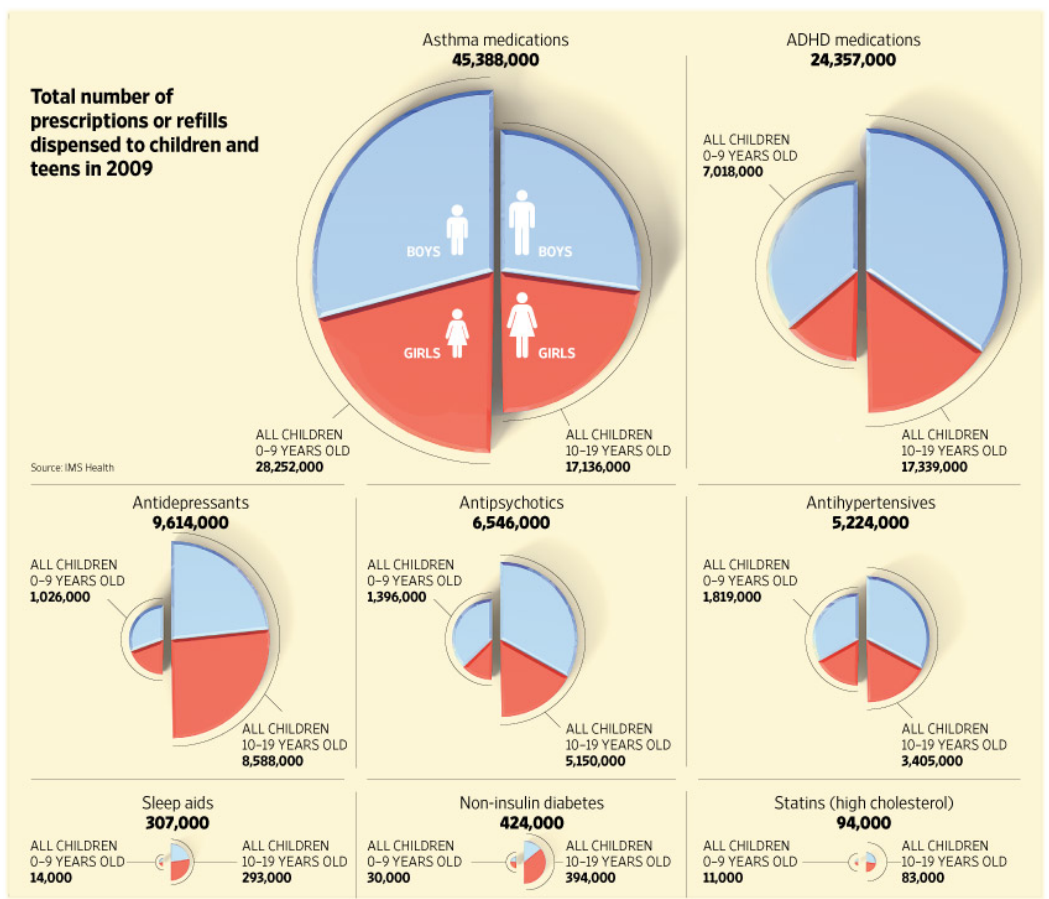
My father always told me that numbers don't lie, and that is why I threw out some statistics on chronic childhood dis-ease. Unfortunately, even with the best intentions, statistics can be manipulated in many ways, so please remember to always do your own research.

From my point of view, it is not the exact number or percentage that is my concern—it is the overall rise and the way we are attempting to remedy the situation which is most alarming.

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What I do know, without a shadow of a doubt is that chronic childhood conditions are becoming more prevalent, and more children than ever before are being put on medication.

Here is a great overview from IMS (Intercontinental Marketing Services) Health that looks at the total number of prescription or refills dispensed to CHILDREN and TEENS in 2009. You have to believe that these numbers have only gotten worse in the last five years.



Bottom line: children are sick and drugs are not the answer. Conscious parents are starting to demand a drug-free, natural approach that works.

This book is the answer.

MY MISSION: My mission is to improve the safety, health and happiness of my community, especially for children.

MY VALUES: My values are based on the following principles (or beliefs) on how to behave or act based on what is truly important:

- **Principle 1: Safety Comes First.** When making decisions for your family and your children, the first question that needs to be asked is if it is **SAFE**. Ask questions, do your research and only trust in a person or an organization who is congruent with your values, and who has earned your trust. When a situation or our environment is not safe or it is harmful and stressful physically, chemically or emotionally, that experience will cause imbalance and tension on the body, leading to chronic dis-ease.
- **Principle 2: A Healthy Child is a Happy Child.** In order to truly have health, the body needs to be in a state of physical, mental and emotional well-being. If a child has been harmed or overstressed physically, chemically or emotionally, then the health of the child has been compromised.

When the health has been affected and the child is in a state of imbalance and dis-ease, the child cannot truly be **HAPPY**.

So, to have a **HAPPY** child, you have to keep the child **SAFE** and **HEALTHY** and in that order. I have found that many parents skip the first or second steps and they focus only on the happiness of the child. They use immediate gratification from medication to unhealthy food to iPads to give the child short-term fulfillment. Unfortunately, these quick fixes have a long-term impact on the safety, health and overall happiness of their children.

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Define your values: After reading this book, I ask that each and every one of you takes some time to define your values and belief system on how to care for and allow your family and children to be HAPPY. I am not here to judge or to hate on anyone's values or on the values of any group or organization. All I ask is that your ACTIONS are truly congruent with your values. To say it another way: if you value a certain way of life, then the way you live should correspond to those values. In terms of this book and how to rear healthy and happy children, contradiction of your values will lead to chronic dis-ease.

We all want our children and families to be HAPPY. The question is: how do we get there? In this day and age, to find true happiness takes effort. My values are based on two principles above, which will allow for a child to meet their full potential and truly be happy (keep in mind, a chronic condition limits potential and a child's quality of life and will affect their overall happiness)

This world is stressful; this world is tough; this world is not perfect, and if we think that this life is easy and we can just go with the flow, then we have another thing coming. We need to be more proactive, more aware and more conscious of the environment that we live in in order to adapt and to gain an advantage for the development and the progression of our children. It is crucial for their growth and for their overall well-being.

Healing is a process and NOT an event.

Now that you know where I am coming from and what my values are, I would like to help you to be congruent with your values, which most likely are very similar to my own. After all, we all want our children to be HAPPY.

The question is: how can I relate and why do I care so much?

I am a parent of three young children. My first suffered from colic and constipation after a very traumatic birth. She was also diagnosed with Respiratory Syncytial Virus (RSV) when she was

less than a year old. I didn't do everything right. I wasn't being as congruent with my values as I should have been. I needed to be better for my child's sake. Because I was challenged with my daughter and now have two more children, I want the very best for them.

I am still learning and I will not stop trying to be a better parent and husband. I also see so many children who had to suffer like my daughter, and I will do everything in my power to prevent her scenario from happening to others, and to care for every child that needs my help, just like they are my own. I care to damn much.

Even though at times I am challenging and testing your parenting approach up to this point, remember, I have been in your shoes. So, there is no need to become defensive. We all need to be challenged in order to be the best that we can be. Unfortunately, most of what I will be sharing with you, you were never taught. So, it's not your fault. How we decide to move forward from here is the key. Always remember: I am on your side. I want to help. I have been there. Don't get me wrong, sickness is easy; health is hard.

Bringing it ALL together: Growing up, I suffered with anxiety, depression, lack of focus, sporadic behavior and severe migraine headaches. I had no idea that chiropractic could play any part in helping with chronic dis-ease. My mom and I only saw it as a quick fix for neck pain and back pain and because of that perception, we never pursued it as an option.

I am here to tell you that there is much more to chiropractic than we have been taught.

“Look well to the spine for the cause of dis-ease.”

~ Hippocrates

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To be honest, I am sick and tired of people, especially children, being sick and tired. You see, children don't have a choice, so we as parents better make the best choices for them. The only way we can do that is by becoming aware and understanding what a child needs to meet his or her full potential and to be happy. Life is all about love and quality. You will never be comfortable, confident, at ease and meeting your full potential when chemicals, needless intervention (medicine, food, education, spirituality, etc.) and drugs are involved. It's time to move away from what is not working and it's time to work with the innate inborn intelligence of the body and allow the body to heal from the inside out.

I've spent many years as a pediatric chiropractor caring for children, caring for parents, caring for families, and helping them find ease and balance in their lives. It is all about bringing back the love and the excitement, educating, inspiring and allowing them to sense, perceive and express their selves the way that they were meant to.

This book is about healing; this book is about One Love.

I write this book because I have to; I have a story to tell. The question I am always asking myself is: how would life have been different if my mom knew what I know now? What if we found chiropractic when I was two years old or even seven? What if chiropractic wasn't my last resort, but my first? I hear those questions every day in practice. Moms are always asking, why didn't someone tell me, OR why don't I know about this? This book is meant help answer these questions before your child has to go down the same path I went down.

I was the example; this book makes sure that your child doesn't have to be.

Chapter 2: In the Beginning There Was Love and Light

I believe that every child deserves to meet his or her full potential. To grow up drug free. To have an amazing life. To be safe, healthy and happy.

There is a growing epidemic of chronic disease in the United States. The number of people, especially children, with chronic disease is rapidly increasing. About half of the total population of this country is affected and it is only getting worse. Chronic disease is generally seen as incurable and is the leading cause of disability and death in the U.S. Chronic diseases touches the lives of EVERY American, in one way or another. Here is the good news: this book is about to change all of that.

Dis-ease vs. Disease

- Dis-ease (a holistic term): A lack of ease or homeostasis within the body, which may or may NOT present as a symptom.
- Disease (a medical term): When dis-ease is left to express for a long enough period of time, it leads to symptoms which are diagnosed or labeled as a medical condition in order to recommend treatment.

Truthfully, I can't stand to see children suffer anymore with chronic dis-ease.

This is a shout out to the parents who have kids who are suffering and to those parents who are also looking for a DRUG-FREE, natural approach. It is time for you to hear the truth. Parents need to know that there is another way and another option besides drugs and surgery. It is also even more important that this message is understood, so that we can prevent and stop future children from suffering in the first place.

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By being proactive instead of reactive, we can get ahead in the fight against chronic dis-ease. It is also vital to understand the underlying cause and to stop chasing symptoms if we don't want to fall behind in the lifelong battle of true health and wellness.

An unhealthy lifestyle causes dis-ease.

So, it is time to change your life. In this country we don't just die anymore; we slowly kill ourselves with our bad habits.

If you are one of those parents who has a child who is struggling with a chronic dis-ease and you are looking for answers, this book is for you. If you are one of those parents who wants to be proactive and prevent chronic dis-ease in the first place, then for damn sure, this book is for you (sorry, getting a bit excited!). And if you are a parent who is dealing with chronic dis-ease as well, then just think about yourself as a big kid and remember that this book is for you, too.

I will be honest with you all here and now: this book might be a bit much for you. The way I present it could be seen as offensive and over-the-top. The reality is that this is the truth and this is what I know and what I have experienced. Many times, the truth can be very difficult to take. It is human nature to become defensive and to be fearful of change. I just ask that you put the fear and judgment behind you and read on with an open mind and an open heart. This isn't just about you; this is about all of us and our children.

I can say this because I was once a child who suffered. I had major neurological issues that were covered up and dumbed down with medication and chemicals. The cause of my chronic dis-ease was not understood until it was almost too late, and I don't want your family or child to go through what I and my family had to experience. I can truly relate and empathize with every one of you; I also had to watch my own daughter struggling with colic and severe constipation. I will share her story in detail and how her situation could have turned much worse if we did

not understand the true cause and how to allow her to heal from within.

In this book I'm going to keep things simple. I am going to speak in terms of intuitive logical reason. I will give you my take on the cause and prevention of dis-ease, and also what needs to be done in order to allow the body to start the healing process from the inside out. My expertise comes from experience and from getting amazing results after all other options have been exhausted. Usually, I am someone's last resort, when they are desperate and looking for hope. I can only anticipate that after enough people read this book and the truth about chronic dis-ease spreads, I will be the first option.

I have cared for families and children for just short of a decade. Those who I care for are suffering with chronic dis-ease which holds them back from meeting their full potential and affects their quality of life on a daily basis. I love what I do because I truly understand that I'm not the one doing the healing. I'm only a facilitator of the healing process. You see, the body has an innate ability to heal from within, and if we can allow that inborn intelligence to be expressed, then amazing things happen.

As a pediatric chiropractor and an expert in family wellness (yes I do care for adults as well), I have seen many miracles take place when the body is in a balanced state and is truly able to heal from within.

I consider myself more than a Doctor of Chiropractic (DC). I see myself as a Doctor of CAUSE. And the real definition of a doctor is NOT someone who treats, but someone who teaches.

“The doctor of the future will give no medication, but will interest his patients in the care of the human frame, diet and in the cause and prevention of disease.”

~ Thomas Edison

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I guess that quotation sums up what we do as chiropractors. Remember, healing can only take place from the inside out. Allopathic approaches are just Band-Aids to cover up the symptoms and have nothing to do with the cause or with true healing from within.

B.J. Palmer said it best:

“Chiropractic is the study of health and what causes a man to live, while Medicine is the study of disease and what causes a man to die.”

As a pediatric chiropractor, I've taken care of kiddos who were one day old; I have cared for premature babies in the NICU (Neonatal Intensive Care Unit) who were born at 31 weeks; and I have cared for mothers throughout their pregnancies. When I adjust a pregnant mother, the little one in utero is also receiving an adjustment

At the end of the day, this book is not just about curing the diseases that our children are suffering from; it's also about understanding the cause and preventing disease from happening in the first place.

I tend to buck the norm and go against the grain, but I write this book with love and truth and respect and honor in mind for each and every one of you who are reading this. I truly care about my fellow man and I know how important One Love is to the healing within (don't worry; I'll explain One Love this in more detail as we go forward).

When reading this book you might think that I'm a little bit over-the-top; you might smile, laugh, cry or curse me. Either way, remember that emotion and feeling is what allows us to stay young and alive—to feel like we exist. It is part of who we are as

human beings; it's how we perceive and express who we actually are. So, as you read this book, imagine yourself as a child. Being more childlike allows all of us to live happier and healthier lives. We deserve to live the life that was intended for us to live, a life that is less stressful than it is now, a life that is organic, a life that allows our innate to be free, a life that is open, honest and wonderful and without chronic dis-ease.

I know a lot of you are reading this book as parents and you're looking for answers and for hope. The beauty is, I know you'll find it, but along the way I hope you also find yourself, because this is more about the bigger picture and raising the consciousness of how to live a healthier life from here and now. This is the beginning of moving towards health and away from dis-ease.

All I can say is buckle up, hold on tight, and get ready for the ride because what I'm about to tell you will change your life, will change your perspective, will change the whole paradigm of health and dis-ease as you know it. One Love.

Chapter 3: Why the Hell Did Nobody Tell Me?

That's how I felt the first time I became aware. From here on out, take everything you have been told about chronic disease, box it up and throw it in the trash. I tell mothers all the time that the binder that they carry around that documents all the tests, evaluations, protocols, diagnosis and treatments is worthless. I tell them to burn it. I don't care what the Mayo Clinic or your pediatrician has to say. If what they are doing is working so well, then why do we have so many sick kids walking around?

Why are the numbers of children diagnosed with chronic disease increasing every year? Why are so many kids on drugs? Why are you reading this book? It's time for a shift; it's time to change your focus. Awareness is the key to understanding your child's true potential.

Darkness vs. Light: Let me start by getting you to think outside the box and start asking the right questions. Imagine yourself in a dark room—as dark as the blackest night. No windows and no doors—it is pitch black. How would you get the darkness out of the room? Would you vacuum it out? Would you get a broom and try to sweep the darkness out? No, don't be silly; you would simply just turn on the light. You see, darkness is just an absence of light; it doesn't really exist. The room was just lacking light.

Now, imagine a child who is sick and miserable with numerous chronic dis-eases. Let's use my daughter as an example; she had colic and severe constipation. Let's also say that there are ear infections and chronic upper respiratory infections involved. How would you get the sickness out of that little body? Do you think giving her medication would solve the problem? How about antibiotics? Maybe tubes for the ears and a bit of Miralax for the constipation? How about removing the adenoids and tonsils all

together? Do you think that will take the sickness out of the body or just cover up the underlying issues?

In all my years of experience, drugs and surgery are rarely beneficial for chronic dis-ease and the only way to get the sickness out is to add health. Sickness is just an absence of health. Dis-ease is just an absence of ease. And when a lack of ease (dis-ease) is allowed to persist for long enough it turns into a diagnosis (a label), or a disease.

Where is your FOCUS? You will become what you think about the most. We cannot continue to focus on the sickness and disease and expect health and wellness to result. What are we teaching our children? That drugs and surgery are the answer to all our problems? That we need them to survive? Let me ask you what you would do if you had a tomato plant in your garden that was dying?

Tomato plant: The leaves are falling off, the plant is starting to turn brown and there are no tomatoes budding. The medical approach would be to get some fertilizer and pump the tomato plant full of chemicals; they would also cut off all the dying branches. Going forward, they would start to research the genetic makeup of the tomato plant and begin genetic modification to make sure that the next season they would yield as many tomatoes as possible, even though the tomatoes they would yield would be genetically modified and full of chemicals.

My approach would be a bit different. My holistic approach would be to look at what might be causing the plant to die in the first place. I evaluate the environment and any stressors the tomato plant might be encountering. I find out that the plant is only getting water a couple times a month and it is being grown in a very shady place with minimal sunlight.

So, I simply give the plant some water and move it to a location without shade to make sure it is getting enough sunlight. I also “adjust” the soil to increase the flow of nutrients. Then, I wait and watch the healing potential of the plant. When it starts to

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grow new buds and come back to life, I know we are on the right track toward healing.

People are no different than tomato plants. We all need an environment conducive to healing. If we change the environment but are still unable to heal, then we need a reboot or an adjustment to help activate the healing potential within. We must start asking the right questions, and it is essential to begin by changing our focus from an outside-in victim of our genetics model to an inside-out wellness-based holistic approach.

The question to ask needs to be: what is the cause and how do we support the body through the healing process, instead of how do we treat the symptom and cover up the dis-ease?

Say NO to drugs and stop being a bully: You see, when I was growing up, I was always told not to do two things in school. Number one, I was told not to call kids names. And number two, I was told not to do drugs. Nowadays, so many kids are labeled with disorders and called a name, and the majority of those children are given a pill or a drug to cover it up. It is a contradiction to what I was taught growing up, and in today's society, it is seen as the norm.

You need to ask yourself: what is normal? Is a child on 10 rounds of antibiotics and three sets of tubes by age two normal? Is the rate of asthma and allergies increasing every year normal? Is a five-year-old on ADHD medication (a Schedule II narcotic in the same class as cocaine) normal? Is every other baby being born via c-section normal? Is autism increasing every year (now at 1 in 68) normal?

You see, the "NEW NORMAL" is not normal; it has just become commonplace and it needs to stop.

Just ask yourself: are heart disease and cancer normal? If you had cancer and got rid of it, would you be abnormal? The answer is no. Then ask yourself if heart disease and cancer have become

common over the last 40 years, and the answer would most definitely be YES.

We have been conditioned to think that chronic dis-ease in our youngsters is normal and OK and that is far from the truth. The new normal goes against everything that I was taught and it's embarrassing to see what is being defined as socially acceptable in society and even worse, in our schools.

Just think about it—when you walk up to the front doors of any school it reads, “This is the drug-free zone,” and the ironic and very sad reality is, that there are probably more kids on drugs in that school than there on the streets these days. It breaks my heart and quite simply, it's time for a change. The change starts with our awareness and our focus.

In terms of awareness, the focus needs to be on health and not on sickness. It needs to be on seeing the light and not living in the darkness. Health is a state of complete physical, social and mental well-being and not just the absence of disease. Taking it a step further: what system of the human body brings it all together and allows us to heal from within? To ask another way: what system of the body coordinates and controls ALL function?

The answer is quite simply the Central Nervous System (CNS).

