



Children and Chiropractic



Chiropractic care makes its most powerful impact on children. It is safe, gentle, and effective. From the birth process onward, our spines and nerve systems are subjected to a multitude of forces that can misalign (subluxate) vertebrae and set the stage for reduced well being and future health problems. Specific, gentle, spinal adjustments provided by Dr. Darrell & Dr. Gretchen allow a child's spine and nerve system to grow and develop at its optimum. With special training in adjusting children, each adjustment is specially adapted for your child's age, height, and weight.

Most parents report that their children enjoy going to the chiropractor and look forward to getting adjusted. They also report a higher level of health and well being while under care.

Certification

Dr. Gretchen and Dr. Darrell are the only chiropractors Board Certified in Pediatrics and Pregnancy in the Shenandoah Valley and Northern Virginia. For details about this certification, [click here](#).

How will chiropractic help my child?

Every system in the body is controlled and regulated by the nervous system. Chiropractors look at the spine to see what areas can benefit from being adjusted. When the child is adjusted, the nerves that exit that part of the spine are stimulated and can function the best they possibly can. That means that the areas of your body where those nerves connect with will also function the best they possibly can. This includes the circulatory, respiratory, digestive, hormonal, eliminative, and immune system.



Active Health Chiropractic

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Chiropractors do not cure or treat diseases or conditions; we only treat your body so that it can work the way it's supposed to. Nonetheless, parents and children under chiropractic care report improvements with certain conditions ranging from mild to tremendous!

Though chiropractors only directly treat the spine, children under chiropractic care have had great improvements with the following problems:

- ADHD/ADD
- Allergies
- Asthma and respiratory problems
- Autism
- Bed wetting
- Breastfeeding difficulties
- Colic
- Constipation
- Digestive issues
- Ear infections
- Headaches
- Immune function
- Scoliosis
- Sensory integration issues
- Sinus infections
- Sleeping trouble
- Sports injuries
- Torticollis
- And much, much, more!



More Information

There are volumes of research available regarding the benefit of chiropractic care for children. [The International Chiropractic Pediatric Association](#) has a number of these studies available on their website.

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Testimonials

"We came to Dr. Gretchen & Dr. Darrell when my 2 year old was suffering with eczema. Dr. Gretchen took my phone call; we talked for 45 minutes. The connection was instant and I've trusted her and Dr. Darrell's opinion ever since. Both kids are adjusted as needed and I call on Dr. G and Dr. D often to encourage me through this crazy time — motherhood! I rely on their expertise regarding natural healthcare. I am so thankful to have found these two. Their focus on children and family care is so refreshing and supportive! We love 'em!" – L. family



"We met Dr. D and Dr. G about a year ago and they were truly a godsend! My son was diagnosed with ADHD and after seeing Dr. D for a couple of months we noticed a huge change in his behavior. We also call Dr. D and Dr. G before going to another doctor. They are ALWAYS there to help and give excellent advice. We trust them 100%. I highly recommend Active Health to everyone I know!" – M.O.

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