



Dr. Jennifer Brandon
CHIROPRACTOR

SPRING 2024 NEWSLETTER

Dear Patients,

We wish you and your family a wonderful and healthy Spring season. Don't let the pollens get you down, come in for adjustments that help your immune system and lymphatic drainage. Remember by the time your body gives you a symptom you have already been fighting to stay well for a while. The best way to stay healthy is preventive care- get checked for subluxations regularly. This approach will keep your body functioning closer to your optimum and you are less likely to feel bad.

Please do not leave your kids at home to get sick, instead bring them in at least 2 times a month to check for subluxations that may be caused by carrying a heavy back pack, falling or playing sports. Both you and them will be happy with their better health and concentration in school.

Lets work together to make this school year healthy & happy for the whole family.

Brooke Malone, my office manager, has been doing a great job coordinating patient care and my teaching activities for Doctors of Chiropractic. Please let her know how appreciated she is!

For the Best in Health,

Dr. Jennifer Brandon



Chiropractic shown to help with Autism

A study published in the Journal of Pediatric, Maternal & Family Health documented the case of a 4-year-old boy with Autism being helped with chiropractic. The study authors begin by explaining, "autism spectrum disorder (ASD) is an early developmental disorder characterized by deficits in social communication and interaction, with restrictive, repetitive behaviors, causing significant impairment in social, occupational, or other areas of function, that are not better explained by intellectual disability."

Although many parents use current medical treatments for children with ASD which includes medications that have side-effects, studies show that over 50% of children diagnosed with Autism have received at least one form of complementary and alternative medicine (CAM) such as chiropractic. Over seventy-five percent of those showed some improvement.

In this case study, after the first adjustment, the child made his first eye contact with the chiropractor. By the third visit, his parents reported that their son seemed to be understanding direction better, but overall had been acting more aggressively. By the sixth visit, the child started using some single words such as eat, car, or Auntie. On the eighth visit, the boy asked his father for a hug.

The child continued to show improvement with chiropractic care. The study serves to strengthen the relationship between reduction of vertebral subluxation and improvements in function in patients with ASD."

We will be closed March 18th through March 22, 2024.

We will be back in the office on Monday March 25, 2024.

Have your children been injured?

Although both boys and girls may experience a concussion from an injury while playing a sports, studies show girls are more likely.

. All children who play a sports are at risk for spinal subluxations resulting from contact or falling may be subluxated during an injury or even strenuous play. It is in the best interest of the child be checked for spinal alignment often to help with recovery and proper growth.



Best exercise for your brain?

Walking has a slew of fantastic health benefits, but fast walking does even further wonders for the brain. A 2018 study showed that walking more than 4,000 steps a day had positive effects on memory in older adults.

The second exercise is one that requires body balance like dancing, Tai Chi or movement that requires alternating balance from one leg to the other. Exercise several times a week for best results. Drink plenty of water for your best brain activity- dehydration adversely affects cognitive skills.



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