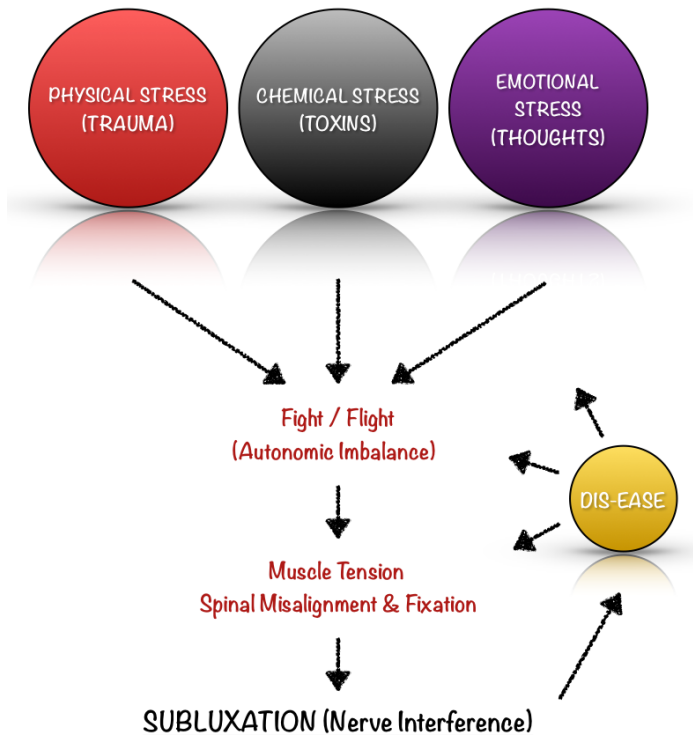
The CNS is the connection between the brain and the body; it is our life force, our innate (inborn intelligence); it allows us to perceive, sense, coordinate and express; it controls all muscles, organs, glands and tissue. It is the master system and is also intimately tied in and controls the immune system and the endocrine system. The nervous system is what brings it all together and allows us to heal and regulate if we are in a state of balance. Chiropractors are primarily concerned with the function of your nervous system. I consider myself a functional neurologist, and my job is to evaluate and care for the integrity and function of the central nervous system.

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We live our lives through our nervous system. So, take care of it. I guarantee that if our spine was on our face we would take better care of it. Through the CNS we are meant to heal, regulate and function optimally if it is in a state of balance (ease) or homeostasis.

Chapter 4: The Subluxation Cycle

The CAUSES of dis-ease are the 3 Ts: Trauma, Toxins and/or Negative Thoughts (a lack of safety): If we over-stress the central nervous system with the 3 Ts: TRAUMA, TOXINS or Negative THOUGHTS, it will cause a shift in balance toward a state of SYMPATHETIC DOMINANCE, known as the Fight or Flight response.



When the CNS is stuck in Fight/Flight and in a state of survival, it will lead to TENSION and protection within the body.

More STRESS than we can adapt to CAUSES TENSION: TENSION leads to MISALIGNMENT and FIXATIONS within

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the spine. The MISALIGNMENT and FIXATIONS cause interference and dysfunction within the nervous system known as SUBLUXATION.

Chronic TENSION disrupts the proper motion of the spine, which CAUSES a CONDITION called a SUBLUXATION.

SUBLUXATION (nerve interference) CAUSES dis-ease: Chiropractors find and remove a SUBLUXATION through a safe and specific adjustment which releases the TENSION and restores the ease and balance to the CNS allowing the body to heal, regulate and function the way it was meant to (don't worry; I will dig in a little deeper in future chapters).

Subluxation is easily understood when you break the word up and define the components. Sub- is less than, -lux- is light and -tion is a condition. So, when you put those altogether, a Subluxation is a condition of less light. When you think about your nervous system as energy or your internal fuse box which gives you light, you can start to understand why a condition called Subluxation would be so detrimental to the overall function of the body.

I also think of it like this:

*Dehydration is a lack of water. Suffocation is a lack of air.
Subluxation is a lack of light or nerve flow.*

If you ever have felt fatigued or like you're walking around in a fog, sometimes it seems as if everything is dull or gray, your motivation and energy is low, that is a great example of a Subluxation and how it affects your overall demeanor.

An adjustment removes SUBLUXATION. An adjustment reduces tension, activates the rest/relax parasympathetic response, dissipates stress and allows the body to be in a state of EASE, which facilitates healing, development and growth.

An adjustment reverses the dis-eased state.

Nobody wants to have less light or less function anywhere within their body. Chiropractic is all about turning the lights back on.

To recap, the body has the ability to heal and be free of chronic dis-ease if the Central Nervous System is free of interference (Subluxation).

Vibration and flow allow our children to grow.

Chapter 5: Indifferent to the CAUSE

Indifference: Defined as having a lack of interest or concern; just going with the flow. Indifference is the opposite of love. In regard to chronic dis-ease in our society, the underlying issue is that we are indifferent or we have a lack of concern for the cause and for prevention because we have been taught that the cause doesn't really matter and that we do not have control over chronic dis-ease. We have been told that the only way to combat chronic dis-ease is with a pill or a knife. I'm here to tell you, that isn't true.

It comes down to how much you CARE.

Caring for your child is much like a pendulum that swings. With every decision you make, the pendulum will swing one way or the other—it never stays still.



When you make careful decisions or choices that are full of care, it will help shift the pendulum towards health and well-being. These decisions are made with logic, reason, understanding, concern, consciousness and awareness. The choice that you make is truly congruent with your beliefs, values and philosophy on life. This is an expression of love.

For an example, every difficult decision that I make for my child is made with my values in mind. I for one, value the nervous system and the immune system. I believe that children need to

have a fully-functioning nervous system free of interference (Subluxation) and it is also essential to have a strong, balanced immune system in order to meet their full potential and to be HAPPY and healthy. I can't think of any parent who is FULL of care who doesn't share the same values and beliefs.

On the other side, if you make a decision that contradicts your values or beliefs, then the pendulum will shift toward the less care side. Unfortunately, most parents don't know they are making a decision that will shift the pendulum toward indifference. The majority of parents do CARE with every choice that they make. It's those who they trust who are pulling their pendulum towards dis-ease. YOU SEE, when a parent is NOT aware or interested in making a conscious decision, then it is those they TRUST who make the decisions for them.

Salubrious Neurobiology: This is not a philosophy as much as it is science and biology. Understand that every child from a neurobiological standpoint wants to be healthy and desires to be well. From a cellular level, they are created and set up to move in the direction of well-being and away from stress, fear and dis-ease. Children will naturally gravitate towards what is good for them.

Salubrious: promoting health; healthful, favorable to health of mind or body. Conducive to or a characteristic of physical, mental or moral well-being.

Unfortunately, it is the choices that you make or allow others to make for your children that take them away from what they truly are longing for deep within. It is also a lack of respect and appreciation for the environment and how the surroundings affect the cellular and genetic function (epigenetics) that can disturb the well-being of a child. Indifference and a careless approach will disturb the safety and health of a child, leaving their neurobiology confused, imbalanced, protecting and dis-eased.

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Give your children what they innately are yearning for. Give them what they need from a salubrious neurobiological perspective to allow them to grow, develop and to be safe, healthy and happy.

An example of indifference: A parent walks into her pediatrician's office and is told that her two-year-old son has to get his Hepatitis B (HepB), Diphtheria, Tetanus and Pertussis (DTaP), Haemophilus influenzae type b (Hib), Inactivated Polio (IPV), Pneumococcal conjugate (PCV), Rotavirus (RV), Influenza (IIV), Hepatitis A (Hep A), Measles, Mumps, Rubella (MMR), and Varicella (VAR) vaccines. (Side note: A child is recommended to get 36 injections or 50 vaccines before their fifth birthday. My child is five and has never even had an antibiotic or ibuprofen, let alone 50 vaccines. Many parents don't bat an eye. They fall in line without being concerned in the least. They are indifferent to the vaccines and to the shotgun approach.) So, right there, the pendulum starts to shift because most likely the mom was not aware that this was taking place or even interested in questioning the process or the amount or types of vaccines being administered.

Now, if vaccinating truly fit with the values and beliefs I discussed about the nervous system and the immune system, then the pendulum would shift back towards love and health. But, that is NOT the case, so the pendulum shifted even further towards indifference and less care. You see, when you are indifferent to decisions and choices, you leave your child susceptible to others making the decisions and thus are prone to chronic dis-ease.

Vaccines are TOXIC to the nervous system, and weaken the immune system. I will also admit that I am not against vaccines, but I am against neurotoxins and weakening the immune system.

You don't have to take my word for it. Here are some quotes from some experts on vaccines:

“It is unfortunate that most of the public are of the opinion that their physician has an in-depth knowledge of how the body works. For example, most parents assume that the pediatrician understands the immune system and therefore knows all about vaccine effects. Nothing could be further from the truth.”

“The entire vaccine program is based on massive fraud.”

~ Russell L. Blaylock, MD, neurosurgeon

“Vaccines are the backbone of the entire pharmaceutical industry. The vaccinated children become patients for life.”

~ Sherri Tenpenny, DO (Doctor of Osteopath), author, lecturer and educator

From the book *Immunizations are NOT Vaccinations...*

“The only safe vaccine is a vaccine that is never used.”

~ James A. Shannon, MD, former director of the National Institutes of Health

“Official data shows that large scale vaccination has failed to obtain any significant improvement of the diseases against which they were supposed to provide protection.”

~ Albert Sabin, MD, developer of oral polio vaccine

“In my experience of 27 years with hundreds of unvaccinated children in my practice, they fared

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better than their vaccinated peers by any measure of physical and emotional health that you would care to use. And I've had mothers with both vaccinated and unvaccinated children in the same family tell me the same thing."

~ Philip Incao, MD

"The vaccinations are not working, and they are dangerous. We should be working with nature."

~ Lendon H. Smith, MD, OB/GYN, pediatrician

"I think that no person would permit anybody to get close to them with an inoculation if they would really know how they are made, what they carry, what has been lied to them about them and what the real percent of danger is of contracting such a disease, which is minimal."

~ Eva Snead, MD

"Modern vaccinations, fear of germs and obsession with hygiene are depriving the immune system of the information input upon which it is dependent. This fails to maintain the correct cytokine balance and fine-tune T-cell regulation, and may lead to increased incidences of allergies and autoimmune diseases. If humans continue to deprive their immune systems of the input to which evolution has adapted, it may be necessary to devise ways of replacing it artificially."

~ G.A. Rook, J.L. Stanford, University College London Medical School=

"There are significant risks associated with every immunization and numerous contraindications that may make it dangerous for the shots to be given to your child."

~ Robert Mendelsohn, MD, pediatrician

Please “educate before you vaccinate.” You can always decide to vaccinate, but you can never un-vaccinate. Take your time; there is NO rush in making a decision that could impact your child’s neurodevelopment for the rest of their lives.

10 Questions to ponder (and ask your pediatrician)

1. Why is there such a hysteria over bacteria and viruses, especially since there are more bacteria in our bodies than there are cells and bacteria and viruses have been around before humans inhabited the earth, and will be around long after we are gone? Is it really the germs that are the problem? Do we really think we can outsmart and kill off bacterial and viral infections without just causing them to mutate, adapt and get stronger?
2. If it is known that vaccines weaken and disrupt the balance of the immune system leaving it weak and susceptible to chronic disease, than why isn’t the integrity of the immune system more closely evaluated in each individual? Why do we have a shotgun, one size fits all vaccine approach?
3. If vaccines are considered safe, than why is there a separate vaccine court, Vaccine Injury Compensation Program (VICP), set up to compensate for vaccine injury, which is NOT subject to the tort system and which has compensated for conditions such as autism, encephalitis, Guillain-Barre Syndrome (GBS), Kleine-Levin Syndrome, transverse myelitis and death? Note: According to the U.S. Department of Health Resources and Services Administration (HRSA), since the introduction of

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this program in 1988-89, over \$2 BILLION has been paid out to victims.

4. If vaccines are considered effective, than why do recent outbreaks include vaccinated children as the majority of those being affected?
5. If evidence-based research (EBR) and controlled clinical trials (CCT) are the backbone and method of operation of the medical model, than why have there been NO third party EBR or CCT done on vaccines? Why has there never been a regulated study looking at vaccinated vs. unvaccinated children with the current vaccine schedule?
6. Because it is widely known, according to the World Health Organization's (WHO), statistics that sanitation, hygiene, nutrition, plumbing and refrigeration and NOT vaccines played a major role in the decline of infectious disease, then why are more and more vaccines added to the vaccine schedule every year?
7. Why does a newborn get the Hepatitis B vaccine when the mother tests negative for the virus? Why does a three-pound premie get the same vaccine as an 11-pound full-term baby? Why aren't individual vaccines and the amount of vaccines given during a single visit regulated based on the individual and what their immune system can handle?
8. Why have the vaccines and the ingredients that are used NOT been studied in the way that they are administered? Certain vaccines and a few ingredients have been looked at, but not in the way that they are given. (Multiple injections are given during a single visit and a combination of hundreds of heavy metals, adjuvants, preservatives and proteins are also injected at one time.)
9. If vaccines are neurotoxic, than why are they given to children before age two, when their nervous systems are still

developing and their immune systems are also in a state of development?

10. If vaccines make so much sense, then why are vaccines being forced on our population? Why are we not being given full informed consent (list of ALL ingredients, list of all side effects, safety and efficacy of ALL vaccines)? Why are unvaccinated children being kicked out of pediatric clinics? Why are our rights to choose to vaccinate or not, trying to be taken away?

IT'S YOUR CHOICE AND NO ONE CAN TAKE THAT
AWAY!

Why do we just go with the flow? The answer is that we are overwhelmed, overworked and overstressed. It is human nature; it is a protective mechanism that we use to take the pressure off of ourselves. It is something we could get away with 50 years ago, but in today's world, the pressure is on and if we don't accept the challenge, we risk allowing others to make careless decisions for us.

We are torn between many tough choices and many times it is easier and less work to follow the flow and jump on board with the norm. When you give up control and allow others to make the tough decisions for you, it also allows you to put the blame and responsibility on them if things were to ever go wrong. It allows us to feel less guilt because we were just doing what we were told, we trusted our doctor, we trusted the government, and we trusted the recommendations of vaccine program, and so on.

Whose flow got you here in the first place? The reality is, those making the decisions for you will NOT be there if something goes wrong. They are only there to make more money and to profit from their mistakes and careless recommendations in the first place. It is up to you to take responsibility, to educate yourself, to make the tough decisions for your children. It is up to you to find a coach or a supporter in your journey that you trust and respect, to help your children live safe, healthy and happy

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lives. If you are a parent who wants to go against the grain and are looking for that mentor in the game of life, than look NO further. I am here to help. I pride myself on being that coach, that supporter, that leader to help educate and make you aware of the tough decisions that need to be made by YOU and you alone.

Being a stay at home mother OR father is the toughest job in the world. It is easy to lose control, to feel helpless and alone. Remember, you are NOT alone, you are the best doctor, you know what your children need. Give them what they deserve; they deserve to be safe, healthy and happy. Put yourself in relationships that allow you to dictate the flow through education, empowerment and motivation. You need a coach, not a dictator.

Good vibration and unrestricted neurological flow allows your child to GROW.

Stop living in FEAR: (False Evidence Appearing Real) and start asking questions before trusting those who are making the decisions for us. We need to take responsibility for our children and have interest and concern for every decision that we make, from vaccines and medication to our food and education.

Fear prevents us from being free. It stops us from reaching our full potential. Groups, organizations and people in a place of authority or power use fear against us to push their own agendas. There are three fears that come to mind when talking about falling into the trap of Indifference and following the flow of the traditional model of society.

- **The fear of rejection or loss:** The first fear is the fear of being rejected by your peers if you don't follow the social status quo. It is human nature to want to be liked, accepted and to be a part of a group or a community. Unfortunately, certain groups and organizations don't have your best interests in mind. The truth is, if you limit your potential or your children's potential because you are afraid of what a figure in an authoritative position, a friend or a relative has to say, than you are compromising the safety, health and happiness of your children.

If they truly cared about your well-being, then they would support and love you unconditionally no matter what decisions you make for your family.

When I hear about friends and families rejecting one another or pediatricians who won't let families join their practice because they won't vaccinate their children, then it is time to move on. Relationships come and go; you win some and you lose some—that is life. Ultimately, a relationship should be based on love, respect and trust and if you are connected with people who don't truly love and respect you and would rather reject or dismiss you and/or you don't fully respect or trust them, than that is a relationship you need to let go of.

Keep in mind that life sometimes isn't that simple, and with that said, there is a difference between love and like. I am in a few relationships where I love, respect and trust that person or that family, but I don't necessarily like or agree with their values and beliefs. It makes it difficult for me to always like their decisions, especially when it affects the safety, health and happiness of their family.

I will always be there to support them and I need to continue to work hard at respecting their decisions, even though I don't agree with them. In doing so, I am truly showing my love for them and I expect that I will get love back in return. So, you might not like it, but you better respect it, and in turn, by respecting a decision you are showing love. When the respect is gone, then say goodbye to the relationship.

- **The fear of not knowing:** The second fear is based on the premise that whoever has the most education wins. To me, that could NOT be further from the truth, especially when dealing with children. Education is not all-knowing. The funny thing is, after you read this book, you will know more than most “educated” people, including many of your doctors. You see, if you only learn how to memorize and regurgitate info and never

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think for yourself, your education has limited your knowledge or your potential for knowing.

“It is a miracle that curiosity survives formal education.”

~ Albert Einstein

To me, the most intelligent people out there are people who think logically, think with reason, who are creative and who think outside the box. I also feel that mothers are the best doctors, especially if they listen to their intuition and they follow their instincts and their hearts.

Take the time to educate yourself and to think critically about the information. Make sense of it, ask questions, and don't just follow the recommendations of someone who scares you with their fear-based approach. Anyone who only tells and who won't listen and support your side and your decisions is probably more fearful of not knowing than you are. So, be confident and be certain in what you do know and stick to your values and beliefs. They won't let you down.

- **The fear of acute infection or death:** This is the biggest fear we all have, especially for our children. However, if we simply trust in the creator's process, if we have respect and believe in the universal intelligence or in nature (whatever or whoever you feel is in charge) and we stay congruent with our beliefs, then we have to be alright with whatever the outcome may be. Control what you can control within the guidelines of the universal intelligence and what it had intended for us.

I believe in One Love and in respecting and honoring the creator by living a congruent life that values this world and everything living in it. Viruses and bacteria have been around for longer than we have, and there are more viruses and bacteria living within us than there are cells. We were meant to live with them

and NOT against them. Respect in the process of nature and see infection as a positive scenario of building and strengthening the body. Focus on supporting the body through a sickness or an expression of health instead of stuffing symptoms and driving them deeper within and weakening our systems in the long run.

“The further the spiritual evolution of mankind advances, the more certain it seems to me that the path to genuine religiosity does not lie through the fear of life, and the fear of death, and blind faith, but through striving after rational knowledge.”

~ Albert Einstein

Stop stuffing symptoms: When a parent comes in with a child who has a fever, a cough or a runny nose, I always say, “Fantastic! They are expressing health and their immune system is doing what needs to be done to handle the situation.”

Most parents look at me dumbfounded at first, because that is the first time they have heard that. Usually, their doctor is scaring them into taking a medication that will just cover up or stuff the symptom, driving it deeper in and weakening the immune system as a whole. In doing this, they prolong the infection and leave the child susceptible to future infections. They also then scare them into getting a vaccine to prevent future infections, which again is leaving the immune system imbalanced and weak.

Instead, support the child through the infection by boosting their immune system with chiropractic adjustments, good nutrition, hydration, immune-boosting herbs and whole food supplements, essential oils and lots of rest. Allow the body to go through the challenge, get stronger and come out ahead when the acute sickness has run its course.

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“Illnesses hover constantly above us, their seeds blown by the wind, but they do not set in the terrain unless the terrain is ready to receive them.”

~ Claude Bernard

Parents always ask: when is the fever too high? When do I need to take them into urgent care?

In my opinion, it is NOT the temperature of the fever; it is the demeanor of the child that needs to be observed. A parent should take a step back and look at the situation without emotion. Every child has his or her own temperature gauge that is regulated to do the job necessary. Avoid messing with and confusing innate.

*** If the child is not staying hydrated, starts losing eye contact and is incoherent, turns pale or cool, then it could be time to take them to urgent care. It's about the observation and has little to do with the temperature. Trust in the process and support the body with love, rest, warmth and hydration.

The same applies for an upper respiratory issue. If the cough is unproductive and the child is not able to breathe or catch his or her breath, it could be time to take them to urgent care. Remember, there is a time and a place for crisis care, but it should be used when and only when it is an emergency. Parents need to make this call. They are the best doctors and they know their children best. Don't be afraid; be confident in yourselves as parents.

