

*Your Wellness Resource*

**Millner**  
Family Chiropractic



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## What are we teaching our kids?

Americans have been told that if you feel fine then you are healthy. This has been ingrained in our brains ever since we were young. It's ok to do whatever you want to your body as long as you feel no pain. And, God forbid you do hurt, there is always a drug to take the pain away. Pain does not occur because of a lack of drugs in the body. We must think for ourselves and find the cause of the pain. Medication has a place and saves lives everyday but it is not how the body **stays** healthy. Some say that we are raising the sickest generation of kids ever. The number of kids with allergies, ADHD, asthma, cancer, diabetes, obesity, chronic diseases, etc. is staggering. As you read this there are literally millions of people whose bodies are developing diabetes, cancer and heart disease but don't feel anything wrong.

Teaching kids about living a healthy lifestyle should be the responsibility of all parents. We promote a drug free society but what are we really teaching kids. They get an earache – pop a pill. They have a hard time concentrating – give them a drug. We wonder then when they break up with their boyfriend/girlfriend why they might turn to drugs. We have taught them that when you have a problem there is a drug to help. If we really want a drug free America we need to look at **all** chemicals entering our kids bodies. The programming for the rest of their lives begins when they are very young. What type of programming would you prefer your kids to learn?

A healthy lifestyle includes proper rest, exercise, proper nutrition, positive attitude and regular chiropractic care. Some say the first four make sense but why chiropractic? Chiropractic adjustments reduce interference on the nervous system. All nerves originate at the spinal cord, travel through the spine and tell everything in our body how to work. When you have a misalignment in your spine, it puts pressure on the nerves thus reducing the overall health of your body. It is exactly like stepping on a garden hose and thinking that the grass at the end of the hose will grow well. It can't and it won't. If this makes sense to you and you're interested in a healthy lifestyle come and see us for a complimentary evaluation.