

Doctor Nancy: Hi it's Doctor Nancy coming to you live again on Wednesday. We have a very special guest today. We have Brandi Wetherald with, she is one of our moms of one of the guys we see. He's a teenager. Brandi, before I say anything, is it okay for me to talk about your son live on the air and maybe some of his treatments we've done with him?

Brandi W: Yes, absolutely.

Doctor Nancy: Okay, thank you. So Kaden's being shy, he was gonna show up on our broadcast today, but she says he's hiding in his room. So maybe we can encourage him to come out today 'cause he's gotta pick a winner for our [inaudible 00:00:49].

Brandi W: There he is.

Doctor Nancy: There he is, hi Kaden.

Doctor Nancy: So Brandi, tell us a little bit about what brought Kaden to us, and tell us a little bit about Kaden.

Brandi W: Okay, so Kaden is diagnosed with Autism, and he also has a sensory processing disorder. And about a little bit over a year ago I started seeing a biomedical doctor and exploring some of the other treatment options out there that was available besides your typical western medicine. And once we started on some of the supplements, she had suggested looking into chiropractic care and how that could alleviate some of his symptoms, so we found Doctor Nancy and we started seeing her I believe it was last August.

Doctor Nancy: Wonderful. So initially when we started working with him we were doing [inaudible 00:01:49] in the adjustments on him, and he did really well with that. What changes did you notice with him?

Brandi W: What was interesting is when we first came in, Jackie did the temperature thing, like did the temperature of his spine. And I was sitting there, 'cause I looked at the poster that was on the wall and I wrote down where I thought that he would light up. And prior to coming in I didn't know that you could measure the temperature of the spine or anything like that. So I made notes while she was doing it, and sure enough some of the behaviors and not just behaviors but some of the problems, some of the symptoms that he experienced, those were the areas that lit up the most.

Brandi W: So after we started treatment, noticed less inflammation, he also has an overgrowth or yeast, and I noticed that some of those autoimmune issues started clearing up. He was able to rest better. Better sleep. Digestive and also his attention had increased as well.

Doctor Nancy: That's awesome, yeah. He's had some really good results. With Kaden, and a lot of kids on the spectrum we will only usually adjust the upper neck with him.

Sometimes we'll get his hips, but we work a lot with, you've heard the term [inaudible 00:03:17]. So it's the nervous system is just kinda whacked out and he's stuck in fight or flight a little bit. And it really does help the immune system too.

Brandi W: That was one of the ... I forgot to mention that, I have that on my notes here. But I forgot, that was one of the biggest improvements was that fight or flight response and the effects of his nervous system and how we saw, especially after a month or even six weeks, we could tell a huge difference in for him it came out in ... What would you say? Stress?

Kaden: Yeah, it came out in stress and anxiety.

Brandi W: But that was one of the biggest improvements that we saw as well was that fight or flight response.

Doctor Nancy: Right, he wasn't as easily triggered.

Brandi W: Correct, yeah.

Doctor Nancy: So then there was a little bit or a break, we didn't see him. What did you notice then by not getting his adjustment? He was still continuing his vitamins and stuff, but he wasn't getting his adjustments.

Brandi W: Correct, he was not getting the adjustments. I don't know, it was probably a few months where he didn't wanna come, he was tired of coming on a weekly basis. And it was kind of an argument, and then after not coming for a few weeks he noticed ... Or not a few weeks, I think it was a couple months. But he noticed the difference, so we decided to start coming back. But I think he had had treatment for several months before we took that break, yeah.

Doctor Nancy: Right. Kaden, do you wanna say anything? No? You're gonna be shy. Well Kaden has a girlfriend of how many months now, Kaden?

Kaden: 10 months on the 24th.

Doctor Nancy: 10 months, she's a very-

Kaden: [inaudible 00:05:01] after my birthday.

Doctor Nancy: Awesome. And he's gonna be playing football, when's the football game?

Brandi W: September, the EKS games for special Olympics is I think the second weekend in September.

Doctor Nancy: Yes, he's very good. So Christi has a question.

Brandi W: Okay.

Doctor Nancy: She wants to know what things you may have noticed after one treatment.

Brandi W: I noticed after the very first treatment I will say he was more relaxed.

Kaden: Yeah, I wasn't as stressed. I always have a lot of tension in my back and stuff, and I noticed that it really helped that. And then it also helped my anxiety and stress too.

Brandi W: So that evening after his very first treatment I made the comment to him that I had never seen him so relaxed since he was little. He has two modes; either he's sleeping, or he's moving. So that first night I noticed a huge difference in just his level of activity, and he wasn't as ... Sensory-seeking, if that makes sense.

Doctor Nancy: Yeah, that does make sense. He likes his massages too, don't you Kaden? So he's had a few different types, he's had [inaudible 00:06:19] with Danielle, I've done some cranial work with him, and now he's doing some cranial work with Pat, and some regular massage, 'cause he wants his shoulders rubbed a little.

Kaden: My shoulder's always really tight and it hurts.

Doctor Nancy: So Emily wants to know how can she convince her son who's almost eight to come in because he said it hurts and then panics and won't let me work on him?

Kaden: Honestly ...

Kaden: I'm trying to think.

Brandi W: Do you have any tips?

Kaden: I'm trying to think because-

Brandi W: Bribing.

Kaden: That's what I was thinking.

Brandi W: That normally works for Kaden. If all else fails, bribing.

Kaden: Even if it's just like I'll get you a candy bar or something. That usually works for me. Or even if it's like an activity you can do after-

Brandi W: or a treat.