Teething: Even teething is seen as a condition that needs to be suppressed. Have you ever asked yourself why a child has a runny nose, a fever, diarrhea, diaper rash or maybe a rash when they are teething? The answer is that yess teething is a bit stressful on the body, but it is an innate way of stimulating and challenging the baby's immune system so that it can get stronger. If you suppress the symptoms associated with teething by using medication, you are only weakening the child's ability to fight off future infections.

Support a baby through teething; they will be better off in the long run. Use breastfeeding to help calm the little one down—breast milk can be used for everything from pinkeye to a cut. It has pain-relieving qualities for teething and also acts as an antibacterial and antiviral for infections. Squirt that stuff on everything—it's liquid gold.

A chiropractic adjustment also helps the baby through a teething episode to help them feel more comfortable, to speed up the process and to boost the immune system. Baltic amber, natural homeopathic teething tablets and safe (Bisphenol A (BPA)-free)), environmentally-friendly chew toys can also be beneficial.

Death should be seen as a beginning and not an end. Stop living defensively and start being proactive about your children's lives. Stop worrying about things that are outside of your control and focus on what you can control. Safety and health do NOT come from a pill or a needle. They definitely don't come from a genetically-modified organism or high fructose corn syrup. If we believe that, then we are not being congruent with what the great spirit or NATURE has created for us. The universal intelligence designed all of us and this world in its image and I am pretty sure that it did not make a mistake.

If anyone in your life uses death as a threat or a reason to follow them, then understand that they are scared and fearful in their own approach to life and thus they need to extend their fear onto you because that is ALL they know. Fear perpetuates more fear; it's a vicious cycle. That is a sign that it is time to move on and find someone or an organization/group that is more congruent with your beliefs on celebrating and honoring life and the next life after this. Focus on being FULL of care and love for your children and this world will take care of you.

There are too many groups and organizations that we have trusted that are CARELESS and have turned our indifference into disease. Just look at what we are feeding our children. Where are the USDA (United States Department of Agriculture) and the FDA

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(Food and Drug Administration) when you need them? Because we trust food and drugs to work together (FDA) we don't question HFCS (high fructose corn syrup), GMOs (genetically-modified organisms), pesticides, herbicides, antibiotics and growth hormones in our meat, eggs and dairy. We are taught that artificial sweeteners and food dyes are no big deal. I could go on and on, but you get the point.

If you want health and well-being for your family, then just caring is NOT enough. In the past, caring with a little bit of Indifference might have been sufficient to get you by, but because of the over-the-top CARELESSNESS of those making the decisions for us, it's pulling us in the wrong direction.

The only way to combat and reverse the pendulum from swinging toward chronic lifestyle dis-ease is to be full of care and full of love. Understand what true health is and where it comes from. Question the decision makers. Question your pediatrician, your schools, your government, your food, your environment, your way of life. If you don't, then you are NOT caring enough. You are Indifferent. You are the CAUSE.

The real problem: I truly feel that most parents care for their children and would do anything for them. I also feel that most pediatricians care as well, but that's NOT good enough. The problem is that most pediatricians or medical doctors that I have encountered have no clue and do NOT concern themselves with the underlying cause or in prevention. Furthermore, they have even less training on health and wellness.

“No problem can be solved from the same level of consciousness that created it.”

~ Albert Einstein

Their job is simple: diagnose and treat. Remember, you can only treat a disorder if you have a diagnosis, so that means that you

spend most of your time focusing on the symptom. To me that is a fear-based reactive model that merely covers up the real underlying issue. The only prevention they know is vaccines or the very effective flu shot, and we all know how well that's working out (a whole subject within itself and don't worry—I'll get to it).

Fortunately, there is a shift happening where sophisticated, open minded, conscious people are starting to ask questions, think outside the box and get down to the heart of the matter. This book is the beginning of the cultural shift toward a greater good in all of us.

The same concept applies to the pharmaceutical industry, those genetically modifying and using petrochemicals on our crops, the government administrations (FDA, USDA, etc.), hospitals and schools (I could go on). I'm sure at some level they all think they are doing us justice and improving mankind. Unfortunately, the reality is, they are all Indifferent and have very little interest or knowledge in looking at why or what is causing so many of us (including our children) to become so sick. I suppose if Indifference had a brother, he would be named ignorance, because ignorance is bliss, especially when you are making a ton of cash. Sorry; getting a bit off track, so stay with me.

We have been misled by the powers that be to believe that there is really no reason to evaluate or to understand the cause because we have been convinced that dis-ease has nothing to do with how we live.

I just want doctors, pediatricians, politicians, leaders and parents to be more authentic. I want them to be real and genuine. I want them to be trustworthy and original.

I value authenticity. There is NO need to fall in line like sheep. There is no need to follow the flow. Be who you are and who you were meant to be. Trust your instincts and follow your beliefs.

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We are defined by our behaviors and we behave based on our values. Our values are the way we see life, how we talk about the world and ultimately our values (which we have learned) determine our behavior and who we truly are and how we raise and care for our family. Our values are our worldview and our lifestyle.

Tie your inner knowing with the outer world. Become psychologically sophisticated by taking the time and the trouble to become that way. You cannot get there by following old traditions and being indifferent.

I want to share my stories, experiences, insights, wishes and vision for a more holistic and natural world for our children. That is how we can begin creating a truer, sustainable, fearless world which is in direct contradiction to the fragmented, chemical-filled, unsustainable version that is spoon-fed to parents and families who rely on mainstream media and their "doctor's orders."

It's time for a change: I am trying to change the culture away from a traditional conservative approach OR even a modern materialistic (getting and spending) approach, toward a conscious, sustainable approach where we move away from indifference and toward love for ourselves, for others and for the world we live in.

You rarely hear about indifference because the news media is set up to protect the traditional and modern materialistic culture. They do not let ideas through that their advertisers might consider in conflict to their own messages. We are so indifferent to the health and wellness of our families because those who are leading us have a hidden agenda in mind, and that is to make a profit.

If you are a pediatrician or work in the pharmaceutical industry, you don't make money off of healthy people. The money is in chronic dis-ease, and the younger you can diagnose and treat, the more money you can make off of a person in the long run. The same applies for hospitals. They are a business and they can't

make money unless their beds are full. The only way to fill the beds is with sick people.

Unfortunately, we have been fooled to think that the only way to live is to be traditional, reactive, INDIFFERENT, socially or religiously conservative, medically-minded OR with a modern approach, which places value on materials and causes us to behave and live by spending and getting. We learn through our experiences, and much of what we have experienced is brought to us by the media's propaganda, which is satisfying their own personal agendas. They don't allow ideas or values to be expressed that contradict their advertiser's agenda because that would be bad for business. Thus, what we learn is propagated through the media by big business, big pharm and by political agendas.

This book is about creating a movement or a following of like-minded families who want their children to be safe, healthy and happy and will put in the time, money and effort to achieve that. It will not be easy, but it will be worth all of our hard work and energy needed to achieve One Love. It starts with coming together as a community, and it starts with the first follower. It starts with our community evolving into CONSCIOUS REVOLUTION or being aware as to how love can set us free. When we love something, we work for it, we honor it, we are CAREFUL with it. We don't judge it, but we trust it and we respect it. It's no coincidence that our EVOLution toward a nonviolent rEVOLution has the word LOVE (written backwards) imbedded within.

Being a conscious rEVOLutionary is truly about One Love, having respect and acceptance for ALL walks of life. It is about being open minded, increasing your awareness, asking questions, living without FEAR and moving away from the traditional outdated conservative approach that has kept us sick and suffering for decades.

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The truth: The medical model the pharmaceutical industry and the Food and Drug Administration (FDA) have taught us that we are predisposed or victims to our genes or genetic makeup and that nothing we do will affect the outcome of our overall health and well-being. This is what is still taught in medical school.

“Unthinking respect for authority is the greatest enemy of truth.”

~ Albert Einstein

On a side note: Who the hell puts an agency together that regulates both food and drugs? That's a bit of a conflict of interest, if you ask me. Think about it: allow for the consumption of highly-processed, chemically-laden, genetically-modified, antibiotic- and growth hormone-injected food that makes us sick, and then have a pill ready on the back end to combat our symptoms. What a great business model. It's all about supply (poison) and demand (pill). I suppose if you control the food, you control the people.

Epigenetics: According to biologist Dr. Bruce Lipton, who studies genetics and DNA, the majority of our chronic conditions are truly related to our lifestyle and our environment which is a process known as epigenetics. He explains that genes do not control themselves; they are merely just messengers that are turned on or off depending on how we live and what we believe. If we understand that our environment and lifestyle dictate our overall health and well-being, then we can start to take responsibility for our own health and be proactive, instead of reactive, in dealing with chronic disease.

The nervous system connects, perceives and regulates the outside world or our environment to the inside genetic makeup. By understanding this simple sentence, we can begin to see how having a nervous system that is free of interference will

ultimately help us to understand and adapt to this world the way we were meant to.

We need to understand the difference between an outside-in approach and an inside-out approach to combating chronic disease. The outside-in allopathic approach uses drugs and surgery to cover up and mask the symptoms associated with chronic disease. This has nothing to do with healing and is Indifferent to the cause. However, I am NOT against the medical model or the allopathic approach. We just need to be conscious of what both sides are good at and not so good at. I think this is very important to understand, we need to all stay in our lanes and focus on what we are the best at handling.

Let me explain. The medical model is amazing and wonderful at saving lives and in dealing with emergency acute situations. Unfortunately, what the medical model has to offer has nothing to do with the cause, the prevention or in the healing of chronic disease. In my opinion, they actually subsidize chronic disease, because for them it's a business. Think about it; there is NOT a lot of money in healthy people, and a hospital is a business and the only way to run a successful business as a hospital means that you better keep the beds full.

The more hospitals they build, the more beds they will fill. The more vaccines and medication they produce, the more they will recommend or push them on the public, especially children.

On the flip side, you won't find me taking care of someone with a broken leg or trying to remove an appendix that just burst. It's not what I'm good at. But, send me a child or an adult with chronic lifestyle dis-ease and I'm all over it. Instead of coming from the outside-in, I understand the cause and I decide to take a different line of attack.

My approach is an inside-out approach to dealing with chronic disease, which focuses on helping the body find a state of ease so that it can begin to heal on its own.

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With that said, let's revisit the 3 Ts, which are causing chronic lifestyle dis-ease because of our society's Indifference, and how to allow the body to heal from the inside out (drug-free and naturally).

Chapter 6: The Recipe for Chronic Dis-ease

“The function of the nervous system is to perceive the environment and coordinate the cellular community’s biological response to the impinging environmental stimuli.”

~ Bruce Lipton

We live, observe and express our lives through our nervous systems. Dr. Lipton also states that it is the job of the nervous system to understand and to adapt to the stressful or “impinging” environmental factors. We briefly discussed these factors or “impinging environmental stimuli,” which are known as the 3 Ts.

The 3 Ts (Trauma, Toxins and Thoughts) are the cause of dis-ease. The point to take home here is that there is NOT one cause that is leading to dis-ease in our children. The real cause is actually a recipe of multiple ingredients or stressors, that added together over time, take the body and the nervous system (the coordinator of the body) away from ease and health and toward dis-ease and dysfunction.

General Adaptive Potential (GAP) is the body’s ability to handle stress. Everyone has a different GAP. Some of us have a larger GAP than others, and because children’s nervous systems are not fully developed until the age of three, and their immune systems are still developing into adolescence, their GAP is much lower than an adult’s. For this reason, stress and the impinging external stimuli our children are encountering need to be monitored much more closely. Unfortunately, when the amount of stress perceived by our nervous system exceeds the GAP, the body goes into a state of protection or dis-ease. Here is some good news: Chiropractic care can help raise your GAP.

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Bucket analogy: Another way to look at GAP is by picturing all of us as buckets full of water. Some of us have huge buckets and some have smaller buckets. The amount of water in our buckets is also different, depending on our potential to handle stress and the amount of stress we are encountering and perceiving. NO two buckets are the same.

Our GAP is the top of the bucket. As long as we keep the water from filling up and overflowing the bucket, we will be able to coordinate and express ourselves the way we were meant to. I see stress as pebbles or rocks in our lives. Some stressors are perceived to be bigger than others. Either way, when a stress is encountered, it is like a pebble being added to the bucket, which over time begins to fill it up. If the bucket overflows, we have exceeded our ability to adapt to stress; thus you will express disease or a stress response, also known as a symptom.

Like I previously stated, chiropractic care can give you a bigger bucket and help dissipate the stress or pebbles in your bucket. If you are also aware as to the stressors that are filling up your bucket, you can be proactive and reduce the number of pebbles being added in the first place. Thus, understand that by keeping your bucket from overflowing by not exceeding your GAP, you will be free from dis-ease.

Our life is a cookbook: Each of us has our own cookbook of life that is much like a timeline that outlines our life's decisions, or the decisions that are made for us. If, as children, the decisions made for us are positive, health-conscious, filled with love and full of care, we end up with a recipe at that time that is healthy, well, and in a state of growth.

However, if our recipe is being filled with ingredients that are stressful and harmful and if we are careless and indifferent with our approach to the recipe, then the result is a recipe for dis-ease.

Here are some very common examples of ingredients that are added carelessly and with indifference.

Chapter 7: Ingredients: The 3 Ts

TRAUMA

In my experience, there is one major trauma or physical stress that is directly linked to and is a key contributing factor to 90% of neurodevelopmental disorders and the majority of the chronic conditions I have encountered, and it all begins with birth trauma.

The birth process, which unfortunately has been looked at as a procedure rather than a natural process, has become increasingly more invasive.

C-section: A cesarean section, which is becoming more prevalent and is thought to be a safe procedure, puts anywhere from 60 to 80 pounds of axial pressure on the upper cervical spine. C-sections are becoming more of the norm than the exception, and I feel the rises in these abdominal surgeries are contributing to the high number of chronic conditions we are seeing in our children. We need to stop looking at pregnancy and birth as a condition or a disorder that needs intervention. Trust in the natural process and intervene when absolutely necessary.

Besides the major physical trauma on the upper cervical spine and the emotional stress of being pulled out from a warm environment to that of bright lights and loud noises that you put the child through during their first seconds entering this world, there are also a few concerns that I have with C-section.

First, when the little one does not go through the birth canal, the lungs never get the compression that they truly need for optimal function. This compression is very similar to an adjustment in terms of clearing interference and stimulating the activation of the lungs and bronchi. So, you can think about this process as the baby's first innate adjustment, given by the universal intelligence (nature) to help challenge and kick start the lungs.

Second, when newborns come through the birth canal, they are covered with good normal flora or good bacteria that are specific to the infant's needs based on genetics and the environment. The good bacteria help to boost their immune systems and are a natural defense for the infants, especially when they are entering a toxic world. So, the C-section limits the transfer and colonization of bacteria which leaves the little one susceptible to picking up other bacteria that might be hanging around in the hospital after the C-section, such as *Clostridium Difficile*, *Staphylococci* or *Streptococci*, just to name a few.

These two reasons alone, not to mention the Subluxation on the upper cervical spine, are the catalysts for why we are seeing an increase in asthma, allergies, weak immune systems, GI issues and upper respiratory problems in our children.

Another factor that affects more of the emotional side of the infant, which then ties into protection within the nervous system long-term, relates back to many ancient cultures and civilizations. Civilizations like the Mayans believed that babies needed to pick their birth dates. It was something like a rite of passage. It allowed the infants to start their new lives in control of their own destinies. When we turn the natural process into a procedure with scheduled deliveries and induction, we take that control away from the little ones.

The lack of control and the feeling of being forced into a situation they might not be comfortable with can have long lasting neurological effects on how they view themselves and this world (my daughter is a perfect example of this). Freedom of choice is very powerful, and when that is taken away, it affects confidence in making choices later on in life.

Forceps and Vacuum Suction are also very invasive (I know from experience) and put a tremendous amount of axial pressure on the upper cervical spine, not to mention the twisting and torquing applied on the neck and the skull. Even a natural, vaginal birth

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can compromise the integrity of the upper spine when the doctor manually pulls and rotates the head to aid in the delivery.

Note: The doctor or midwife should refrain from touching, twisting or pulling on the infant's head unless it is an emergency. TRUST the PROCESS.

Birth intervention has become more commonplace, especially with the overuse of medication to induce labor, decrease pain or to speed up the process.

Dr. Ludwig Guttmann, a German medical researcher, found that 80% of the infants he examined shortly after birth had damage to the nerves of their neck from traumatic birth. That means that 8 out of 10 infants evaluated had Subluxation (nerve interference) to the upper cervical spine. With my own children, it was 2 out of 3, and I thought I was prepared. Sometimes it is just the plan of the universe and it is out of your control. You can, however, control what comes next and how you respond to a stressful and traumatic situation.

Keep in mind that while in utero, the developing fetus senses everything that mother is going through. If mother is overworked and physically exhausting herself, the little one will perceive the stress as well. We want mother and child be in a state of ease and relaxation to aid in the growth and development of the baby.

There are also events that are potentially out of our control:

Dystocia (long, stressful, difficult labor): If a mother is in a state of protection and has been overstressed going into labor, or if she has been put into a state of FEAR by her doctor, a past birthing experience or the Stephen King horror novel, *What to Expect When You're Expecting*, which tells you just about everything that could go wrong with your labor, then you are just increasing your chances of dystocia or birth intervention, which then can lead to a traumatic birth. Other times, the difficult labor is completely out of your control, such as with a wrapped umbilical cord.

My son was born this way—his arm was above his head and the cord was wrapped around his arm and neck. His birth was long, very stressful and traumatic and when he arrived ALL NATURAL and at home, he came out blue and bruised. He was severely Subluxated, but with an adjustment and my wife's comfort and nursing, he was Subluxation free, out of fight/flight and back to normal within hours. If that traumatic birth, which caused a severe Subluxation, was allowed to set in, his little body would have started to wire itself into protection and not into growth and development.

My daughter was another example of a traumatic birth, which was set up by FEAR and intervention. It was our first birthing experience and Layla was 11 days late (according to the doc). We were threatened into induction after all of our natural attempts did not work.

After the induction, everything progressed as normal until my wife began to push. That's when the doc was called into the room to check and evaluate the situation. My wife was flipped from all fours onto her back so the doc could get a better look, at that point the little one's heart rate dropped and they said that they needed to get the baby out NOW at all costs!!!

That's when they cut my wife (episiotomy) with no meds and got the vacuum suction out. Now granted, when I look back at the situation, all we needed to do was reposition my wife and see if that improved the heart rate, but at the time, I wasn't thinking clearly and obviously, my wife was exhausted. So, they tried twice to pull little Layla out with no success. The doc said she would give it one more try, and if unsuccessful, we would have to do an emergency C-section.

She put one foot on the table and pulled as hard as she could—I could see her struggle as her arms shook. That's when I took over, grabbed the vacuum and pulled as hard as I could, and luckily Layla popped out. The nurses grabbed me and they were

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really upset (after all, I was not licensed to deliver a baby). I couldn't help it; my instincts kicked in.

As we waited for Layla to cry (it seemed like an eternity), she was covered with meconium, and we just hoped that she was okay. And then she let out the most wonderful sound—a loud and clear cry. They did a bit of suctioning, and at my wife's demand, with meconium still coating Layla, she was given to my wife to nurse.

That is also when Layla received her first adjustment. I will say, to this day, I have never seen a baby that was more Subluxated and locked into fight/flight. She was tense, protecting and overwhelmed by the delivery.

From that experience, the next few months were rough. She didn't digest well and was very fussy. Constipation and colic were how she responded to the traumatic birth, and it was at least six months before we got her to release with consistent adjustments, a proactive lifestyle of breastfeeding and co-sleeping, and a few holistic remedies.

I look back and I feel guilty about the situation. I was indifferent to many of the decisions that were made for us and even though I questioned them, I didn't go far enough to prevent the careless approach that eventually ended in a very traumatic birth for my first child. I wish I would have educated myself more and I wish I would have stuck to what I knew was best for her. I wish I would have kept her safe.

But like many parents, we can't go back. We can only learn from our mistakes, and from here on out, we can care more, love more and be full of care or CAREFUL about the decisions we make for our children going forward. Mistakes are a part of life; it is how we learn from them that defines us.

I write this book and have spent every minute since Layla's birth trying to understand how to keep my child and other children safe from needless intervention and traumatic birth experiences. You

can't control and prevent everything, but you can make the right choices when your child is overstressed and has been through a traumatic event.

