

For this young man, a new lease on life

By DR. CHRISTOPHER CIANCI

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Come September, Nicholas K. Honer of Denton, a degree from North Carolina High School firmly in hand, will head off to college, probably the University of Maryland Baltimore County, to study some aspect of the wonderfully challenging world of physics.

He will do so with the very special blessing of Easton chiropractor Dr. Christopher Cianci.

Nicholas is the elder son of Rob and Trina Honer, both science teachers, he in Caroline County, she in Kent County.

Trina had become ill in January 2004, suffering from barely functioning immune system and all of its accompanying disabilities – extreme fatigue, weakness, body aches, chest congestion ... sufficient to keep her out of school for days, weeks and finally a month.

In March 2005, after reading a book about chiropractic care, which had a chapter about the positive effects of chiropractic on the immune system, she decided to find a chiropractor. Dr. Cianci's name was given her by her father's chiropractor in Naples, Fla.

So dramatic was her improvement --- "Within the first week, I was feeling more energetic," she said – that 19 days after her initial visit, she invited Nicholas to join her for her appointment with Dr. Cianci.

Nicholas suffered from ADHD, Attention Deficit Hyperactivity Disorder. He had been on medication for four years.

After a full evaluation and noting the fact that Nicholas had a bad fall off a Jungle Jim and hit the back of his head on the ground at the age of 4, "Dr. Cianci was quite confident that he could help Nicholas," his mother said.

"He was right!" she exclaimed. "After two months, of visits, and after consulting our family doctor, we took Nicholas off medication."

Today, five years later, Nicholas displayed little if any of the inattention, hyperactivity and impulsivity which typifies this ailment so common in the young.

Nicholas recalls that as he continued with his chiropractic care, he started, he said, "to be more focused, to be more talkative in school."

Although not a straight A student, he admits to being "a brain."

His father Rob chimed in. "He is a whiz in math." adding that Nicholas and his friends, are all very much alike. "They are the Geek Squad," he said.

It was no surprise then when Nicholas and a friend were tapped this year as National Merit Scholars. Nicholas said it was the first time that North Carolina had placed two students in the coveted program.

Of the 1.5 million applicants in the program each year, about 50,000 qualify for recognition.

More than two-thirds of those qualified receive Letters of Commendation; the remainder -- nearly a third -- become semifinalists, about 94 percent of whom go on to become finalists.

About half of the finalists are selected to receive scholarships underwritten by corporations and business organizations, colleges and universities, and by NMSC with its own funds.

As he heads off to college, Nicholas is in no hurry to decide a career path. No doubt, he agreed, it would be in the field of physics, but beyond that, he is far from certain.

“I will figure that out in college,” he said in a very sure-footed way.

So how does chiropractic help someone with ADHD?

“Nicholas’s response,” Dr. Cianci said, “can be explained by the fact that spinal misalignments cause interference with a person’s nervous system, much like static on a telephone line.

“Static on a phone line is an irritating disturbance and it causes you to have to work harder to understand the phone conversation.

“Our bodies have to interpret messages despite the interference, but by making adjustments to the misaligned spinal segment, we decrease the interference – the static -- and so, there is less our bodies have to deal with, or to interpret.”

“This is why,” Dr. Cianci continued, “many patients say that when they get chiropractic adjustments, they seem to think more clearly. The interference, the ‘static’ if you will, has been lessened.”

There is general agreement that the number of children diagnosed with either ADD or ADHD has been increasing, as has the tendency to treat the symptoms of these ailments with drugs.

However, Dr. Cianci noted, “more and more, progressive parents are looking to avoid medication for their children if possible.”

The story of Nicholas Honer is not uncommon, he said and he wondered how many more children could be helped if more parents turned to a natural alternative method of care and treatment.

Adjusting a spine, Dr. Cianci said, can get rid of a lot of unnecessary stimulations “and that’s often just what we need in this fast-paced and over-stimulated world we live in.”