

THE Wellness Minute

Chiropractic Series: 4.3

Orcutt Office (805) 934-5761

Dr. Greg Anderson, Chiropractor

Buellton Office (805) 686-2700

June 22, 2015

Kids, ADHD & Chiropractic

What Is ADHD and How Common Is It?

Today with 1 in 10 kids is diagnosed with ADHD, making it the most commonly diagnosed neuro-behavioral disorder in children. This prevalence has sky rocketed over the past generation. Ritalin is currently the most common treatment for kids with ADHD. (In fact, the United States uses 90% of the world's Ritalin) This medication is a schedule II controlled substance that has effects similar to both amphetamines and cocaine. As more parents are learning about the effects of medication on their children, they are looking to alternative treatments for ADHD. One very safe alternative that many parents have turned to is pediatric chiropractic care.

The main idea behind chiropractic care is that it restores optimal function of the nerve system. According the Gray's Anatomy textbook, "All functions of the body are controlled by the nervous system." ADHD is a known central nervous system disorder. When there is stress and tension in the nerve system, caused by common childhood occurrences like birth, falls, and sports, and chemical insult behavior problems may arise. A way to describe the effects of nerve system tension in children with ADHD and other neuro-developmental problems is that it is as if these kids have the heavy metal rock band Metallica blaring in the background all the time. It causes them behave erratically, have difficulty concentrating, seem overly

sensitive, and have meltdowns for no apparent reason. Chiropractic care turns down the Metallica by calming the nerve system. The end result is that the child behaves and functions at a higher level. Since the nervous system (brain, spinal cord, and spinal nerves) is protected by the skull and moveable bones of the spine, pediatric chiropractors are able to use gentle spinal adjustments to affect the nervous system.



Is There Any Evidence That Chiropractic Can Help Children with ADHD?

This has been an intensive area of study for well over a decade. A 2014 study of children diagnosed with ADHD between the ages of 8 and 12 remarkable results were found with chiropractic care. 75% of the children were on medication. Following a minimum of 5 months of care there was an overall 17.3% improvement in ADHD symptoms with no additional intervention.