Today, Layla is free from any and all chronic conditions. She has been kept safe, healthy and happy after her traumatic event, and she needed to be, because she would have been a prime candidate for chronic conditions if we didn't break the cycle when we did. A child who is born into this world protecting and fearful will stay there, especially if stress is continually added to their systems early and often.

That is why it is so important to get your children and your families checked for SUBLUXATION.

BREECH or in-utero constraint (malposition): A breech presentation is another intervention or a traumatic birth waiting to happen. The good news is that chiropractic care can help relax the body and realign the spine and the pelvis with a method called the Webster Technique. This technique allows the uterus to be in a better position so that there is "more room in the inn" and the baby has a better opportunity to turn and position themselves correctly.

I am certified in the Webster Technique, and after using it on many women, I have had amazing results in helping the mother release and allowing the baby to feel comfortable and want to turn, preventing intervention or the need for a C-section.

Keep in mind, sometimes things are out of your control and because of situations like a short umbilical cord or a baby having the cord wrapped around them, nothing that you do will help them change position. That is also why I feel that the Version technique is so dangerous. With Webster's we are NOT turning or forcing the baby. We are simply allowing for a more open and relaxed environment for the baby, so that the baby will feel more content to reposition. With the Version technique, there is a forceful reposition through manual manipulation of the baby which is very stressful on the baby and the mother.

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If there is an issue with the cord, it can be very traumatic and can cause injury to the mother or baby. The other concern is that forcing the baby to do something they do not want to do causes them to enter a protective state, and either they will just go back to their own breech (or even transverse) position, or they will feel threatened when it is time for the delivery, and it could play into a difficult labor.

I always guard on the side of least invasive to most. The Webster Technique is safe and is in line with trusting in the process. We are simply facilitating a safe, open relaxed situation for mother and baby so that everything can happen the way it is supposed to.

Preemies (premature babies): This is a situation that is many times unavoidable, but it needs to be handled appropriately. You hear all the time that preemies have higher incidences of chronic conditions such as upper respiratory issues, asthma and allergies because their lungs didn't get the activation that they needed from the birth process. I will agree with that, but there is another concern that ties to the imbalance of the nervous system.

Premature babies are born before their parasympathetic nervous systems are fully engaged, and this leaves them in a state of protection from the moment they enter this world. Any stress on their little systems, such as antibiotics, chemically-laden formula and/or vaccines will drive the imbalance even deeper, causing more of a shift toward a sympathetic response. It is this pendulum shift that leaves these preemies more susceptible to chronic conditions, because from day one, they are feeling threatened.

That is why I have gone out of my way to evaluate and take care of the premature infants in the NICU, so that they can have their brakes pumped (the parasympathetic stimulated) to get them out of fight/flight, and to awaken the lungs, activate digestion and improve their overall growth and development.

In a perfect world, a preemie should be breastfed and held as much as possible. Every child in the NICU needs to feel safe and secure. If the baby is not able to latch or suck, then the mother

should pump and give the little one a bottle with mother's milk. I also encourage mom to continue to pump, because when she gets back to breastfeeding (which is crucial for development), it will help tremendously in allowing the infant to grow and feel at ease.

Avoid any chemicals, and have the infant checked for Subluxation by a pediatric chiropractor. My youngest patient was an eight-week-old preemie, and he was released sooner than expected because he consistently got his brakes pumped. It was amazing to see how quickly he developed. The hospital couldn't believe it. The sooner you can break the cycle of protection and start activating the parasympathetic brakes, the better. Remember, nerves that fire together, wire together. We want the nervous system hard-wired into a restful and relaxed state to promote development and growth.

Last, but not least, any baby stuck in the box of the NICU without mom's touch and love needs more love and support when they are released. For every day they are in the NICU, they need three times the amount of constant skin-to-skin contact and baby wearing as a full-term baby (for one month in the NICU, they need three months of constant baby wearing). Get yourself a wrap and hold that little one close. You should also be co-sleeping to build that bond and to continue to improve their perception of safety and security of this world.

Twins and triplets: Having multiple babies at one time can be very stressful on mom and on the little ones. The other major concern is that it is very difficult to find a midwife or obstetrician who will allow mom to go full term and to deliver naturally. Obviously, if there is intervention, making sure to have the children checked for Subluxation immediately after birth is crucial for their development. Even if that is not the case, the birth process can take a toll and cause physical stress to the fetuses and to mom, so making sure that mom is taken care of and the babies are evaluated will help prevent the pendulum from getting stuck in protection.

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Children are also involved in accidents and falls, especially when learning to walk and when they start to play competitive sports, which can compound and further Subluxate the cervical and thoracic spine. The sooner the nervous system can be cleared and balanced, the sooner the body and the inborn intelligence can function at optimal potential.

Finally, constant physical stress from sitting too much and hunching over to text, play video games and surf the web can be just as destructive to the spine and nervous system as a traumatic event. Good posture is very important in helping to improve the mobility, alignment and stability of the spine and to protect the integrity of the nervous system.

TOXINS

Toxins also known as chemical stress that can come about in all forms. I added a list to get you thinking about the toxicity and the chemicals that we are encountering. Don't overwhelm yourself with this list, but be smart. Avoid processed food and chemically-laden animal products. Be aware and understand that when you give toxins and chemicals to a child, they will go into a protection mode and attempt to detox and release. Unfortunately, if too many toxins are being ingested OR injected, the body will NOT be able to keep up, leading to a Subluxation.

This also explains WHY I feel that vaccines are so dangerous—because we all know there are toxins involved. The problem is that the injection bypasses the immune system (or our natural defense), and the chemicals and protein that the vaccine is cultured on go directly into the bloodstream. There are no tests or studies showing that that type of administration is safe, especially for kids. To me it doesn't make a lot of logical sense, but it sure makes a lot of dollars.

You are what you eat OR what you inject, breathe and drink.

When you eat, inject or encounter a toxin or a chemical (remember your skin is an organ, so whatever you put on your

skin finds is absorbed) the organs and glands are activated via the sympathetic branch of the autonomic nervous system. They prepare to fight and eliminate. Unfortunately, when the organs and glands (viscera) are overworked, they will also communicate with the body (soma) in those areas to tell the musculature to beware and to protect. This is known as a visceral somatic response which leads directly to a Subluxation and eventually a dis-ease or an expression of the stress. A visceral somatic response is also seen with emotional or mental stress.

Chemicals and toxins to avoid OR clean up:

- Four whites
 - Inorganic corn-fed dairy filled with antibiotics and growth hormones (HGH, rBGH & rBST)
 - White/enriched flour and highly-processed grains/gluten
 - Excess sugar
 - Inorganic salt
- Fatty meats
 - Meats that are inorganic/corn-fed/injected with antibiotics and growth hormones/dipped in ammonia to KILL the bacteria
- GMOs (Genetically Modified Organisms)
- Antibiotics/drugs/medications
- Steroids
- Vaccinations
- Heavy metals
 - Aluminum and mercury (thimerosal)
- Nebulizers/inhalers
- Processed foods
- Carrageenan
- Preservatives
- High fructose corn syrup
- Food coloring/dyes
- Trans fats
- BPA (Bisphenol A)
- Natural flavors

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- MSG (Monosodium Glutamate)
- Artificial sweeteners
 - Aspartame
- Household cleaners
- Ultrasounds
- Electromagnetic frequency
 - Cell phones and WiFi
- Soaps/lotions/deodorants
- Toothpaste
 - Sodium laurel sulfate
 - Fluoride (calcifies the pineal gland—also known as the third eye—which is instrumental in mindfulness and awareness).

THOUGHTS

Also known as emotional and mental stress, our negative thoughts affect not only the conscious mind, but the majority of the stress we encounter affects the unconscious brain and the extension of the brain: the nervous system. When there is more stress coming in than we can handle or adapt to, it causes a reaction no different than how a trauma or a toxin causes us to react.

In my experience, emotional stress can be the most debilitating and causes some of the deepest and most difficult Subluxations to remove, especially when the stress is being housed solely in the unconscious brain. Many times, a memory of an emotional event can be stored in the unconscious brain and removed from the conscious mind, which then can continue to Subluxate the nervous system and elicit a protective fight/flight response.

In any case, emotional stress can have negative impact on our ability to grow, develop and function optimally. For parents and in the home, any emotional stress you are encountering will rub off on your children. They feed off of your energy, and if you are overwhelmed and protecting, your children will be affected by

that. The chiropractic approach that I recommend is not just about finding balance and the removal of Subluxations for your children. You need to also be an example of a restful, relaxed, balanced and optimally functioning person, so that your children can follow your lead.

Your children will do what you do more than they will do what you say. Be the example for your children to follow. Get your whole family adjusted. You are one big intertwined connected ball of energy. Make sure the energy is free from Subluxation—flowing, vibrating, at ease and in a state of balance.

Avoid these mental stressors for yourself and your family:

- Negativity, especially at work or at school
 - “A job that you do NOT enjoy is hard work.”
 - On the flip side, “If you love your job it is NOT work.”
- F.E.A.R.: False Evidence Appearing Real
- Propaganda, especially in the media
- Anger and depression
 - Focusing on past mistakes
- Fear and anxiety
 - Focusing on future needs
- Not forgiving others or yourself for past mistakes
- Holding judgment
 - Until you stop judging the event, you will not be able to forgive or forget a situation

Living for your EGO: let your EGO GO. (EGO is a self-absorbed emotional opinion of who you think you need to be in order to be happy and successful, when in reality it is an excuse in your own narcissistic mind to be selfish, greedy, materialistic, incongruent, careless, indifferent and disrespectful.)

Stop having an opinion about yourself and negative situations. You are who you are. Be congruent with your values and beliefs. Stop being FAKE. Love yourself for who you are.

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There is no need to be emotional about a negative event. It is the opinion of the event that makes it negative. Stay positive and take the emotion out of the situation. Don't have an opinion about the event. It is what it is. It is out of your control and it is in the past. Be bigger than the situation and either turn it into a positive OR move on.

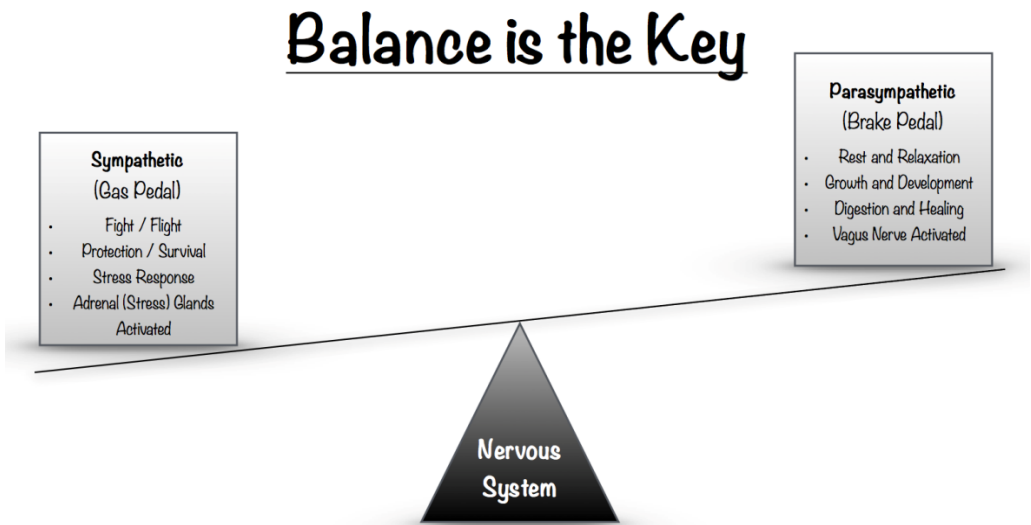
There is no reason to be bitter—it only feeds more hostility and negativity.

Control what you can control and move forward.

Align yourself with like-minded, loving, trustworthy, congruent and respectable people who make you better and well-rounded.

Chapter 8: Balance is the Key

The autonomic nervous system, or as I like to think of it, the “automatic nervous system” is broken down into two branches: the sympathetic and parasympathetic branches. This system controls your organs, glands, tissues, cells and certain muscles. You do not consciously control these branches with your mind. The autonomic system is unconsciously controlled by your brain, which makes up the majority of your nervous system. Let me say that again: your mind is a small part of who you are; it’s the brain that is doing most of the work. Balance between these two



branches is crucial in allowing for growth, development and healing.

Sympathetic branch: The sympathetic branch, or the “gas pedal,” is also known as the “fight or flight” branch. This is where survival and protection take place. The adrenals, also known as

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the stress glands, are activated when this branch is called into action.

Parasympathetic branch: The parasympathetic branch, or the “brake pedal,” is also known as the “rest and relax” branch. This is where growth and development take place. The vagus nerve is an integral part of this branch, which aids in digestion and in the function of the immune system when activated.

Dr. Bruce Lipton, a biologist and an author, says it quite simply, *“You cannot be in growth and protection at the same time.”*

This means that only one branch can be working at any given time. Think of it in terms of a cell. We are made up of trillions of cells covered with skin (which are cells). A cell has to choose between surviving or developing; it cannot do both.

We are at a restaurant: you decide to order soup and salad (your favorite meal), a bottle of wine, and you finish it off with dessert. When you are done, you sit back in your chair and you rest, relax and digest your meal. Your nervous system is obviously in a parasympathetic state.

After you pay the tab, you head out to the parking lot. It’s late and you are the last one to leave. You are about to get into your car, and A MUGGER JUMPS OUT AT YOU!!! In that split second, you are not worried about absorbing and eliminating the meal that you just ate—you automatically, without thinking about it, enter into the fight or flight response in order to protect yourself. I would turn and run while you might stay and fight, but either way, you will find a way to protect yourself. Your adrenals send adrenaline and cortisol throughout your body, causing an increase in blood flow to your muscles so that you can protect yourself.

When working correctly, the gas pedal is activated only when needed. The majority of the time, the brakes are on. Fast forward to present day where we are surrounded by mini muggers everywhere we turn. More than ever, our children's gas pedals are being turned on by the 3Ts.

I like to picture the nervous system as a pendulum swinging from one branch to the other. When the pendulum shifts to a sympathetic dominant system, you limit a child's growth and development. You affect the way they sense and perceive the environment. A child cannot focus, rest, relax or calm down. Sleep is limited and mood and behavior is affected. You would be a mess as well if you thought that every second of every day you were being chased by a bear. I explain to parents that they have a child with a Ferrari engine and bad brakes (sounds like ADHD or ADD to me)

Dysautonomia and dysafferentation: For you nerdy parents, the shift away from a predominantly parasympathetic system toward a sympathetic dominant system is known as dysautonomia, or an autonomic nervous system which is functioning abnormally. The result is that when in chronic protection and survival, you also affect the body's ability to sense and perceive the environment clearly, which is recognized as dysafferentation.

You see, most people trying to understand the cause and relationship of the most common childhood conditions, specifically neurodevelopmental disorders, are only looking at the expression or the motor control (output). We need to look a bit further, because It actually begins with the INPUT, and when that is disturbed or there is an inability to understand what is coming in from a sensory perspective, the motor control will thus be disturbed.

So, you can basically call dysautonomia SYMPATHETIC DOMINANCE which then leads to dysafferentation, or simply termed DYSINPUT or DYSSENSORY which directly ties into

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the label Sensory Integration Disorder (there you go—one label solved).

Now where does that leave us?

Dysponesis: A nervous system that is overstressed and overprotecting results in an abnormal amount of energy being output to an organ, gland tissue or cell. So, in big words that make me sound smart, the abnormal amount of energy being released because of the sympathetic dominance is known as dysponesis. Dysponesis is also described as abnormal tone.

*D.D. Palmer said that, “Life is an expression of tone
Tone is the normal degree of nerve tension. Tone is
expressed in function by normal elasticity, strength,
and excitability.”*

Dysponesis, or abnormal tone, can lead to dysfunction within organs and glands, and causes sustained tension and tightness within the musculature. More specifically, it is the constant and imbalanced sustained tension on the erector spinae or paraspinals (the muscles that support and stabilize the spine) that are of greatest concern.

B.J. Palmer talked about the importance of muscular function and tone in preserving life. He said, “Life is motion; motion is life. The absence of motion is death...in human beings, motion is produced by muscles...that which moves muscles is nerve force.”

SUBLUXATION: This is where it ALL comes together. The final protective response is the protection of the central nervous system. A Subluxation is a response to abnormal tone. A Subluxation is defined as a misalignment of a vertebra in which

the vertebra loses its ability to move freely in comparison to the vertebra above and below. When the vertebra loses motion, the nerves in that specific area cannot optimally function and lose their ability to perceive themselves in space (also known as proprioception). As a result of the loss of proprioception, there is an inverse increase in nociception, or noxious stimuli, that have the potential to damage tissue and cause fibrous adhesions (scar tissue) which continue to restrict motion.

Keep in mind that a Subluxation locks in and perpetuates dysafferentation, causing a chronic state of abnormal INPUT or sensory perception. A Subluxation also affects the normal degree of nerve tension and causes abnormal tone or dysponesis.

Ultimately, a Subluxation or interference to the nervous system affects both the afferent INPUT and efferent OUTPUT, which in turn causes dis-ease within organs, glands, tissue and cells. Thus, a Subluxation is a protective response which occurs when the nervous system feels threatened and overwhelmed.

My linear approach to describing the physiological stress response or dis-ease is made to be simplistic so that you can easily understand the path. The reality is that the nervous system perceives and expresses itself at speeds of up to 350 feet per second if necessary. Instead of thinking in terms of a linear cause and effect model of $A+B=C$, think of this whole system from stress to the dis-ease as a web of contributing factors that over time will elicit a response that correlates to where the nervous system was overwhelmed.

I also think about the response of the nervous system to the environment as not being one just perception and one expression at any given time. The nervous system flows like a wave over the body and has a tone and/or a vibration that mimics a circuit board instead of an electrical wire. The nervous system is innate, conscious and adapting every second of every day. It truly is NOT just an INPUT then OUTPUT scenario. It is INPUT and

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OUTPUT, and perception and expression, and vice versa, all at the same time.

Fuse box: I think of the nervous system as a fuse box. You have the spine, which is made up of 24 freely movable vertebrae (34 if you count the sphenoid, sacrum and coccyx) that are meant to protect and support the central nervous system and spinal cord. In between each vertebra, you have nerves that exit and go to different organs, glands and tissue.

When a Subluxation occurs, I picture it as a blown fuse within that area of the spine which will then affect wherever that nerve goes. Where you blow a fuse determines which organ, gland or tissue will dysfunction and express dis-ease or a symptom.

Our job as chiropractors is to find the blown fuse and to get rid of it with a specific and safe chiropractic adjustment. Basically, we find and fix Subluxations with an adjustment and then get the hell out of the way so that the innate intelligence of the body can take over and begin the healing process.

We simply are facilitators for the dissipation of the 3 Ts (stress). Removing Subluxations rebalances the autonomic nervous system, taking it from sympathetic dominance to a state of rest, relaxation, growth and development, which then allows for the proper amount of tone. Having the right amount of tone and vibration allows the paraspinals to relax, and the adjustment can then improve the alignment and the range of motion of the spine, leading to proper function, health, happiness and ease (thus preventing and helping to heal from the most common childhood conditions).

Chiropractic is NOT the end all, be all. But it is the FOUNDATION of finding homeostasis, ease, health and optimal function. Once you have a nervous system which is working without interference or dis-ease, than you can focus on stabilizing and supporting it with positive lifestyle habits, known as WELLNESS.

You cannot be WELL unless you are WELL ADJUSTED. Once you are WELL ADJUSTED you can focus on staying WELL with WELLNESS.

Wellness is MOVING TOWARD HEALTH with good diet, proper exercise and a positive mental attitude.

This is your OPPORTUNITY. Get your children checked for SUBLUXATIONS by a certified pediatric chiropractor.

Living, growing and developing happen when we can ADAPT and handle stress (both good and bad) appropriately. The problem is, when stress becomes too much or we encounter more stress than we can handle, we lose the ability to adapt to the stress and it leads to a lack of ease (or dis-ease) which obviously affects development. When we perceive the environment to be too stressful, it shifts the pendulum toward a sympathetic fight or flight dominance.

Stress has been around forever, but the amount of stress and the kind of stress our kids are now facing has changed dramatically over the last 30 years. We encounter more stress in one year than our grandparents did in their lifetimes. There are three stressors holding us back from meeting our full potential: physical stress (Trauma), chemical stress (Toxins) and emotional stress (Thoughts). When you add these stressors together, the effects are a recipe for major neurodevelopmental disorders and chronic disease.