Kaden: Or maybe even going to a park or something. 'Cause I know I'm an outdoors person, so if that happens then it's like hey, if I can do this, I can do this.

[inaudible 00:07:36] every time thing, like I pick up on that. And if we do it every once in a while, you know? It's just, yeah. It helps.

Doctor Nancy: He could probably ask Doctor Nancy for the clicker, or just the massage. Sometimes with the kids that don't wanna get adjusted, we can do some [inaudible 00:07:56] release on them and really help loosen things up. And then the adjustment can just be a very gentle adjustment too. Good question, Emily.

Doctor Nancy: So Kaden, we got some viewers on here, one of them is gonna win this little boogie board thing. Okay? I know you probably want it. So we're gonna ask them to pick a number between one and let's see, let's do ... Yeah, one and one hundred.

Doctor Nancy: So everybody watching, if you can just put your numbers in while we're talking, and then Kaden will pick a number one through one hundred, don't tell us yet. And then we'll pick a winner for the boogie board.

Doctor Nancy: Christi wants to know how chiropractic care affects autism. So several different ways, when I talked about this autonamia before, we see this a lot with the autistic kids that are stuck in fight or flight. So there's usually, and what I find is an upper neck misalignment, or a cranial misalignment. This is just one component of autism, there's so many more. And like Brandi said, she also does the nutrition part of it. It's really, really important to heal the gut too. But we really just work to get the spine in alignment to the dysautonomia is more balanced, so that he's not stuck in fight or flight all the time.

Doctor Nancy: And then we have some kids that are not stuck in fight or flight, they're the opposite. They may not talk, they may not move a lot, and things like that. So that also can help too. Oh we have a dog.

Brandi W: Oh, he brought Lionel.

Doctor Nancy: The dog is famous too. All right, so we have ... Let's see here.

Kaden: He actually has a lot of followers on Instagram, more than my mom has.

Brandi W: Oh stop it.

Doctor Nancy: Oh you are so famous. Oh Kaden, tell them about your job. I saw him at the farmer's market.

Kaden: Yes, I work at No Label At the Table, it's a gluten free, dairy free dedicated bakery. We only employ on the autism spectrum. And we usually post on our social medias whenever we're hiring again, but right now we're fully staffed. And we work the farmer's market in Caramel every Saturday and the farmer's market's from 8:00 to 11:30. You probably wanna get there before 9:30 or 10:00

because after that we're pretty much sold out of everything that we have that's good. Everything's good, but the best stuff is sold out.

Brandi W: What about your store, tell them where the store is.

Kaden: Yes, the store is on Main Street in the [inaudible 00:10:44] District next to [inaudible 00:10:47], Joe's Butcher Shop, [inaudible 00:10:49], and [inaudible 00:10:50]. Right next to [inaudible 00:10:52].

Doctor Nancy: Kaden, what's it called again?

Kaden: No Label At the Table.

Doctor Nancy: No Label At the Table.

Brandi W: And it's a gluten free and dairy free bakery. They do have a certified gluten free kitchen.

Kaden: And dairy. We also have some vegan options. And we also do weddings, we do birthdays, anything, we'll make it. We actually just recently did a wedding and a couple of birthdays. So it's a lot of fun.

Doctor Nancy: And at the farmer's market you actually have to take the money, and figure out the change and everything, don't you?

Kaden: Yeah, I don't work in shop anymore I like to work the events, 'cause I like to be social. And if you follow us on Facebook or Instagram we usually post what we have that day on Instagram, on Instagram Live and stuff. We do ads for the farmer's market right before it starts.

Doctor Nancy: Oh yeah, the food is amazing. He talked me into getting what was it? An oatmeal cream something?

Kaden: Oatmeal cream pie.

Brandi W: Yes, it's like the Little Debbie oatmeal cream pies but without all the bad stuff.

Kaden: But they're better.

Brandi W: Yeah.

Kaden: It's really, really good. My favorite item there. I usually convince people it's a breakfast 'cause it's oatmeal. My boss is like, "No, it's not." I'm like, "It's oatmeal."

Doctor Nancy: That's awesome. All right Kaden, what's our number? We got some guests here.

Kaden: 23.

Doctor Nancy: 23. Lisa [inaudible 00:12:17], you are our winner.

Brandi W: Yay.

Doctor Nancy: We'll make sure we get your boogie board to you. We'll contact you. And you asked if I can help with your child's posture, it really depends on what's causing the posture issues. So we do have some kids with posture issues that we do see, so we would just have to do an exam first to see actually what's causing it. If it's a hereditary thing, if it's a cranial shifting, if it's actually a misalignment in their spine. But yeah, we do help a lot with posture.

Doctor Nancy: Is there anything else you guys wanna add?

Brandi W: No, I don't think so. What about you, bud?

Kaden: No.

Brandi W: Go see Doctor Nancy.

Kaden: Exactly.

Doctor Nancy: You're getting ready to start school next week?

Kaden: Yes.

Brandi W: Yeah.

Doctor Nancy: What grade you gonna be in?

Kaden: Junior, I'm gonna be in 11th.

Doctor Nancy: Awesome. Okay, well if anybody's at Caramel High School say hi to Kaden as you walk on by. And I thank you guys so much for coming on today.

Brandi W: Thank you for having us.

Kaden: Thank you.

Doctor Nancy: Thank you for sharing your story, really appreciate it.

Brandi W: You're very welcome.

Doctor Nancy: All right, we'll see you guys soon.

Brandi W: Bye bye.

Kaden: Have a wonderful day.

Brandi W: Bye.

Kaden: Bye.