

# Asthma: *Breathing easier with Chiropractic*

**Asthma is a growing issue in today's world, especially among children, with 1 in 12 people affected, a number on the rise in recent years.** Causative factors of asthma in our children are varied and standards of treatment are often reliant on medication and avoidance of aggravating locations and activities. For those parents who want their children to be able to engage in all the activities they enjoy without reliance on puffers and other pharmaceuticals, hope may still exist in the form of natural options. Many families enjoy a reduction in symptoms of asthma while under regular chiropractic care due to the benefits of a nervous system which is free from stress. Chiropractic is not a specific treatment of asthma, but rather spinal dysfunction. Chiropractors are trained to detect and correct areas of spinal dysfunction which can impede the function of specific nerves in our body. When your child's nervous system is able to function as intended, your child's body is more likely to exhibit proper control in regulating breathing and reducing inflammation.



## Three explanations for *nervous system involvement* in asthma:

- 1 The phrenic nerve is formed from nerve roots in the cervical spine (neck) and provides nerve supply to the diaphragm, the primary muscles used in breathing. Misalignments in the cervical spine may compromise diaphragm function.
- 2 There are several accessory breathing muscles which are innervated from nerve supply in the cervical and thoracic spine which can be impeded by spinal misalignments.
- 3 The vagus nerve is a cranial nerve which passes closely to the cervical spine and supplies the heart, lungs, upper digestive tract and also inhibits inflammation and stress in the body by regulating and providing support to Th1 immunity.

**It's important to understand** that Chiropractic itself is not a cure or treatment for asthma or other respiratory difficulties. Chiropractic enhances your child's body in its ability to heal by ensuring proper function of the spine and nervous system.

As a result, improvement in symptoms of asthma are often seen. Your family chiropractor will also advise you on other strategies to improve your child's expression of health such as dietary modifications, essential supplementation, exercise habits and posture.

Other common symptoms that show improvement in children that are *well adjusted* with Chiropractic:

**ADHD  
Allergies  
Scoliosis  
Ear Infections**

**Bedwetting  
Constipation  
Growing Pains  
Frequent Colds**

**Family Chiropractors are wellness experts and can advise you on many aspects of raising healthy children throughout pregnancy, infancy, toddlerhood and school years.** Consult your trusted Chiropractor or find a family focused practice near you to learn more about making this year a healthy and happy one for everyone in your home. Educate yourself, find support in your Chiropractor who believes children are born with the potential for great health and watch the difference in your family!



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