To keep it simple, I will try to list some common Ts that our children encounter and tie them together for a typical recipe of dis-ease that I commonly see in practice. Keep in mind, there are so many variables at work here and this is not a cause and effect scenario. Every child is different in their ability to handle stress and every child differs in their encounters and perceptions to this environment and the stress associated with it.

Chapter 9: The Cookbook for Chronic Conditions

Recipe for ADHD (Attention Deficit Hyperactivity Disorder) and Sensory Integration Disorder (with a boy named Joey) with a side of the following stress responses: torticollis, colic, constipation, eczema, ear infections, chronic infections, asthma, sinus infections, headaches, allergies, acid reflux, OCD (obsessive-compulsive disorder), anxiety and depression.

And yes, I have seen this similar scenario multiple times in practice, but I will say this is NOT the norm. More commonly, a child will suffer from a few chronic conditions at any given time, but for the sake of giving you the bigger picture, I will show you a linear path leading up to ADHD which *all* involve a nervous system that is stuck in fight/flight and is thus SUBLUXATED.

Where it begins: Let's begin where it always begins, in utero. When a child is developing in utero, they encounter the same stressors mom does. If she is stressed emotionally, then so is the little one. If the mother is not eating well or if she is taking medication, then that can also impact the fetus in a negative way. Furthermore, if the mother is physically burdened by work or a lack of physical conditioning, that can add stress to the baby in utero.

When there is stress on the mother, the tension can impact the spine, the pelvis and the uterus. Many times when a mother is overwhelmed, in utero constraints or a breech presentation can occur. That presentation can end in a difficult labor, intervention involving forceps or vacuum suction and/or a C-section.

Disconnect between "health care" providers: A message to the obstetricians, midwives and pediatricians: another major concern that I have and it is because of NO fault of their own, Is that there is a disconnect between the majority of medical providers. They

ALL have their specialties, but they rarely consult each other on how each other's findings can impact one another. They look at the body as a machine full of parts, and each one is focused on a specific system or process.

I will say, many midwives, especially those who support home births, DO have a different outlook and understanding.

It would be like taking your car to a mechanic, but for every part of your car, you would need a separate appointment to deal with the oil change, the brakes, the engine, the radiator, the battery and so on. It makes more sense to have a mechanic who looks at the big picture and how all of the parts work together. The reality is, the body is NOT a machine and it needs to be looked at as a whole, and the different mechanics of the body should at least give each other a heads up and understand how one area of dysfunction can impact another.

The body is vitalistic and life cannot be explained in purely mechanical terms because there is something immaterial which distinguishes living matter from inanimate matter. The body is constantly adapting and changing. One area of interference can impact another and cause dysfunction throughout the body as a whole. The body is NOT necessarily defined by the sum of its parts from a chemical or physical perspective. We are made up of energy, tone, vibration and an innate force that governs us and allows us to adapt and heal if it is free of inference.

Along with disconnect between specific systems, there is a disconnect between specific processes (such as with the prenatal and birth process). Specifically, I'm talking about the disconnect between an OB/GYN or midwife and a pediatrician. Prenatal care is monitored all the way through until birth, and then the obstetrician is never seen again. If there is a traumatic birth or major intervention, that physical trauma is never followed up on. Furthermore, because the obstetrician and pediatrician never talk and don't see the connection between a stressful pregnancy or a

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traumatic birth and development, neither one of them is there to make recommendations to help the situation.

Then what you have is a profession full of pediatricians who can't figure out why children are so sick, and they don't see the correlation between stress and a lack of development, so they have NO problem continuing to stress these little ones out with chemicals. If they knew the big picture or the impact of traumatic birth on the nervous system, maybe they would act accordingly.

Note: I do have one pediatrician who is a DO (Doctor of Osteopath) and it has been a blessing working with her.

Either way, from a standpoint of an obstetrician/midwife (specifically a midwife), if a woman is going through a stressful pregnancy or is a part of traumatic birth, then she should be referred to a pediatric chiropractor to evaluate and check for Subluxations. The same applies for a pediatrician, who could very easily recommend a child who is not developing and is suffering from chronic conditions to a pediatric chiropractor.

In reality, most pediatricians would NOT ever send a child to a pediatric chiropractor, because with my experience, they "just don't know what we do" (this is a direct quote from a pediatrician I have shared patients with who has been in practice for more than 30 years). This is no fault of their own; they just were never taught about the benefits of chiropractic, and quite the opposite, they were taught that we are NOT effective, and even dangerous.

I am here to tell you that could NOT be further from the truth. I get results, and children heal when they are under my care. I don't just cover up the symptom and wait for a new one to pop up. I also consider myself much safer, and to determine that, I look at what I pay for malpractice insurance compared to what an average pediatrician pays. I pay a quarter of what they have to pay at the very least. What does that tell you about safety and liability?

However, I have had great relationships with a few obstetricians and many midwives, especially midwives, who usually evaluate and take a close look at the baby a few days after birth and even a month or two down the road. They also have more of a holistic, natural mindset and understand our approach much better. So, going forward, I hope that those pivotal life-changing relationships continue to grow.

It is also my wish that I can nurture some wonderful relationships with obstetricians and pediatricians for the betterment of the children. Also, being in the delivery room or having access to the child right after birth could be essential in removing a Subluxation if it exists and allowing the newborn to start their life in a state of growth and not in protection.

FIRST LIST OF INGREDIENTS

Difficult and stressful pregnancy (emotional and physical stress) leading to a traumatic birth (physical stress) involving abdominal surgery (C-section) and vacuum suction for the child which caused a Subluxation (blown fuse) in the upper cervical spine.

Now you have a child who has been stuck in fight or flight since conception, and instead of entering this world feeling safe and secure, enters this world frightened and afraid. The trauma also affects the upper cervical spine and spinal nerves.

The upper cervical spine (upper neck) is just an extension of the brainstem and the brain. It is the conductor and the control center for the rest of the nervous system.

The nerves of the upper cervical spine control:

- Autonomic Nervous System (fight/flight)
- ENT (Ear, Nose and Throat) system
- Immune system
- Speech
- Pituitary gland
- Inner/middle ear
- Optic nerve/eyes

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- Facial nerves
- Jaw/teeth
- Sinuses
- Vagus nerve (brake pedal)

If there is a blown fuse or a Subluxation in the upper cervical spine, it can lead to many possible symptoms (stress responses), including:

- Headaches/migraines
- ADD (Attention Deficit Disorder)/ADHD (Attention Deficit Hyperactivity Disorder)
- Sensory Processing Disorder
- Autism spectrum disorders
- Insomnia
- Reflux/GI (gastrointestinal) issues
- Ear infections/aches
- Chronic fatigue
- Dyspraxia/speech problems
- Anxiety
- Depression
- Bipolar disorder
- Sinus infections
- Allergies/congestion
- Vertigo/dizziness
- Chronic infections
- Balance/coordination issues
- Neuralgia
- Eczema/acne
- Epilepsy/seizures
- Behavioral issues
- Colic/fussiness
- Focus/memory

Torticollis: Let's say that with Joey, the stressful pregnancy and the traumatic birth put him into protection and led to a condition

called Subluxation (blew a fuse) in the upper neck causing torticollis, which is a condition in which the head becomes persistently turned to one side, often associated with painful muscle spasms of the trapezius and sternocleidomastoid muscles. Because of the intervention, little Joey also had plagiocephaly, or a flattened head, along with some very defined asymmetry and a very prominent bulge (the size of a tennis ball).

Plagiocephaly: The irregularity of the cranium caused dural tension throughout the brain and spinal cord, deepening the Subluxation. Think of the dura as Saran wrap that covers the brain and spinal cord. The dura attaches to the spine, and when stretched, causes restriction and makes it more difficult for the spine to release as a whole. Another concern is that the plagiocephaly and the bulge affect cerebrospinal fluids (CSF) rhythms. The CSF fluid is full of nutrients and supports and protects the function of the nervous system. Asymmetry in the cranium affects this rhythm, which will cause more protection within the nervous system as a whole.

Keep in mind that I do a technique called SOT or Sacro Occipital Technique, which can release the dural tension, helping the head to become symmetrical. In doing so, it will also aid in the removal of the upper cervical Subluxation.

SECOND LIST OF INGREDIENTS

Erythromycin (emotional, physical and chemical stress), circumcision (physical and emotional stress), and Hepatitis B (chemical and physical stress).

Erythromycin (eye drops) are given to prevent chlamydia or gonorrhea, whether or not the mother has an infection, or whether or not the baby was born vaginally or via C-section. However, erythromycin ointment can still sting slightly, causes temporary blurring of vision and may cause allergic reaction in rare cases. There is absolutely no need for this eye ointment if you are 100% certain that you and your partner do not have any STDs.

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Circumcision is an unnecessary and outdated procedure that just adds more fuel to the fire. I have personally also seen many botched circumcisions where the child must go in for surgery to have it repaired. These days circumcision is strictly a cosmetic preference. Neither of my boys have had the surgery, where they have to pin the baby down screaming and cut off his tip. If they want it done in the future because boys are poking fun of them in gym class, then by all means I'll support them in the procedure. It will be their choice, not mine. Once you remove it you can't have it back, and who am I to judge and to say that the Great Spirit made us imperfect and we need to remove a part of our manhood?

Hepatitis B: Now this is the biggest joke out there, and is exactly why I see vaccines as harmful and unnecessary, let alone ineffective. Hepatitis B is transmitted through dirty needles and through intercourse. If Mom doesn't have it, the baby cannot get it, unless the baby is getting frisky with the other babies in the nursery or shooting up with the local dealer in the bathroom. Test mom; if she doesn't have Hep B, then please don't inject a newborn who has underdeveloped nervous and immune systems with a needless toxin that is full of chemicals. Keep in mind that there is NO regulation on the dosage, either, and a preemie in the NICU gets the same dose as a 12-pound baby.

Colic and Constipation: Fast forward a couple of weeks and you have a baby whose torticollis has been locked in even deeper by all of the chemicals and surgical procedure. Because the Subluxation is adding to the protective response, and because little Joey has been overstressed, his fight/flight system is working in overdrive. The result is an underactive parasympathetic nervous system, which delays growth and slows down digestion, and will eventually cause Subluxation in the lower lumbar spine (low back).

The nerves of the lower lumbar spine and sacrum (low back) control:

- Absorption and motility
- Gut-immune system
- Large intestines
- Bladder
- Reproductive organs
- Uterus
- Lymph circulation
- Low back and pelvic muscles
- Nerves to the legs, knees and feet
- Parasympathetic plexus (brake pedal)

If there is a blown fuse or a Subluxation in the lower lumbar spine or sacrum, it can lead to many possible symptoms (stress responses), including:

- Enuresis/bedwetting
- Constipation/gas
- Colic/fussiness
- Diarrhea/cramps
- Irregular/painful menstruation
- Crohn's/IBS (Irritable Bowel Syndrome)/Colitis
- Infertility
- Impotence
- Hemorrhoids
- Sciatica/radiating pain
- SI (Sacroiliac) joint/lumbopelvic pain
- Tight hamstrings/IT (Iliotibial) band
- Disc degeneration
- Knee/ankle/foot pain
- Poor circulation
- Leg cramps/weakness
- Immune deficiency

When the parasympathetic system (rest/relax/digestion) is being shut down by the sympathetic, little Joey has a tough time pooping and becomes fussy and inconsolable. He won't nurse

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consistently (the torticollis is affecting nursing as well) and when he does, he gets even more uncomfortable. You also have to consider mom's diet, who is eating dairy like a calf who hasn't nursed in a month. The dairy is tough for little Joey to digest and break down and is causing more issues with digestion and is just adding more stress to his little body.

Eventually, Mom gives up and decides to give formula a try. This is a shame for a couple reasons: first, most formula is crap and is full of corn syrup, vegetable oil and highly processed and genetically modified soy, as well as many other ingredients I cannot pronounce. Second, the one thing Joey had going for him in terms of allowing him to feel safe and secure and swinging the pendulum away from fightflight is through breastfeeding, or just by being close to mom, snuggled in tight to her breast.

The result is that Joey won't poop for days, he cries for hours at a time because he is so uncomfortable, and he isn't able to sleep, rest and relax so that his body can heal. This could all be taken care of with chiropractic care. Joey just needs his brakes pumped so he can release.

THIRD LIST OF INGREDIENTS

- Miralax for the constipation
- 7 Vaccines at 2 months
- 8 Vaccines at 4 months
- 9 Vaccines at 6 months
- 7 Vaccines at 12 months

31 Vaccines in 10 months equals a whole lot of chemicals injected directly into the body of an infant who is already overprotecting and who doesn't have an immune system strong enough to even comprehend this abuse. This to me is the definition of Indifference. Vaccines are not improving function; they are weakening the immune system and over-stressing the nervous system.

The shotgun approach of the vaccine model is nothing short of being careless and it's jeopardizing our children's safety. There has never been a study done that looks at the effects, the safety and the efficacy of this many vaccines given to a child, and it doesn't take a brain surgeon to understand that this many injections does bring about health risks. The majority of the neurodevelopmental cases that I see have to do with vaccine injury, and harming our children with chemicals and injections needs to stop.

Now mom, baby Joey and the whole family are ALL overwhelmed by the stress and chronic issues Joey is going through. Nothing is working, the pediatrician is no help and says Joey will just grow out of it. No one is happy, no one is healthy.

Eczema: Joey has to release those toxins somehow and somewhere. He can't do it through the digestive system—he is blocked up and needs a plumber to release him, and that's where chiropractic can come into play. I will admit that I have been called "The Poop Doctor" on more than one occasion.

Instead of eliminating toxins through the gastrointestinal (GI) track because the digestive system is backed up and overwhelmed, and because the chemicals bypassed the GI track all together, the toxins are releasing through the skin causing eczema. Keep in mind that because the injections bypassed the mucosal lining and avoided 70% of the immune system, which is located within the digestive system. It caused confusion and imbalance within the immune system, leaving it weak and susceptible to future infections and chronic conditions. Hey, at least Joey didn't get the chicken pox.

Ear Infections: With all of the tension in the neck getting driven deeper and deeper with each subsequent stress Joey encounters and with a weakened immune system from all of the chemicals and injections, Joey is left susceptible to ear infections.

It starts with tension and inflammation within the muscles that are supposed to allow the ear to drain. If the tension is not

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released with an adjustment, the fluid just sits and is a perfect breeding ground for viral and bacterial infections. Keep in mind that most infections are viral, which leaves antibiotics useless. If an antibiotic is used and it is not effective, it leaves the immune system even weaker and more vulnerable to future infections.

FOURTH LIST OF INGREDIENTS

Multiple rounds of antibiotics, ear tubes, surgery, steroids, nebulizer, inhaler, nasal spray and NSAIDs (non-steroidal anti-inflammatory drugs).

Antibiotics need to be used correctly and sparingly for emergencies only. When overused or used inappropriately for ear infections, they kill off all of the good bacteria within the gut (which helps in digestion and in fighting off infection) and causes issues with digestion and leaves the immune system weak.

So, Joey gets an antibiotic for his ear infection which stemmed from the Subluxation in his neck which does not allow the ear to drain. It turned out to be a viral infection that settled into the ear so the antibiotic was useless. A week later, he is given another antibiotic and this approach goes on and on.

Chronic infections (weak immune system): After 10 rounds of antibiotics over the course of six months, the pediatrician gives up and decides to send Joey to the ENT (Ear, Nose and Throat) doctor. By now, the antibiotics have weakened the immune system to such a point that upper respiratory infections and croup becomes the new norm for Joey. His tonsils and adenoids are inflamed. His immune system is shot; he cannot drain, he cannot poop, he cannot absorb or eliminate, he is stuck deeper into fight/flight and now Subluxations are popping up in his upper thoracic spine and lower cervical spine (upper back and lower neck).

Upper thoracic spine and lower cervical spine (upper back and lower neck):

- Eustachian tubes
- Tonsils

- Adenoids
- Vocal cords
- Neck glands
- Thyroid
- Pharynx
- Neck and shoulder muscles
- Nerves to arms and hands
- Esophagus
- Trachea
- Lungs/bronchi/pleura
- Heart/coronary arteries and valves
- Chest/sternum
- Breast

If there is a blown fuse or a Subluxation in the upper thoracic or lower cervical spine, it can lead to many possible symptoms (stress responses), including:

- Hay fever
- Runny nose
- Swollen adenoids/tonsils
- Laryngitis/strep throat
- Tonsillitis
- Croup
- Chronic cough
- Stiff neck/shoulders
- Bursitis
- Thyroid conditions
- Poor metabolism
- Poor weight regulation
- Pain in arms/hands
- Numbness/tingling
- Brachial neuritis
- Asthma
- Breathing trouble
- Radiating pain into arms/wrists/hands

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- Functional heart conditions
- Pneumonia
- Bronchitis
- Congestion
- Acid reflux
- GERD (gastroesophageal reflux disease)
- Chronic infections

With the chronic ear infections and chronic throat and upper respiratory infections, it is time to check out an ENT doctor to find out what to do next. Quite simply, we are trained to move to the next doctor so that we can search for a new diagnosis and a new form of treatment to cover up the symptoms.

Asthma: The ENT doctor finds a lack of drainage in the ears, inflamed tonsils and adenoids and issues with breathing. He recommends surgery for the ears to implant tubes and remove the adenoids and tonsils. The ENT doctor also labels little Joey with asthma and begins him on a nebulizer, steroids and an inhaler. The asthma is directly related to all of the stress on Joey's upper thoracic spine. His gas pedal is on and he is in a protective state. There is a major Subluxation at T4 as a result of all of the stress and thus, the lungs and the bronchi are feeling threatened and as a result, they need to protect with constriction and tightness, also known as asthma.

Sinus infections, headaches and allergies: Three months later, Joey is still having occasional infections of his throat, but he is now also having chronic sinus infections and headaches and he is still encountering the occasional ear infection. His breathing has not improved as expected, and he is now fighting pneumonia. Digestion is a mess, and now Joey is expressing signs of allergies.

Because the adenoids and the tonsils were removed (meant to collect and remove toxins) the toxins and chemicals have nowhere to go. The ears are already full of fluid and are not

draining properly, so the sinuses are the next place to fill up and to have issues with drainage. You see, it was never an issue with the tonsils or the adenoids at all—they were just doing their job. Unfortunately, they were NOT able to keep up because they were left weak and susceptible to infection because of all of the stress being put on them which led to inflammation, and with all of the toxins coming into to Joey's system, they couldn't eliminate and remove the toxins fast enough. All Joey needed was an adjustment to boost the immune system, decrease the inflammation and to allow for better drainage.

Next in line are all of the tension and an overwhelmed nervous system (a Subluxation that was never removed and has thus been locked in even deeper) that still exists in the cervical spine. Headaches are initially brought on by muscle tightness and spasm, and can turn into migraines and cause issues with balance, coordination and vision when the tension is not released.

Allergies are also an expression of a tense and threatened nervous system, specifically a nervous system that is Subluxated in the upper cervical spine. When the nervous system has been protecting and feeling threatened for a long period of time, it will express itself with a hypersensitivity to certain things in our environment. Just imagine being stuck in survival or being chased by a bear everyday of your life for many years. You would be very cautious and oversensitive as a result.

The pediatrician and the ENT doctor are running out of options. They keep pushing antibiotics for the infections, they added a prescription of nasal spray for the sinus infections and they are recommending NSAIDS for the daily headaches. Instead of improving, Joey's immune system is becoming weaker. His nervous system is encountering more and more stress and his body is moving further and further down the path of protection and away from healing and well-being.

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FIFTH LIST OF INGREDIENTS

A poor diet and continued use of medication with the introduction of an antacid and a side of consistent vaccines and antibiotics.

By now Joey's system is overwhelmed and burned out. His adrenals are fatigued and digestion and his immune system are exhausted. He is now closing in on his sixth birthday and because of all of the stress and chemicals on his nervous system, he is becoming more and more sensitive to the environment. He has become a very picky eater, and he is having trouble sitting still in school. He needs to follow the same routine to go to bed every night, and if he doesn't, he melts down.

Because of his picky eating, his parents are worried he isn't getting enough nutrition, so they want to make him happy and they give him whatever he wants. He will only eat mac 'n' cheese, hot dogs and fish sticks. He has five glasses of milk a day and loves string cheese and yogurt as his snack. Unfortunately, all of the processed foods along with the dairy, refined grains and gluten are keeping his body inflamed and protecting.

