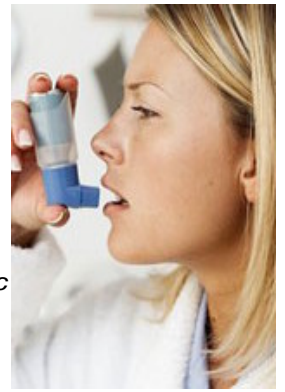


CAN CHIROPRACTIC HELP PEOPLE WITH ASTHMA?

1. Case history of asthmatic child.

Matthews, NC. Et al. A four year old female patient reported to the office . *International Chiropractic Pediatric Association Newsletter*. July 1996.



"Since birth she had problems with her respiratory system...clinical diagnosis of asthma. She had shortness of breath, hard and labored breathing, inability to run from shortness of breath...had become reliant on antibiotics for constant respiratory infections...had taken lots of steroidal drugs. This 'conventional' drug therapy had not prevented her from spending every Christmas in the hospital on a breathing machine. "A complete chiropractic examination revealed vertebral subluxation of the atlas right, sixth cervical posterior, and right posterior sacrum. Specific chiropractic adjustment were given...patient responded to the care immediately and was able to suspend using the drugs within two weeks. Within two months, she was able to play with her friends with no symptomatology. Her 5th Christmas was the first at home in her life...I wonder if her asthma should have been diagnosed as SUBLUXATION. What would have happened to her if over the last two years she had been on steroids rather than chiropractic care?"

2. Chronic asthma: The side- effects of the chiropractic adjustment.

Arno Burnier, D.C. *Chiropractic Pediatrics* Vol. 1 No. 4 May 1995.

- **Case #1:** J.P., 11- year- old male, Medical diagnosis: Chronic asthma . Medication: Theolair, Alupent
Chiropractic results: Off asthma medication after first visit. Child is now a multidiscipline athlete with aspirations to become an Olympic athlete. Six years later, the child is still free of asthma and medication.
Presenting Vertebral Subluxation: Occiput/C1 with an Atlas ASR. Original Adjustments: Structural manual adjustment of Atlas.
- **Case #2:** F.H., 9 year old male. Medical diagnosis: Chronic asthma. Medication: Nasalcron Chiropractic result: Off his medication at onset of care. Clear of symptoms since first adjustment eight years prior. Presenting vertebral subluxation: CO/C1 with atlas ASRP. Original Adjustment: Atlas in lateral flexion and rotation supine.

3. Asthma and chiropractic.

Garde R. *Chiropractic Pediatrics*. Vol 1 No.3 Dec, 1994.

- **From the abstract:** Case review of a 6- year- old boy who has had asthma since 1991 and his condition since chiropractic intervention. Child was prescribed aerosol inhalers (Beclovert and Vertolin) using them every day, up to three times a day. Adjustments were delivered to the cervical, thoracic and lumbar areas. Significant progress. Could run during soccer games and "almost never used his inhaler." Slept more soundly. "Hardly ever had bouts with mucous clogged nasal passages." Nasal inhalant use stopped.

4) Adjustive treatment for chronic respiratory ailment in a five year old. Case reports in chiropractic pediatrics.

Esch, S. *ACA J of Chiropractic* December 1988.

- This is the story of a 5 ½ year old girl with a four-year history of what the parents called "bronchial congestion." She had pneumonia "several times a year" since she was 18 months old. In addition to the attacks of "bronchitis" she suffered from congestion and was wheezy after running and upon waking up in the morning. The father and mother both reported having allergies. Chiropractic Examination revealed subluxations at C-2, T-4 and L-5. At the second adjustment two days after the first the mother reported the child was not coughing as much and by the third visit a week later the mother reported the child was breathing normally. Twelve adjustments were given over three months and the chief complaint did not recur. A follow-up call four years later revealed no recurrence.

5) Asthma and Enuresis (Case Report #1374) Zell, Paul, ICPA Newsletter, May- June 1998

- **History:** The pre-natal history was uneventful and the birth was a Cesarean type with high APGAR scores. The inoculation history was limited to one Polio shot at age 2 and 1 Diphtheria/Tetanus shot because of a reaction to the Diphtheria/Tetanus shot. At age 2, a congenital nevus was removed from the chin. Prior to the surgery the patient was exposed to chicken pox and following the anesthesia, noted personality changes were seen along with several gastrointestinal bouts of the flu and chicken pox. There were reported treated with Homeopathy. At age 3, asthma began to occur, along with many colds and flu's. With age her resistance to colds and flu's were improving, however the asthma was getting worse. It was triggered by virus, bacteria or allergies. The asthma required one hospitalization for 3 days, and a series of trips to the emergency room due to the severe effects of the asthmatic attacks. Medication included Intal twice daily. Proventil at onset of an episode, and the constant company of a nebulizer for the exacerbated episodes when the breathing was labored or became a crisis. The mother reports her daughter would cough up a ball of phlegm following each episode. Also reported was the frequent amount of bloody noses she has experienced.
- **Examination:** A thorough chiropractic examination, full spine films were taken and analyzed. Differential instrumentation, motion palpation and static palpation verified the presence of vertebral subluxation complexes (VSC) at C-2, T-5, T-12, right Ilium and second sacral tuberosity. Postural analysis showed a left high head tilt, right high shoulder and left high ilium indicating the body was adapting to the stresses of the multiple VSC's.
- **Care Plan:** Recommendations at 3 times per week for 12 weeks were made due to the chronicity of the subluxations and the severity of the symptoms. Progress of the VSC healing was monitored on each visit and schedule changes made accordingly.
- **Progress:** The patient improved following the first adjustment and after the fifth adjustment, the asthma and bedwetting ceased. The stabilization of the VSC took 6 months at 3 times per week. Care was reduced to 2 times per week for 6 months and now the patient is checked once a week in the wellness phase to maintain the corrections of the VSC and wellness.

- **Discussion:** Initially the mother was hopeful that her daughter could be helped with chiropractic care. However, due to the duration and severity of the asthma, the mother was extremely guarded in the progress of the condition. She reports having to carry all of the medication and Nebulizer wherever they went just in case it was needed. It has taken almost a year to start feeling comfortable that her little girl did not need medication or a machine. Today the patient is an extremely active child playing soccer and participating in all activities a young person enjoys. She continues to get adjusted on a regular basis for wellness, allowing her body to heal itself as only it knows how to do.