



*Chiropractic care is gentle and effective for children of all ages.*

### ***Frequently asked questions on Chiropractic care for children***

1. **Is it safe?** Absolutely, chiropractic is gentle and effective for children of all ages! Each adjustment uses about as much pressure as is needed **to click** a pen!
2. **My child isn't in any pain. Why do they need a chiropractor?** The birth process is traumatic, and often leads to damage that may go undiagnosed by your birthing professional. This is often painless for the child, but may be expressed in other ways.
3. **How can I tell if my child has a compromised nervous system?**  
If your child has colic, trouble breast feeding, reflux, asthma, hyper/hypo-activity, allergies, ear aches or frequent illness your child may have a compromised nervous system and should be checked by a chiropractor as soon as possible.

## **About Pinnacle Chiropractic & Wellness**

### **About Us**

We strive to provide the best personal chiropractic experience possible. We treat our practice members with the same care and respect as we do our family members. The health of our practice members is our primary concern. We wish to provide a holistic preventative approach to health care for the entire family.

### **Contact Us**

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### **PINNACLE CHIROPRACTIC & WELLNESS: CHIROPRACTIC CARE FOR CHILDREN**

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## **PINNACLE CHIROPRACTIC & WELLNESS: CHIROPRACTIC CARE FOR CHILDREN**

*Dr. Kathleen Powell D.C.,*

*Pediatric & Maternal Specialist*



## About Dr. Kathleen

Dr. Kathleen Powell graduated from Palmer College of Chiropractic in Davenport, Iowa. She has taken hundreds of hours of post-graduate study in chiropractic care of infants, children, and expectant mothers. Her extra education makes her uniquely knowledgeable in caring for her patients, as she has experience in using very gentle chiropractic techniques safe for children and pregnant women. She is very experienced in caring for children and mothers-to-be, and has the specialized education necessary to understand how chiropractic, nutrition, and specialized therapies can help you and your children develop into healthy adults!

### Why would children benefit from chiropractic?

Chiropractic works by increasing the body's ability to function as it was intended to. Misalignments in the spine called subluxations create irritation in the delicate nerves which pass through the spinal column. This then impedes the nerve's ability to communicate between the brain and the body, causing a range of problems. Many types of symptoms can occur such as depression, anxiety, inability to sleep, colic, acid reflux, frequent infections, colds, asthma or allergies.

### "Give your children the gift of health through Chiropractic."

Chiropractors are the only professionals trained to find, evaluate, and remove these subluxations. These misalignments are often painless and go unnoticed. Children are more prone to misalignments in the spine than adults due to their lack of muscle development and support. In fact, childhood is usually when these misalignments occur due to all the minor falls and spills kids have on a daily basis! If these subluxations go uncorrected into adulthood, they can lead to diseases such as degenerative disc disease, herniated discs, neuralgia, sciatica or arthritis. Without a healthy nervous system, your child will not experience maximum health! Give your children the gift of health through chiropractic.



*Chiropractic for the ENTIRE family!!*

### How do I start care?

The first step is a consultation. During the consult our doctors will discuss your questions and concerns in a brief meeting to decide if chiropractic is right for you. If you decide to proceed, an examination will be performed to find subluxations. A nutritional consultation will be discussed with you and your child. (Nutrition is a major part of your health and should be addressed in all child cases.) Understanding and creating healthy nutritional choices at a young age will set your child up for a lifetime of healthy choices.

### What our Kids Program Includes -

- Free Consultation
- Free Examination
- Discounted Nutritional Package
- Children's Care Package
- Ongoing Wellness Support
- Quarterly Subscription to "Pathways to Family Wellness" Magazine