Acid reflux: His diet is weakening his immune system, affecting digestion, upsetting his mood, and clogging up his body which has a very difficult time draining and eliminating in the first place. Joey is also starting to have issues with acid reflux, for which his doctor immediately prescribes an antacid.

Understand that an antacid is only a short-term fix and it is just another chemical added to Joey's bucket. When Joey takes the antacid, it lowers the acidity in his stomach. It helps with the reflux initially, but because there is less acid in the stomach, the body thinks it needs to produce even more going forward. Two issues arise with this approach: 1. you need to keep upping the drugs to keep up with the increase in acid produced, and 2. if you ever want to get off the meds, the body will have so much acid being produced, the body will be left in a worse state than when you started the meds.

With all of the tension on the upper back, it is very obvious that Joey's acid reflux is coming from the Subluxation that has been locked in from years past and because Joey's symptoms keep getting covered up. This is just another way that the body is trying to let Joey know that there is a problem.

OCD (obsessive-compulsive disorder): By now, Joey is becoming more and more compulsive. His nervous system has lost control and is stuck in protection. The chemicals are suppressing the function of his nervous system and causing imbalance within his immune system. The Subluxation in the upper cervical spine from birth is affecting Joey's perception of this world and ultimately his demeanor. Joey feels out of control; he has lost his confidence and is extremely uncomfortable with himself. The only way Joey can combat his uneasiness is to control what he can control and be very compulsive with it. It gives him a sense of accomplishment to be in control.

Anxiety and depression: Unfortunately, Joey can't control all situations and because of the upper cervical Subluxation and his nervous system as a whole being stuck in protection with the gas pedal on, Joey is expressing with anxiousness when he feels overwhelmed or when he can't control certain situations. Occasionally, his nervous system will crash and Joey will feel very down and drained. He loses all motivation and has no confidence to do much of anything. He just wants to sleep and cry. Joey is an emotional wreck.

In reality, all Joey needs is a reboot and a rebalancing of the sympathetic and parasympathetic systems to allow him to feel in control and to help with his overall mood and demeanor. All Joey needs is a specific chiropractic adjustment to remove the underlying cause—Subluxation.

ADHD (Attention Deficit Hyperactivity Disorder): Joey's behavior is beginning to be a problem in school. It is sporadic, with ups and downs, and he is also starting to lose focus. He cannot sit still and class is starting to be disruptive. His grades are

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slipping, as he loses motivation to do his homework. Joey's parents get called into school for a meeting to discuss a plan and a course of action to deal with Joey's issues. The school is pushing for medication and gives Joey's parents a referral for a psychiatrist.

Joey's mom doesn't know what to do. Joey is struggling; his grades are slipping and he is showing many signs and expressions of ADHD. She just wants Joey to be happy—she just wants Joey to be happy.

She spends all night researching ADHD medication. She is shocked at all of the side effects and about how intense the chemicals can be. It labeled a Schedule II narcotic, which is in the same class as cocaine. This type of medication can destroy his brain and permanently affect his nervous system. She doesn't want a zombie walking around, but she has NO where to turn.

Fortunately, Joey's mom sees a webinar about ADHD done by a local pediatric chiropractor. She reads his book and sets up an appointment to have Joey checked for Subluxation. She is sick and tired of going around and around chasing symptoms. She is exhausted and she knows Joey cannot handle another drug—they just are NOT working.

What Joey's mom finds out is that Joey's symptoms from torticollis to acid reflux all started with a condition called Subluxation that most likely began when Joey went through a traumatic birth. With all of the intervention, chemicals and stress added to his system after that traumatic situation, the Subluxation and the imbalance worsened and caused more and more expressions.

You see, ADHD is not a disease or a disorder; it is an imbalance of the nervous system. It is caused by a Subluxation that locks the gas pedal on. I basically picture a child with a Ferrari engine and bicycle brakes. The gas is on, and it does not allow the nervous system to focus or pay attention. Furthermore, with all of the protection and the sympathetic dominance, it causes Joey to want

to release and he does that with motion, which is seen and labeled as hyperactivity.

If you thought you were getting chased by a bear your whole life, your gas pedal would be to the metal, your brakes would not be used, you wouldn't focus on anything but getting away, and you would be described as overexcited. Because of Joey's nervous system being stuck in survival mode, he just needs his brakes turned on.

We also need to understand who Joey has become and support him by putting him into a place or into situations that will allow him to succeed. He is a better hunter than he is a gatherer. So, stimulate him with activities and hands-on learning. Allow him to be creative and imaginative, and encourage him to think critically instead of making him focus on memorization. Standardized testing would be awful for a boy like Joey, because Joey's nervous system isn't consistently calm and in a position to bubble hundreds of answers. He will get bored and focus his attention elsewhere.

Allow education to be tailored to the individual and not the other way around. I never could understand why a coach would try to instill his way on certain players and make a team change their style to fit his. Instead, let the players decide what system works best so that you can maximize their gifts and talents.

Now, many doctors will continue to push medication for children labeled with ADD or ADHD because they claim there is a chemical imbalance. The funny thing is, I couldn't agree more. There is a chemical imbalance, but the question is: what controls the chemicals? Chemical distribution is activated and controlled by the nervous system. I think you are all starting to see a trend here. The nervous system is very important, and we live our lives through it, so we better take care of it.

So, if the nervous system is suffering from a condition called Subluxation, like Joey is, it will affect the distribution of hormones and chemicals, which will alter Joey's ability to focus

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and be calm. Trying to cover up the symptoms by using drugs to alter chemical balance is simply a short-term, ineffective and very dangerous option. It confuses the body and it will never allow the body to find balance and regulate on its own. The side effects of the medication are also very debilitating:

Quite simply, Joey needs his brakes pumped and he needs the stress on his nervous system cleared out. He has been Subluxated his whole life and the interventions that have been recommended for his symptoms have only driven the Subluxation deeper and deeper.

I hope after reading through Joey's story you can start to get the bigger picture that chiropractic care, especially for children, is not about the symptom, label or diagnosis. I do not treat disease; I simply free the nervous system from interference by removing the Subluxation. When the Subluxation is removed, it allows the body to relax and releases the tension, thus activating the brakes and moving the body away from protection and toward growth, development and healing.

All of these stress responses that Joey went through could have been avoided if the Subluxations were removed. The longer the Subluxation is allowed to remain, the deeper it gets driven in. With a Subluxation and with constant stressors affecting the nervous system, the pendulum shifts more toward protection, adding more muscle tension, more injury to soft tissue (which takes at least a year to heal) and expressing more dis-ease. The bucket just continues to overflow.

With indifference and a focus on symptoms instead of healing and the cause, Joey is in danger of becoming a lifetime client of the medical model and pharmaceutical industry. A great business model, if I do say myself, but terrible model for allowing children to be safe, healthy and happy.

I believe you have the general idea of how a Subluxation can be expressed in many ways, but I thought I would also add an

overview on a few more very common chronic conditions that I see in children.

Asperger's Syndrome and Autism Spectrum Disorder (ASD): I have talked to many parents about these specific conditions that we are seeing more often now than ever before, and the rate of incidence is getting worse every year. If we don't get ahead of these spectrum dis-eases and start preventing this "expression of stress," then we are going to have a population of neurologically damaged people.

This might sound a bit harsh, but after seeing many kiddos suffering from Asperger's or ASD, there is really no difference from kids on the spectrum and from those suffering from allergies and asthma. To me, it is a spectrum of neurological imbalances that begins with the 3 Ts and leads to dis-ease, which manifests SUBLUXATION. Children labeled with a spectrum disorder are just on one end of the spectrum that has severe neurological imbalance and dysfunction, and those with asthma are on the other side with less severe imbalances. Unfortunately, there is no equation or algorithm to define where your child will fall. You are gambling with your child when you overstress their bodies.

What we do know is that ASD and Asperger's are just labels for complex disorders of neurological development. Let me say that again: it is a problem with the nervous system and how a child GROWS and DEVELOPS. Growth and development cannot happen when we are stuck in PROTECTION (fight/flight). It is obvious that kids on the spectrum DO NOT handle stress well. Their GAP (General Adaptive Potential) is much lower than most, and most likely there was a traumatic birth that led things off. These kiddos also have smaller buckets that are quite full to begin with, leaving them susceptible. We can blame it on genetics; we can blame it on mitochondria; but that is missing the bigger issue. If we know that certain children are vulnerable to

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spectrum disorders then we need to stop overstressing and abusing their nervous systems.

Children labeled with Asperger's and ASD also express themselves with many other stress responses, including GI (gastrointestinal) issues, a weakened and imbalanced immune system, constipation, acid reflux, compulsive and repetitive behavior, trouble with communication and many other expressions that dramatically affect their quality of life.

I presently work with a group called TACA (Talk About Curing Autism). I also run a not-for-profit charity called Kicks 4 Kids, which is a health-focused charity soccer tournament that donates proceeds to other not-for-profit charities that support children with ASD. I love supporting this group, but I really wish that we could change the name from TACA to TAPA (Talk About PREVENTING Autism).

I have a good handle on where autism is coming from, and what some of the major triggers are. Keep in mind that there is NO one cause; it is a combination of contributing factors, or a recipe of ingredients, if you will. I would say that the majority of the spectrum cases I have seen have had the ingredients of a traumatic birth along with multiple vaccines. When you put those two major stressors on the nervous system together, it is a recipe for chronic conditions, and Autism Spectrum Disorder can be one of the outcomes.

The beautiful thing is that we can prevent ASD by limiting the stressors filling up the bucket in the first place. For those unfortunate to express ASD, chiropractic care can help them get back their quality of life by helping them find balance again within their nervous systems. Even though the stressors have limited their potential, I have had amazing results with many kiddos on the spectrum in helping them reach their full potential. That is the most important thing to understand is that it is about allowing your child to be the best they can be with what they have to work with. Every child deserves that chance.

Sensory Integration Disorder (SID): When the nervous system is Subluxated and overprotecting, the body integrates and perceives in a disorganized fashion. The Central Nervous System (CNS) is naturally a “read and react” system, and if SID is present, it is NOT programmed correctly and needs a reboot.

I briefly gave an example of SID in the chapter “Balance is the Key.” We all understand that when the nervous system is overstressed and overwhelmed, the balance is shifted toward a state of protection. When we are locked in a state of fight/flight, it is known as dysautonomia, which directly impacts the afferent perception. When our abilities to sense this environment are affected, it is called dysafferentation. Dysafferentation will lead to Subluxation, which perpetuates sustained imbalance and sensory dysfunction.

NOTE: Keep in mind, these linear paths leading to a condition do not always follow in an exact order. There are so many variables and so many combinations of how the body will respond to stress—it is the old adage, “What came first, the chicken or the egg?” Either way, the condition or the dis-ease begins with more stress than a child can handle and it ends with SUBLUXATION.

Remove the Subluxation and allow the body to find EASE. In this case, remove the Subluxation and allow the body and the nervous system to sense the world as it is. Start by rebuilding the connection; then and only then, use therapies to stabilize, support and retrain the newly-wired nervous system. That is why I see time and time again that children plateau with their therapies, because there is only so much the body can do and handle when there is interference or Subluxation that exists. The body is limited when Subluxation exists.

Chiropractic needs to be the foundation; it reboots the system and allows for all other therapies to be much more effective once a solid balanced and Subluxation FREE system has been established.

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SID is not only a situation where the five most common senses (taste, touch, smell, sight and hearing) are disrupted, but the two senses we rarely hear about are also disturbed. The two senses that truly tie into SID are proprioception and vestibular function.

Proprioception is the ability to sense stimuli arising within the body regarding position, motion and equilibrium. This sense is extremely important when taking about the spine, vertebra and nervous system. The vestibular sense is also intertwined with balance and coordination, and has a huge impact on the function of the nervous system. Where it all goes wrong and we start to see a child express themselves with problems processing and sensing this world is when they are Subluxated, specifically in the upper cervical part of the nervous system.

A Subluxation of C1 and C2 will affect the vestibular nerve, affecting balance and coordination. It will also affect many of the five most common senses, which are innervated by the upper cervical spine. It gets deeper than that, though, because a Subluxation in any part of the spine will cause a decrease in proprioception (or awareness) and will cause an inverse increase in nociception (or noxious stimuli) that then bombards the nervous system in that specific area causing protection, tightness, dysfunction and even pain.

So, an upper cervical Subluxation stemming from a traumatic birth and a bunch of chemicals (for example) will disrupt our sensory perception which then, in turn, affects our efferent (or motor) control. In simple terms, it is a garbage in, garbage out problem. When the sensory system is not able to function correctly because of stress, imbalance and Subluxation, it produces less than optimal motor function. The INPUT affects the OUTPUT, leading to a prime example.

Dyspraxia: (Please see Sensory Integration Disorder) A label for children who struggle with motor skill development. When understanding issues with the efferent control (or the motor control) of the nervous system, we have to consider how the input

is being also being perceived. If the input is not being understood, the output will in turn be affected.

Keep in mind both systems will be affected when in a state of fight/flight, which stunts our development.

Either way you spin it, a Subluxation of the upper cervical spine can affect our ability to speak, read, write and comprehend. The interference on the nervous system disrupts the connection between perception and expression. There is a disconnect between the afferent and efferent nervous systems, which can be expressed with inadequate sensory perception and processing OR poor motor skill development.

Both sensory and motor dysfunction can be improved when a Subluxation is removed.

Seizures and epilepsy: With these conditions, the inflammation is trapped and eventually needs to be released. Think about a steam engine locomotive. When the water is heating up, there is no steam released, but when the temperature hits 212 degrees Fahrenheit and begins to boil, the steam produced is enough to move a train. I think of seizures being very similar to hitting the boiling point. When there is an excessive amount of stress that adds up day after day and week after week and activates the “gas pedal,” if it is not dissipated or adapted to, the stress is released in the form of a seizure. With my experience, for those who struggle with seizures or epilepsy, they have been overstressed, their fight/flight gas pedal is stuck on, they have an inability to handle stress appropriately and they are severely Subluxated in the upper cervical spine.

When someone is suffering from seizures or epilepsy, I immediately assess the autonomic function of the nervous system by evaluating for Subluxations. I know that seizures are really nothing more than an imbalanced autonomic nervous system. Also directly tied into the imbalance is the role of the vagus nerve. The vagus nerve is instrumental in parasympathetic function to every organ and gland (with the exception of the

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adrenal/stress gland). The vagus nerve and its function can be greatly affected by Subluxation in the upper cervical spine.

Even the medical model understands the importance of stimulating and regulating the vagus nerve. They have been using a “vagus nerve stimulator” for many years. Basically, they are artificially stimulating the vagus nerve to help rebalance the autonomic nervous system from fight/flight to a restful and relaxed state, which has been shown to reduce the frequency of seizures and epileptic activity. However, because it is artificial, it is very difficult to pinpoint when and how much to stimulate the vagus nerve. At this stage, it is merely a cover up and a work in progress because stimulating the vagus nerve is only half the battle. It is also about regulating the function of the vagus nerve, and that can only be achieved by allowing the body to do it on its own.

The beautiful thing is that chiropractic care is not only stimulating the vagus nerve, but also helps improve function and regulate the vagus nerve naturally with specific, scientific adjustments. From there, the body can figure out when and how much to stimulate the vagus nerve on its own.

A child who has been overstressed and who is also Subluxated in the upper cervical spine may present with seizures or epilepsy. If so, they are immediately medicated with some heavy duty drugs that dumb down the body and fry the brain, which just adds more stress to the neurology going forward and limits their quality of life. Not a very good prognosis, especially if we are all striving to allow our children to be happy.

Instead, if we know that a child has been through a lot of stress (such as with a traumatic birth), has an autonomic nervous system that is stuck with the gas on and has a severe Subluxation in the upper cervical spine, then the first step needs to be to remove the interference the Subluxation is causing. In doing so, it will help to stimulate and regulate the function of the vagus nerve and allow for better balance within the autonomic nervous

system, thus lessening the frequency of the child reaching their boiling point, and expressing the release of “steam” or inflammation in the form of seizures and epilepsy. The child will also see an improvement in their quality of life and will be HAPPY.

Behavioral issues: It’s funny, because I have parents (as well as wives) ask me if I can give their child (or their husband) an attitude adjustment. I usually laugh and say, “Why YES I can!” They look at me a bit strangely, and then I explain that when the nervous system is Subluxated, it’s like waking up on the wrong side of the bed (or it reminds me of how I feel when I miss breakfast and I still haven’t eaten by mid-afternoon).

You see, when the nervous system is Subluxated and thus stuck in protection day after day, week after week, month after month and so on, it wears on you. It burns you out, it breaks you down, and it affects your mood and demeanor. You lose focus, you lose motivation, and worst of all, you lose confidence in who you are. It makes you a bitter person, because who in their right mind (literally) would feel comfortable and excited about their life if they felt like they were getting chased by a bear every second of every day?

When Subluxated and stuck in fight/flight, the dysfunction will lead to an “attitude” that needs adjustment (quite literally).

Bipolar disorder: I tend to see bipolar disorder as an expression that comes to the surface after an individual has been medicated for a long period of time, especially with ADHD/ADD medication OR it just an extension of a system that has been expressing anxiety, panic attacks and depression. Either way you look at it, bipolar disorder is a reaction to an imbalanced and Subluxated nervous system.

Just think about in terms of the autonomic system being a pendulum. On one side you have the gas and on the other you have the brakes. In a perfect world, the pendulum sits toward the

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brakes and when protection is needed, will swing for a short time in the direction of the gas pedal.

The problem arises when the pendulum starts to swing more than it should, causing an overstimulation and a sustained fight/flight response, which directly ties into anxiety and panic attacks. Then, in order to balance the body out in its own, the pendulum swings drastically back toward the brake pedal, overstimulating the parasympathetics, causing an expression of depression.

If the Subluxation is removed and the pendulum is balanced and is NOT overstimulated, there is no need to express or elicit a stress response of bipolar disorder.

Bed wetting: (also known as enuresis) is a condition that is many times related to a Subluxation in the lower lumbar spine and/or the sacrum. The nervous system directly controls the sphincter and allows a child or an adult to hold their bladder when in an unconscious state, such as when they are sleeping. The nervous system also makes us aware when the bladder is full. If there is a Subluxation in the part of the nervous system that controls the bladder or the sphincter and the muscles related to urination, as well as imbalance between the sympathetic and parasympathetic branches, then bed wetting will be the result.

One of my first pediatric cases was dealing with bed wetting, and the outcome was amazing, not only because the bedwetting stopped, but because the little six-year-old girl started to feel comfortable with herself for the first time in years. She could go to sleepovers without having anxiety about having an accident. It was a huge emotional stress that was released, and the little girl was able to be happy again.

Foster children/adopted children: Children in orphanages or children who have been adopted are the children who are left most susceptible to chronic conditions. It is so sad, because there are so many children in need of love and protection from a wonderful family, and in the first few years of life they are not getting that.

The stress that they encounter from conception is more than they can handle. Most likely, mom is overwhelmed and overstressed throughout the pregnancy. There are many factors and reasons as to why she can't care for the baby once the little one is born. Maybe the dad left and mom is all alone. It could be that mom is not emotionally stable or too immature to care for the new arrival. The list goes on, but whatever the scenario, the baby in the womb is also feeling the stress that mom is going through.

You take an emotional pregnancy with a single mom who has to work throughout the pregnancy (physical stress), and then you add a SAD (Standard American Diet), recommendations for medication, the flu vaccine, possible antibiotics and other stressors to the cookbook, and now you have a recipe for a birth that is full of intervention and trauma. Mom is so exhausted and overwhelmed that she has no choice but to go with the flow.

After the traumatic birth process, the baby is now property of the state. Here come the chemicals, and you can multiply that by at least two if the kiddo was born overseas. With a baby who has already been through more stress than an elephant can handle, he or she needs LOVE and protection. They need to be held, cuddled and breastfed.

The problem is, most of the babies in the foster care system, spend the first few months or years, in their crib, all alone, with chemically-laden formula. They are poked and evaluated; they are looked at as a number waiting to be chosen so that they can finally be loved.

Their nervous system is Subluxated, they are locked into a fight/flight state and their nervous system is continuing to wire deeper and deeper into protection; much deeper than most children, because of their start in life. Many of these children have digestive issues, Sensory Integration Disorders, ADHD, anxiety, acid reflux, etc. These children are emotionally broken; they need to start the healing process.

