

Gas Pedal and GERD

Your body is designed perfectly. That is the most critical facet of your health that you can understand. Especially considering that there is a trillion-dollar industry that profits when "things go wrong."

Chiropractic honors the fact that your body is designed perfectly. Rather than looking at the symptoms as something that needs to be fixed, we look underneath the surface and ask, "what is happening that is not allowing the body to heal itself, the same way as if you cut your finger?"

This holds especially when it comes to pediatric care. When we look at health concerns in children, the amount of physical, chemical, and emotional trauma that has built up over the years is often a fraction of what an adult has experienced. It gives us a prime opportunity to look underneath the surface and make changes so that healthy kids can grow up to be healthy adults.

A recent study looked at the care of an 8-month-old who was experiencing reflux, constipation, torticollis, plagiocephaly, developmental delays, and abnormal sleeping patterns. With all this going on, it's easy to get frustrated with how the body is breaking down. But if we honor the body's innate healing ability, we can make a change.

The child's chiropractor found that a traumatic delivery had resulted in severe subluxations in the spine that were interfering with the function of the body. These subluxations were bombarding the brain with information that was causing the child to be stuck in "gas pedal mode" and never have the opportunity to heal. His body was stressed out and shutting down and not given a proper chance to develop. With gentle, specific adjustments, his parents immediately saw improvement in reflux as well as a forward trajectory in health.

Remember, your body is designed perfectly. When our health actions take that into consideration as a primary motivator, our body can heal as it was intended.

Bowman, C., DC, & Allen, J., DC. (2020). Resolution of Severe Gastroesophageal Reflux Disease, Chronic Constipation, Sleep Disturbance & Developmental Delays Following Chiropractic in an Infant with Birth Trauma: A Case Report & Selective Review of the Literature. *Journal of Pediatric, Maternal, and Family Health*, 18-25.



Subluxations can bombard the brain with abnormal sensory information and cause the body to get stuck in "gas pedal mode" where it is impossible to properly rest, digest, and heal.



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