

Mom: “The Kids Don’t Get Sick Anymore”

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By Dr. Derek Conte

One of the most common reports I get from mothers who bring their children with them for a monthly family chiropractic adjustment is that the kids aren’t missing school nearly as much anymore, no matter what bug is going around the classroom that week. In this interview, Dana, a long time patient shares her experience:

Dana, how did we meet?

I read your article in the Brightside in 2005. It was about numbness and tingling in the arms, hands and fingers. It described how those symptoms could happen, so I came to see you. Your treatment had an impact right away with the adjustments you did and the exercises and stretches you gave me. We started at a few adjustments a week and have been at about once a month since then. As we spoke over time, I learned more about how chiropractic works and I decided to bring my two children in for care in 2008.

What were your expectations regarding the kids?

Honestly, I had none, except that I wanted the kids to feel as well as I did. It was a health decision. But in my circle of friends and with the parents at the day care, we always talked about runny noses, sickness and what drugs all our kids were on and which pediatrician we were going to, but we never talked about going to a chiropractor!

So, what was the result of the kids being adjusted regularly by the chiropractor?

I noticed they were no longer getting sick --- *at all*. Other children were always with strep throat, ear aches, colds and flu, but my kids never missed school, maybe one or two days a year, even when exposed to all the other kids who were sick. This was especially true in day care.

What did others think of your experience?

I told my parents of all the sick kids in school, yet their grandkids weren’t getting sick anymore. I told them the change happened after I started them on chiropractic care, and they were shocked. They thought, like many people, that chiropractic was not for kids and only for injury and pain. They were unaware of the wider benefits of chiropractic. It’s the same when I tell other mothers about how chiropractic has helped my family. They look at me with that “deer in the headlights” look and ask me “How does that work?”

How do you explain it to them?

I tell them that the proper spinal and body alignment gives the kids better function in many ways, from getting injured less in sports and performing better to having a stronger immune system.

What about the cost of chiropractic care? Are you saving time and money?

Yes. We do not have to go to the pediatrician or the doc-in-the-box, which are about \$90.00 a pop for each kid. And, with healthier kids, I’m not missing any work either, which is a big savings too.

Dr. Derek Conte is co-founder of Chiropractic Specialists on Concord rd. in Smyrna. For questions and appointments call: 404-784-6008. Also visit our website for more articles, photos, testimonials and general information on chiropractic care: drderekconte.com