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Children who have been neglected early on in their life need three times the amount of love and support than most children. They need their brakes pumped; they need their Subluxations removed; they need to be cared for at the highest level. Caring isn't enough—you need to be FULL of care with these kiddos.

Chapter 10: How SUBLUXATION Weakens the Immune and Endocrine Systems

There are three systems of the body that are intimately connected and work together to allow for growth, development and healing: the nervous system (the primary master controller), the immune system and the endocrine system. All three systems are in constant communication, and picture that between the three of them, they are sharing energy to power the body. For the sake of discussion, let's say that they divide 100 units of energy equally.

The issue arises when the nervous system is Subluxated and in a constant state of protection (fight/flight). In a state of balance without interference, the nervous system utilizes 33.33% of the three systems, BUT when Subluxated and in a state of survival, it demands more energy. If it is using more energy than normal on a consistent basis, it leaves the other two systems weak and without the proper amount of energy to function optimally.

Thus, an adjustment can give the immune system a boost to aid in the fight against infection, help with digestion and regulate hormones to improve overall function and well-being.

Immune system: The gut is second brain (also known as the enteric nervous system). The gut or the GI (gastrointestinal) track is where the majority of the immune system is located. It is also made up more than 100 million nerves, which is exactly why it is commonly referred to as the second brain. The gut is just an extension of the brain and the nervous system and the gut plays a huge role in our overall health and well-being.

The gut helps fight off infection, eliminate and absorb. Unfortunately, when the nervous system is Subluxated and stuck in fight/flight, the gut suffers as well, and we are left with a weak immune system and also suffer with GI issues such as constipation, irritable bowels, leaky gut, upset stomach, etc. The

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GI system as a whole becomes less effective at fighting infection, and we don't digest and eliminate food or chemicals efficiently.

It is also important to note that many hormones are found in the gut, specifically serotonin. Serotonin is a neurotransmitter that plays a role in mood, behavior, sleep, learning, muscle tension, healing, and suppression of pain (to name a few). So, a nervous system that is Subluxated will have a direct impact on the regulation of serotonin, which would then contribute to many stress responses such as headaches, impulsivity, insomnia, migraines, aggression, behavioral issues, anxiety and depression.

Chapter 11: The Hormone Connection: Anxiety, Depression, ADD/ADHD, and Bipolar, Mood and Behavior Disorders

I explained how serotonin in the gut can be affected by Subluxation and a nervous system stuck in fight/flight. To take it a step further, I would like to look at how stress affects and impacts the endocrine system as a whole.

I feel all of these stress responses (anxiety, depression, ADD/ADHD, and bipolar, mood and behavior disorders) are very similar in terms of why they are being expressed. It all begins with STRESS which then activates the fight/flight response and causes Subluxation. To help understand the ins and outs of why we are seeing more and more mood disorders, I would like to explain how the endocrine system is affected by more stress than a person, especially a child, can handle.

There are three glands that are affected by stress: the adrenals, the thyroid and the pituitary.

The adrenal glands are your stress glands and they are a part of the fight/flight system. They help in many areas: releasing adrenalin and cortisol to help in protection, regulating blood sugar and blood pressure, producing hormones, balancing mineral levels, and assisting the body in dealing with all types of stress.

When the adrenal glands are overworked and overburdened, they become burnt out or fatigued (adrenal fatigue), and as a survival mechanism, the thyroid gland is called on to do what it can to take up the slack.

Unfortunately, we are not helping the thyroid these days with poor nutrition and chemicals (fluoride, lack of iodine, soy and corn oil, heavy metals, etc.) and Subluxation at the base of the

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neck, where the thyroid is innervated. Eventually, the thyroid becomes exhausted and fatigued and now you have two glands that are dysfunctional. And then, when both the adrenals and the thyroid become fatigued and overworked to the point of exhaustion, the pituitary or “master gland” is called on to release “stimulating” hormones to try to boost the endocrine system to get it functioning again.

At that point, there is NO way the pituitary can keep up, especially when the nerves innervating the pituitary (upper cervical) are Subluxated from birth trauma, vaccines, chemicals, etc., leaving the pituitary weak to begin with.

When your glands are NOT producing hormones or there is a chemical imbalance, it will directly affect mood and demeanor. That imbalance, which stems from stress and Subluxation, can be expressed in many ways such as anxiety, depression, ADD/ADHD, and bipolar, mood and behavior disorders

Another side note for those who have an overstressed and Subluxated nervous system that leads to hormone imbalance, is that it can also directly tie into headaches, fatigue, irritability, depression, issues with metabolism and obesity, and the craving for sugar. So, get your endocrine system back on track by rebalancing your nervous by removing your Subluxations with chiropractic care.

Insomnia: a perfect example of what happens to a nervous system that is Subluxated and stuck in fight/flight. When you are overprotecting and the gas pedal is stuck on, the nervous system as a whole has a very difficult time calming down and resting. Quite simply, the nervous system needs a reboot and the brakes need to be activated with chiropractic adjustments.

Keep in mind that stress will continue to activate the fight/flight response, so avoiding stimulants and neuro-toxins is very important.

Remove the Subluxation with safe, effective, specific adjustments.

Disconnected: A central theme for the most common childhood conditions. When caring for a child with a chronic condition, IF the initial Subluxation is NOT removed, the second batch of ingredients drives the Subluxation even deeper and swings the pendulum even further towards the gas pedal (protection). The third and subsequent ingredients continue to activate the fight/flight response and further the symptoms that the little ones are expressing. The longer a child has been Subluxated and stuck in protection, the more disconnected they become to this world, and the greater chance of them becoming unhappy for the rest of their lives. Which, we all know how that is ending up—more school shootings, more suicides, more hate and more drugs for our kids.

In the end, to combat the disconnection and ALL of these chronic conditions we see too often in our children, we need to be aware. We need to ask questions. We need to be FULL of care and we need to love ourselves and our children enough to be proactive about our health.

The first step is prevention and avoiding the stress and intervention in the first place.

The second step if we cannot handle or adapt to the stress OR stress is unavoidable, is to REMOVE THE SUBLUXATION. The Subluxation is caused by stress so by getting rid of Subluxation, we can activate the brakes and allow the body to heal, rest, relax, focus, perceive, sense, grow, develop, digest, express and function the way that it is supposed to.

If you are sick of chasing a label and covering symptoms up with pills, then make sure you get your family checked for SUBLUXATION. You cannot get rid of Subluxation with a chemical or with surgery. The only way is to have a chiropractor or certified pediatric chiropractor remove the Subluxation and allow the body to begin to heal and develop the way that it was meant to.

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Chapter 12: A Recipe for HAPPINESS: Safety and Health

SAFETY: Remember the Hippocratic Oath: first, do no harm. By avoiding stress and being proactive about how you live, you will improve the safety and add to the overall health of your children and family. I talk with many families about the care plan associated with chiropractic, and the question I get the most is, “If I start going to a chiropractor, do I always have to go?” The answer is simple—that is totally up to you and what you truly want. The more congruent you live and the more proactive you are outside of the office, the less you will see of me.

WELLNESS is the **FUEL** for the nervous system: There are three ways to help give the nervous system what it needs to function at the highest of levels. This is how you can minimize the care that you need from me and quickly move from reactive care to proactive care. The three areas of focus also help to combat the 3 Ts (or physical stress (Trauma), chemical stress (Toxins) and emotional stress (Thoughts) that are causing the Subluxation and the fight/flight response in the first place.

Chapter 13: The Love Potion

Love to move: Movement is the key to life. When you stop moving, you die. So, have enough love and respect for yourself and your children to get off your butts and get moving. I guarantee it will become contagious and will improve your motivation and confidence to continue to want to move. Find an activity that you enjoy, that gives you pleasure, that you love to do, and schedule a time to do it.

“That which gets scheduled gets done.”

~ Dr. Dane Donahue, 8 Weeks to Wellness

A lack of movement leads to adhesions, weakness, degeneration and injury. When a misaligned vertebra loses range of motion and becomes fixated, it causes nerve interference, which we call a Subluxation. Subluxation results in dysfunction and dis-ease within the body, leading to chronic conditions.

Movement, especially in the spine, is how we charge our brain's batteries. One-third of all brain function comes from movement in the upper cervical spine, so it crucial for development and growth. When adjustments are given to remove Subluxation (nerve interference) and to stimulate motion, proprioception is improved, and the body can focus on growth and development. When you also add functional movement and consistent exercise along with neuromuscular reeducation, you will find that balance, coordination, stability, posture and biomechanics are enhanced, which also helps in stabilizing and supporting the adjustment.

Get the kids off the vids and get them moving. Poor posture from video games and a lack of movement will directly affect your child's nervous system, their health and their overall happiness.

Your child needs to move and break a sweat every single day. Movement is life. Learn to love to move.

Love what you eat: Quite simple here, you are what you eat, what you inject and what you put on your body. So, have enough love and respect for yourself to give your body what it truly needs. Think in terms of what your nervous system requires to run and function efficiently. You wouldn't put beer and banana peels in your gas tank to run your car, so, don't feed your body fuel that will cause it to burn out or break down.

Avoid toxins and chemicals and eat food that is pure, raw and whole. If you can grow it and kill it, you should eat it. Become a hunter-gatherer and support sustainable, organic, GMO-free, environmentally friendly, local and humane farming practices. We are voting every time we buy our food. If we don't support quality food, we will lose it.

In a perfect world, when we can choose what we eat, the majority of your diet should be made up of vegetables and fruits. The rest can be filled in with animal protein, nuts, legumes and whole grains. This is not only beneficial from a health standpoint, but it is much better on our environment and is more sustainable in the long run. Again, love and respect the world you live in. If you take care of it, it will take care of you.

Drink plenty of water, and enjoy and love your food. You should never feel negative or guilty about your choices, but that isn't an excuse to be indifferent or careless about your food. Just going with the flow and eating for convenience is a recipe for dis-ease and it will catch up with you over time. Especially for your children, build good habits from the beginning and teach your children about what they should eat and why. Innately, kids want to eat well. It's when we start adding processed food, high amounts of sugar and chemicals that give them immediate gratification, where we get into trouble. Don't start those bad habits; they are very difficult to break.

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Food is fuel and it is energy, and we are better off when we respect and appreciate what we eat. We are not always going to eat perfectly, but if we can eat to live the majority of the time, it leaves us a bit of slack to cheat and enjoy ourselves from time to time. Just don't overdo it. Particularly with your children, stay consistent and make good choices for their safety and health. In the long run they will be much happier and better off.

“Nothing will benefit human health and increase chances for survival of life on Earth as much as the evolution to a vegetarian diet.”

~ Albert Einstein

A great quote to get you thinking and to stimulate conversation. Now I can't say that I am a vegetarian or ever will be, but I will try my best to be intelligent about the choices that I make to help benefit the future generations.

Think One Love: Especially for children—the first six years of life, they are sponges. Their nervous systems perceive everything and store it away for future reference. It is a protective mechanism. If they perceive mentally and emotionally stressful situations, they will hold onto that. As they grow older, those perceptions will affect who they are consciously with their decisions and actions, and also affect their autonomic nervous system, activating the protective side whenever they encounter a scenario that mimics the one that they perceived early on in their childhood.

That is the main reason for being a good example for your children with your actions. They are not going to take what you say as seriously as they will hold onto the actions that you make. If they see you as a parent overwhelmed, overstressed, and overmedicated, in fear and emotionally unstable, they will understand that to be reality.

If your children see that your relationships are toxic and full of hate, they will become confused and feel that all relationships are stressful and it will affect how they handle relationships in the future. As parents, we have an obligation to set a good example for our kiddos, not only with our own relationships, but with the relationship that we have with our children.

From a mental perspective, we need to teach our children about being positive, confident and comfortable with their selves. Inspire your children to be imaginative, open-minded, critical thinkers, intuitive and encourage them to follow their dreams. Knowledge will come from experiencing this world consciously and without judgment.

Teach your children about One Love and the importance of respecting themselves, others and the world that we live in, without prejudice. A relationship is built on trust and respect. When we start to lose that focus and mindset, we risk feeding into a negative, fear-based outlook on life. We begin to let our ego cloud our judgment, and we become needy and self-absorbed. We lose the love for ourselves and thus, we lose the ability to honestly love others, including our children.

When we stop loving ourselves enough to take care of ourselves and find balance in our lives, it carries over to how we care for our children. This is the point where we become exhausted and overwhelmed with life and allow others to make choices for us. We begin to follow in line and become indifferent to the needs of our family. We lose our ability to think for ourselves, our intuition becomes clouded and we do NOT think well or clearly. The negativity and mental stress takes a toll on the family and leads directly to more protection, fear, and Subluxation within.

Stay focused, stay conscious, be aware, listen to your intuition, and stimulate your mind with positive and congruent activities like getting adjusted to free the mind, yoga to help with breathing and finding the meditative state, and reading to enhance your awareness.

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“If you want your children to be brilliant, read them fairy tales. If you want them to be geniuses, read them more fairy tales.”

~ Albert Einstein

Health: Along with getting your wellness in order, you need to make sure you are WELL ADJUSTED, which most commonly is the missing piece in finding true health and balance in your life unless you are consistently getting adjusted. In order to stay healthy, you need a nervous system that is functioning without the interference of a Subluxation. The typical plan in my office is simple: get in, get checked and we will put together a plan to get you healing. One Love Chiropractic is where healing happens, especially for children. There are three phases to help you heal:

Phase 1: Corrective Care. This phase is all about removing the Subluxation, breaking the cycle of imbalance towards fight/flight and allowing for the soft tissue, which has been injured, to heal. Keep in mind that it takes soft tissue (ligaments and muscle) at least 12-18 months to heal. I feel we can begin the process and correct the Subluxation and soft tissue damage in 2-4 months. Adjustments are usually given two to four times per week depending on the severity and depth of the Subluxation, imbalance and injury.

Phase 2: Maintenance Care. This phase is recommended after the cycle has been broken. Subluxations have been removed and we are looking to maintain the changes that we have made to the soft tissue, which is still in the healing stage. Visits will be less frequent and we typically see patients on maintenance between two to four times per month, depending on what they need.

Phase 3: Lifetime Wellness Care. This is truly an extension of the Maintenance Care phase and a way of life that looks to be proactive about your health. In this phase, you are also focused

on giving your nervous system what it needs to be able to stay in a phase of wellness, so that you don't have to return to a Corrective Care phase. Life is stressful, and there is no way around it. It makes sense to remove Subluxations when they occur, and to continue to function at optimal function for the rest of your life.

Chiropractic should be a way of life, no different than eating whole foods and exercising. Give yourself and your children the best opportunity to be the best they can be. Give your children the advantage.

Chapter 14: One Love Chiropractic's Values

- ♥ Love Yourself ♥ Love Your Community ♥ Love Nature
- ♥ Family ♥ Affordability ♥ Honesty and Ethics
- ♥ Truth over F.E.A.R. ♥ Congruency over Contradiction

Happiness: Happiness is what you get when your child is consistently kept safe and healthy. When a child is free from disease or a chronic condition, they can live, perceive and express life to its fullest. A child who is in a state of balance and free of Subluxation is a child who can truly meet his or her full potential. Understanding and defining your values and your beliefs and staying congruent with your actions are the easiest ways to reassure happiness for your family.

The question that I always get from parents who are trying to find themselves and their path is: how do I define my values and my beliefs? Many of them begin to find their way after being under care with their families and through discussions that we have. For those who are not under care (yet), hopefully this book starts to stimulate and open your mind to help you to find your way. I also

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feel that listening to your intuition is a great way to help you define your views on caring for your children.

Intuitive parenting: This is based on the idea that we need to trust our instincts and our innate to make the correct decisions. We are bombarded by so much information these days that it skews our ability to make mindful and conscious decisions that allow are children to be safe and healthy.

The propaganda and external influences cloud our judgment and make it very difficult to listen to our own inner voice (or our gut) that is there to support us and make us aware.

There is nothing more powerful or more influential in how we care for our children than a motherly instinct. The mothers are the best doctors. They have an inborn intelligence that has been programmed from the beginning of time to protect and promote development in their children.

We need to open our minds and open our hearts and start to listen to our own innate. Avoid outside influences that cover up or pollute our ability to become intuitive parents.

For many of us, it will take work and effort in order to become intuitive again. Remember, it is within each and everyone one of us—we just need to uncover it. It has been hidden and suppressed with fear and indifference. It is time to wake it up; it is time to become aware.

Dig deep, release, let go, be free and start to love yourself and your children enough to open up and listen to that little voice that used to be there. It is our guide; it is what will keep your children safe, healthy and happy.

As a parent, allowing your children to be creative and imaginative is the best gift you can give them. Understand that they make mistakes and that is their way of learning. Be understanding and supportive that the small mistakes they make now are simply just teaching them how not to make much larger and more impactful mistakes later on in life.

Practice empathizing with your children and understand that they mean you NO harm when they act out. They are just trying to find their boundaries and their way in life, so don't take it personally. Encourage them to respectfully challenge authority and push the limits. We don't want a society of "yes people" who are just going along for the ride. Be excited that they are asking questions and allow them to be individuals.

Every child is different and is unique in their own way, so parents need to be emotionally available and full of care to help the child feel secure and to aid in their development and growth. Parents who are indifferent, distant or careless with their approach leave the child feeling insecure and will lead to a more protective outlook on life. We want our children to feel safe and relaxed. We want them to feel that they can be open and honest with their thoughts and expressions without feeling like they will be ridiculed or judged.

Listening to the cues and the signs of our children is very important. Being more sensitive and peaceful with our techniques helps to build a foundation of trust and respect. Physical punishments, letting them "cry it out," name calling, and forcing them to respect your authority will only lead to confusion for the child, especially if you are telling them to live and act in one way, and then your actions are contradictive. Innately, your children will do what you do and not what you say. It is human nature.

No matter what your parenting style happens to be, make an effort to be congruent with your values and beliefs. If you truly value safety, health and happiness for your children, then implement actions that allow your children to feel restful, relaxed and at ease with themselves. This will improve their growth, development and well-being, allowing them to reach their optimal potential.

Where we get into trouble as parents, is that we just follow the traditions and the cultural ways of parenting that were taught to us by our own parents. Much of it is deeply ingrained within us.

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By being indifferent and just going with the flow can turn out to be a contradiction of what we truly want for our children. I can tell you, I am a perfect example of this.

I never want my children to perceive that they are in a threatening environment, to feel fearful or that they need to protect themselves because of my actions. So, for me to be physical, overbearing, judgmental, disrespectful or hypercritical does not teach them how to be peaceful, loving or respectful. It also limits their motivation for wanting to be creative, exploratory, open-minded, imaginative, unique and intuitive.

As a parent, listen to your instincts to help define your values, and strive to make your actions congruent with your beliefs.

Family dynamics: When I see a child who is suffering from a chronic condition, I also appreciate how the issue can impact the whole family and the love within the family. Dad is stressed financially and is working his butt off to support the care his family needs. Mom is most likely doing the same, or maybe she stays at home with the kids, but is constantly driving from therapy to therapy. She is also trying to keep the house clean, the clothes washed and the food on the table. Where's the time for romance???

My purpose is to not only help children, but to help keep their families together. Families who are broken and parents who are separated (especially when Dad is not involved) lead to major dysfunction and issues with the development of the children. Children need their families for guidance and support, and to help keep them safe, healthy and happy.

Whatever the roles are between the parents, they are overwhelmed and overstressed at trying to deal with their child or children's chronic conditions. To make matters worse, the majority of families who have a child on the spectrum are separated. Being a single parent is a whole other story that brings many challenges. Having a child with extra needs is a lot to handle. It also impacts the other siblings.

The brothers and sisters feel left out and neglected. Maybe they are struggling with a chronic condition as well. Families feed off of each other; they are meant to work together for the good of the whole. Unfortunately, when the focus tends to be on one or a couple of the family members' chronic condition(s), it affects the whole family dynamic.

When you are chasing symptoms or using medication to cover up the underlying issue, you never get ahead. It is a constant battle that you can never win. There is no progress, no healing, and no coming together as a team. It is everyone for themselves. The love is lost.

A family is supposed to be there for each other and work together. Everyone in the family needs to be in a state of balance. There needs to be sense of unity, of friendship, of one love. A family is a dynamic, ever-changing unit that is tied together by a common energy, a shared vibration and a collective tone. A family is one. It is up to the parents to begin creating that positive, happy energy, and through chiropractic, a family can learn how to become mutually in sync.

Everyone in the family deserves to be safe, healthy and happy. Everyone in the family wants to be loved and supported. Everyone in the family needs to be well adjusted in order to be in tune with one another.

It only takes one of the family members to take the whole unit away from a place of healing and happiness. So, make sure that every member is being cared for, being understood and being given a chance to meet their full potential. MOM, this means you. DAD, this really means you, you grumpy old man.

If you as parents want to care for your children and allow them to be happy, then you need to care for yourselves first. Dad, if you are going to sit back behind the scenes and complain and criticize every decision mom is making, then you are the real cause. Dad, you don't have to be in 100% in agreement, but at least get your head out of your back end, open your mind and be supportive.

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In my experience, the “Dad Factor” is the missing piece in allowing a child and the whole family to heal. Again, everyone needs to be on board. Everyone in the family needs to be healing and to find their state of ease. The family as a whole needs to find balance and to be free of Subluxation. It is the best chance you have at allowing your children to be safe, healthy and happy. Be an example for your children.

The family dynamic is exactly why I support families with affordable plans that allow families to receive the care they need without having to pick and choose who gets what. The situation that really breaks my heart is when a family comes and they are all suffering from chronic conditions, but they have to ration care and pick and choose who gets the care because of financial issues.

Everyone deserves to be cared for. Without care for the family as a whole, the household is in jeopardy of falling apart. To be indifferent to the needs of a family is not One Love on either of our parts. The importance of good, positive, constructive family dynamics is exactly why I have discounted family plans to make it possible for families to receive the care they need, together as a family.

“The illusion that we are separate from one another is an optical delusion of our consciousness.”

~ Albert Einstein

Chapter 15: What Have We Learned???

Nothing upsets me more than when a child says “nothing” when he or she comes home from school and you ask them what they learned at school that day. I begin to question, why am I sending them in the first place? I hope this book doesn’t leave you with “nothing.” I truly would love nothing more than to be the spark for your family’s new found health and happiness. So, to help wrap things up and to leave you with a good understanding of all of my passionate rants and raves, I have put together an overview of Indifference.

THE RECAP

The Problem

My concern is that there are too many kids suffering from preventable chronic dis-ease.

My Mission

My mission is to improve the safety, health and happiness of my community; especially for children.

My Values

My values are based on the following principles (or beliefs) on how to behave or act based on what is truly important:

- Principle 1: Safety Comes First.
- Principle 2: A Healthy child is a Happy Child.

My Story

I am NO different from any of your children. I have been there. I have suffered from many chronic conditions, and I have healed. Healing happens from within, especially for children.

My struggle became my purpose and it drives me to be better—find your purpose in life.

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I believe that every child deserves to meet their full potential. To grow up drug free. To have an amazing life. To be safe, healthy and happy.

There is much more to chiropractic than we have been taught.

This book is about understanding the cause and prevention of chronic dis-ease and finding a solution to help the body heal from within.

Truthfully, I can't stand to see children suffer anymore with chronic dis-ease.

This is a shout out to the parents who have kids who are suffering and to those parents who are also looking for a DRUG FREE, natural approach. It is time for you to hear the truth. Parents need to know that there is another way and another option besides drugs and surgery. It is also even more important that this message is understood, so that we can prevent and stop future children from suffering in the first place.

By being proactive instead of reactive, we can get ahead in the fight against chronic dis-ease.

The Information

Where is your FOCUS? You will become what you think about the most.

Sickness is just an absence of health. Dis-ease is just an absence of ease. And when a lack of ease (dis-ease) is allowed to persist for long enough, it turns into a diagnosis (a label), or a disease.

Say NO to drugs and stop being a bully!!! In terms of awareness, the focus needs to be on health and not on sickness. It needs to be on seeing the light and not living in the darkness. Health is a state of complete physical, social and mental well-being and not just the absence of disease. Taking it step further: what system of the human body brings it all together and allows us to heal from within? To ask another way: what system of the body coordinates and controls ALL function? The answer is quite

simply the central nervous system (CNS). The CNS is the connection between the brain and the body; it is our life force, our innate (inborn intelligence); it allows us to perceive, sense, coordinate and express; it controls all muscles, organs, glands and tissue. It is the master system and is also intimately tied to and controls the immune system. We live our lives through our nervous system. So, take care of it. I guarantee that if our spine was on our face, we would take better care of it.

The CAUSES of dis-ease are the 3 Ts (a lack of safety): If we over stress the central nervous system with the 3 Ts (TRAUMA, TOXINS or Negative THOUGHTS), it will cause a shift in balance toward a state of SYMPATHETIC DOMINANCE, known as the fight or flight response.

More STRESS than we can adapt to CAUSES TENSION.

SUBLUXATION (nerve interference) CAUSES dis-ease.

Vibration and flow allow our children to grow.

An adjustment reverses the dis-eased state.

Indifference: This is defined as having a lack of interest or concern—just going with the flow. Indifference is the opposite of love. In regard to chronic dis-ease in our society, the underlying issue is that we are indifferent or we have a lack of concern for the cause and for prevention because we have been taught that the cause doesn't really matter and that we do not have control over chronic dis-ease. We have been told that the only way to combat chronic dis-ease is with a pill or a knife. I'm here to tell you, that isn't true.

It comes down to how much you CARE. Caring for your child is much like a pendulum that swings. With every decision that you make, the pendulum will swing one way or the other—it never stays still.

Salubrious neurobiology: This is not a philosophy as much as it is science and biology. Understand that every child from a neurobiological standpoint wants to be healthy and desires to be

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well. Salubrious means promoting health; healthful, favorable to health of mind or body. It is conducive to or a characteristic of physical, mental or moral well-being.

Vaccines are TOXIC to the nervous system, and weaken the immune system. I will also admit that I am not against vaccines, but I am against neurotoxins and weakening the immune system. Please “educate before you vaccinate.” You can always decide to vaccinate, but you can never un-vaccinate. Take your time; there is NO rush is making a decision that could impact your child’s neurodevelopment for the rest of their lives.

Why do we just go with the flow? The answer is that we are overwhelmed, overworked and overstressed. It is human nature; it is a protective mechanism that we use to take the pressure off of ourselves. Whose flow got you here in the first place? The reality is, those making the decisions for you will NOT be there if something goes wrong. They are only there to make more money and to profit from their mistakes and careless recommendations in the first place. It is up to you to take responsibility, to educate yourself, to make the tough decisions for your children.

Stop living in FEAR (False Evidence Appearing Real) and start asking questions before trusting those who are making the decisions for us.

- The fear of rejection or loss: The first fear is the fear of being rejected by your peers if you don’t follow the social status quo. It is human nature to want to be liked, accepted and to be a part of a group or a community. Unfortunately, certain groups and organizations don’t have your best interest in mind.
- The fear of not knowing: The second fear is based on the premise that whoever has the most education wins. To me, that could NOT be further from the truth, especially when dealing with children. Education is not all knowing. The funny thing is, after you read this book, you will know more than most “educated” people, including many of your doctors.

- The fear of acute infection or death: This is the biggest fear we all have, especially for our children. However, if we simply trust in the creator's process, if we have respect and believe in the universal intelligence or in nature (whatever or whoever you feel is in charge) and we stay congruent with our beliefs, then we have to be alright with whatever the outcome may be. Control what you can control within the guidelines of the universal intelligence and what it had intended for us.

Stop stuffing symptoms: When a parent comes in with a child who has a fever, a cough or a runny nose, I always say "Fantastic! They are expressing health and their immune systems are doing what needs to be done to handle the situations."

Death should be seen as a beginning and not an end. Stop living defensively and start being proactive about your children's life.

The real problem: I truly feel that most parents care for their children and would do anything for them. I also feel that most pediatricians care as well, but that's NOT good enough. The problem is that most pediatricians or medical doctors who I have encountered have no clue and do NOT concern themselves with the underlying cause or in prevention. Furthermore, they have even less training on health and wellness.

The truth: The medical model the pharmaceutical industry and the Food and Drug Administration (FDA) have taught us that we are predisposed or victims to our genes or genetic makeup and that nothing we do will affect the outcome of our overall health and wellbeing.

Epigenetics: According to biologist Dr. Bruce Lipton, who studies genetics and DNA, the majority of our chronic conditions are truly related to our lifestyle and our environment, which is a process known as epigenetics.

The Recipe for Chronic Dis-ease

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- General Adaptive Potential (GAP) is the body's ability to handle stress. Everyone has a different GAP. Some of us have a larger GAP than others.
- Bucket analogy: One way to look at GAP is by picturing all of us as buckets full of water. Some of us have huge buckets and some have smaller buckets. The amount of water in our buckets is also different, depending on our potential to handle stress and the amount of stress we are encountering and perceiving. NO two buckets are the same.
- Our life is a cookbook: Each of us has our own cookbook of life that is much like a timeline that outlines our life's decisions, or the decisions that are made for us. If as children, the decisions made for us are positive, health conscious, filled with love and full of care, we end up with a recipe at that time which is healthy, well and in a state of growth.

Ingredients: The 3 Ts

- Trauma: In my experience, there is one major trauma or physical stress that is directly linked and is a key contributing factor to 90% of neurodevelopmental disorders and the majority of the chronic conditions I have encountered, and it all begins with BIRTH TRAUMA.
- Toxins: Toxins (also known as chemical stress) can come about in all forms. I added a list to get you thinking about the toxicity and the chemicals that we are encountering. Don't overwhelm yourself with this list, but be smart. Avoid processed food and chemically-laden animal products. Be aware and understand that when you give toxins and chemicals to a child they will go into a protection mode and attempt to detox and release. Unfortunately, if too many toxins are being ingested OR injected, the body will NOT be able to keep up, leading to a Subluxation.
- Thoughts (also known as emotional and mental stress) affects not only the conscious mind, but the majority of the stress we

encounter affects the unconscious brain and the extension of the brain—the nervous system. When there is more stress coming in than we can handle or adapt to, it causes a reaction no different than how a trauma or a toxin causes us to react.

Balance is the Key

- Sympathetic branch: This is known as the “gas pedal” as well as the “fight or flight” branch. This is where survival and protection take place. The adrenals (also known as the stress glands) are activated when this branch is called in to action.
- Parasympathetic branch: This is known as the “brake pedal” as well as the “rest and relax” branch. This is where growth and development take place. The vagus nerve is an integral part of this branch and it aids in digestion and in the function of the immune system when activated.

Dr. Bruce Lipton a biologist and an author, says it quite simply, *“You cannot be in growth and protection at the same time.”*

Subluxation: This is where it ALL comes together. The final protective response is the protection of the central nervous system. A Subluxation is a response to abnormal tone. A Subluxation is defined as a misalignment of a vertebra in which the vertebra loses its ability to move freely in comparison to the vertebra above and below. Ultimately, a Subluxation or interference to the nervous system affects both the afferent INPUT and efferent OUTPUT, which in turn causes dis-ease within organs, glands, tissue and cells. Thus, a Subluxation is a protective response which occurs when the nervous system feels threatened and overwhelmed.

Fuse box: I think of the nervous system as a fuse box. When a Subluxation occurs, I picture it as a blown fuse within that area of the spine which will then affect wherever that nerve goes. Where

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you blow a fuse determines which organ, gland or tissue will dysfunction and express dis-ease or a symptom.

Disconnect between “health care” providers. A message to the obstetricians, midwives and pediatricians: another major concern that I have and it is because NO fault of their own, Is that there is a disconnect between the majority of medical providers. They ALL have their specialty, but they rarely consult each other on how each other’s findings can impact one another. They look at the body as a machine full of parts, and each one is focused on a specific system or process.

Disconnected: A central theme for the most common childhood conditions. When caring for a child with a chronic condition, IF the initial Subluxation is NOT removed, the second batch of ingredients drives the Subluxation even deeper and swings the pendulum even further toward the gas pedal (protection). The third and subsequent ingredients continue to activate the fight/flight response and further the symptoms that the little ones are expressing. The longer a child has been Subluxated and stuck in protection, the more disconnected they become to this world and the greater the chance of them becoming unhappy for the rest of their lives. We all know how that is ending up: more school shootings, more suicides, more hate and more drugs for our kids.

A Recipe for HAPPINESS: Safety and Health

- **Safety:** Remember the Hippocratic Oath: first, do no harm. By avoiding stress and being proactive about how you live, you will improve the safety and add to the overall health of your children and family. I talk with many families about the care plan associated with chiropractic.
- **WELLNESS** is the FUEL for the nervous system: There are three ways to help give the nervous system what it needs to function at the highest of levels. This is how you can minimize the care that you need from me and quickly move from reactive care to proactive care. The three areas of focus also help to combat the 3 Ts (or physical stress (Trauma), chemical stress

(Toxins) and emotional stress (Thoughts)) that are causing the Subluxation and the fight/flight response in the first place.

- Love to move: Movement is the key to life.
- Love what you eat: Quite simply here, you are what you eat, what you inject and what you put on your body. So, have enough love and respect for yourself to give your body what it truly needs.
- Think One Love: Especially for children. In the first six years of life, they are sponges. Their nervous systems perceive everything and store it away for future reference. It is a protective mechanism. If they perceive mentally and emotionally stressful situations, they will hold onto that. As they grow older, those perceptions will affect who they are consciously with their decisions.
- Health: Along with getting your wellness in order, you need to make sure you are WELL ADJUSTED, which most commonly is the missing piece in finding true health and balance in your life unless you are consistently getting adjusted. In order to stay healthy, you need a nervous system that is functioning without the interference of a Subluxation.
- Happiness: Happiness is what you get when your child is consistently kept safe and healthy. When a child is free from dis-ease or a chronic condition they can live, perceive and express life to its fullest.
- Intuitive parenting: This is based on the idea that we need to trust our instincts and our innate to make the correct decisions. We are bombarded by so much information these days that it skews our abilities to make mindful and conscious decisions that allow our children to be safe and healthy.

Chapter 16: Wrapping it Up

I hope you have seen this book as an opportunity. I hope this book gives you HOPE. Find a chiropractic coach (preferably a pediatric chiropractor)—a coach who teaches you and your family how to live a SAFE, HEALTHY and HAPPY life. A coach who helps to educate and enable your family to live the lives you deserve. If I happen to be that coach, I will be there to support you and cheer you on. I will be your shoulder to cry on and I will be there to listen. I will help facilitate the healing process and to guide you toward health and well-being. I will love you and your children and care for them like I would my own. You can trust me.

I will NOT dictate, preach, judge, label, treat and cover up symptoms, or recommend chemicals for your child or your family. I will never be careless or indifferent with my approach. I will NOT ask you to go with the flow.

The goal is to empower you to find your OWN flow and to follow it.

Understand that I've been where you have been I have made mistakes but I always tried to learn from them—it has made me stronger and a better parent. Control what you can control, be aware, perceive the world the way that it truly is and is meant to be. Trust and respect the universal intelligence; trust in nature, it gives us all the clues on how to live a healthy and happy life. Honor the inborn innate intelligence of the body, which allows us to heal and regulate and perceive this beautiful world we live in. Give your children the best opportunities so that they can be the best they can be.

I didn't do everything right. I made mistakes. It is not easy to be a parent. I wish I did it differently; I wish I was a better dad and a better husband, but I'm trying the best I can with what I know. It

really all comes down to what I am learning and understanding and how I am trying to make myself better. In the bigger picture of life, we have to try a little harder, care a little bit more, and love with all our heart.

Having a foundation that is simple and is obtainable allows for everyone to live the life that they were meant to live. It allows us to meet our full potential and that is all I want for each and every one of you. Yes, we all make mistakes and yes, we all have our issues, but we need to hold ourselves accountable and we need to give ourselves and our children the best chance at living a safe, healthy and happy life. It comes down to loving yourself, loving others and loving this world. It also comes down to avoiding indifference and understanding how to love yourself a little bit more so that you are in a better state of mind to love others. When you can do that, you will have the awareness to love this world the way that it should be loved and to take care of it because it takes care of us.

If you truly want what you have learned from this book, then go find it—it's out there and it starts with a great chiropractic coach, who will teach you about life and about healing from within. Happiness is the goal, but long-term happiness can only be achieved when your child is kept safe and healthy. I keep it really simple when I see a family or their children living with chronic conditions and chronic dis-ease. I change the life that they are living from a life of instant gratification and short-term happiness to a life of love, respect and trust in the power that controls the body. I have them live more congruently with their values and beliefs; I ask them to care more and be FULL of care. I facilitate the healing of the nervous system and help them and their children find balance in their lives.

Remember, the **BODY DOES THE HEALING**, not the doctor.

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“Great spirits have always encountered opposition from mediocre minds. The mediocre mind is incapable of understanding the man who refuses to bow blindly to conventional prejudices and chooses instead to express his opinions courageously and honestly.”

~ Albert Einstein

Much Love, Respect and Good Vibes

~ Dr. Derek



Information

Who is Dr. Derek?

Dr. Derek is a family man. He has an amazing wife, Casey, and together they have three beautiful children, Layla (5), Tate (3) and Lennon (1). Dr. D is originally from Milwaukee and loves the Green Bay Packers. He has been a chiropractor for almost 10 years.

Training and Experience:

- Doctor of Chiropractic (DC) from Palmer College of Chiropractic
- Certified Pediatric Chiropractor through the ICPA (International Chiropractic Pediatric Association)
- Attended UW-Oshkosh and UW-Milwaukee

Awards and Distinctions:

- Traveled to Vietnam on a chiropractic mission trip to care for under privileged families.
- Executive Director, founder and board member of the 501c3 not-for-profit Kicks for Kids charity soccer tournament which has raised over \$70,000 for charities that support the well-being of children.
- NSCAA First Team All-American (soccer)
- WIAC All-Centennial Team (soccer)

Affiliations:

- Kicks 4 Kids
- ICPA (International Chiropractic Pediatric Association)
- Everest Chiropractic Coaching (MBA and PhD Programs)
- EPOC (Epicenter of Chiropractic)
- COPS (Chiropractors On Purpose Serving)
- Young Professionals

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Hobbies, Interests and Activities:

- Reading and writing about health and chiropractic research, wellness, philosophy, motivation and self-help
- Athletics and exercise, especially soccer, baseball, football, running, weight-lifting, hiking and biking
- Camping and traveling to discover new places and visit friends and family
- Giving wellness lectures to educate the public about pediatric chiropractic and family wellness.

“We never know how far reaching something we think, say, or do today will affect millions of lives tomorrow.”

~ BJ Palmer

Please contact One Love Chiropractic about having Dr. Derek present one of his many workshops or webinars, including:

- ♥ A Recipe for Safe, Healthy and Happy Kids
- ♥ 2 Sides to Vaccines
- ♥ Indifference: The Cause behind Neurodevelopmental Disorders (ADHD, SID, Asperger’s)
- ♥ Indifference: The Cause behind Ear Infections and Sinus Infections
- ♥ Indifference: The Cause behind Asthma and Allergies
- ♥ Indifference: The Cause behind Torticollis, Colic and Constipation
- ♥ Love What You Eat: A Recipe for Health and Happiness

What Moms Are Saying

“My son had multiple ear infections, two sets of tubes and was on antibiotics every other month. I didn’t know where to turn. Finally I took him to Dr. Derek, and he hasn’t had an ear infection since beginning care. Thanks so much Dr. D.”

- Missy C.

“I was at wit’s end, the school was threatening me, and my pediatrician was pushing me to medicate for his ADHD. I didn’t want to drug my child, so I tried chiropractic care. Dr. Derek was great with my son and the results were amazing.”

- Connie L.

“I call Dr. Derek the ‘Poop Doctor.’ My daughter had colic and constipation and she never slept and was always fussy. After spending some time with Dr. D, she now poops daily, sleeps through the night, and is happy again.”

- Amy S.

“I love bringing my whole family in to see Dr. Derek. He actually listens and is there to support us. My family is much healthier and happier ever since we started chiropractic care with Dr. Derek. Thank you so very much for taking care of us.”

- Suzie W.

“Going to see Dr. D has changed my life and my family’s life. We love you Dr. Derek.”

- Rhienna F.

“I was very skeptical and nervous about the safety of chiropractic care for my daughter who had a traumatic birth and was born with torticollis and acid reflux. But, after meeting with Dr. Derek, he eased my fears and my daughter was getting results within weeks. Dr. D. is amazing and I am so happy we decided to give chiropractic a try.”

- Lucy L



www.ONELOVECHIROPRACTIC.com

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