



# ALLERGIES, ASTHMA & ADHD: THE APPROACH YOU HAVEN'T TRIED

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BY DR. JOSIAH FITZSIMMONS

## THE FACTS

*50 million Americans suffer from allergies, about 20% of the population. Not only that, but 8% of children younger than 6 years old have food allergies.*

*17 million Americans suffer from asthma, about 5% of the population. Nearly 5 million of these asthma sufferers are children.*

*6.4 million children in the US have been diagnosed with ADHD. That's approximately 11% of children 4-17 years of age.<sup>1</sup>*

### INTRODUCTION

Do your children suffer from allergies, asthma or ADHD? Or maybe you know someone whose children suffer from one of these conditions? More and more children are suffering from one of the above, leaving families struggling without a long-term, effective solution.

We are excited to share that there is hope! In this eBook, you will discover shocking facts on these three common conditions, from how to pinpoint the cause to what can be done to treat the cause of these conditions in a completely natural way.

<sup>1</sup> [CDC.GOV](https://www.cdc.gov)

### **These statistics are shocking...**

What's even more shocking to us is the fact that the most common treatment for these conditions is medication. Instead of focusing on finding the root cause for such conditions, medication is used to mask and reduce symptoms temporarily.

This leads to the big question, what is being done to find the root cause and improve overall health long-term?

What is often misunderstood is the fact that when our bodies react a certain way, presenting pain or outward symptoms, it is a result of something going wrong internally. Our bodies need to be able to function properly internally first, in order for our health to improve.

Let me use a vehicle as an example to further explain. As Americans, we rely on our method of transportation on a daily basis. If your vehicle were to break down, how would that impact your daily life? More often than not, your life would quickly be filled with stress, chaos and disorganization.

If there is an issue, like a short or a broken wire, causing disruption with the flow of electricity throughout your vehicle, this causes your car to have complications. The severity of the complications can vary from the car not starting to dim lights. Likely this one miswiring can lead to more and more issues over time. Now, you can get all the complications "fixed" at the auto shop, but likely they will happen again and again and again. Why? Because the underlying miswiring hasn't been corrected yet! Until that is found and corrected, issues will keep stacking up over and over again.

### **Our bodies function in the same way...**

If your brain cannot communicate with the rest of our body due to nerve interference (neurological issues, muscle issues, etc. caused by misalignments of your spine), then how do we expect our bodies to function at their full capacity, let alone heal themselves?

Many children have had misalignments of their spine since birth. Overtime this will lead to more misalignments developing. Approximately 80% of children have some sort of nerve interference due to misalignments after birth. That means, from birth our children's bodies are unable to function at their best, during the most crucial time in a human's development. That's kind of scary, isn't it? Chiropractic care has been shown to improve many conditions, however in this eBook we want to focus on allergies, asthma and ADHD in children. The number of children with these conditions is skyrocketing, and something needs to be done.

# ALLERGIES:

## MORE THAN JUST A RUNNY NOSE AND TEARY EYES...

If your child has allergies, then you already know the heartbreak of wishing you could do more for them than continue on the cycle of never-ending medication as they suffer from their symptoms.

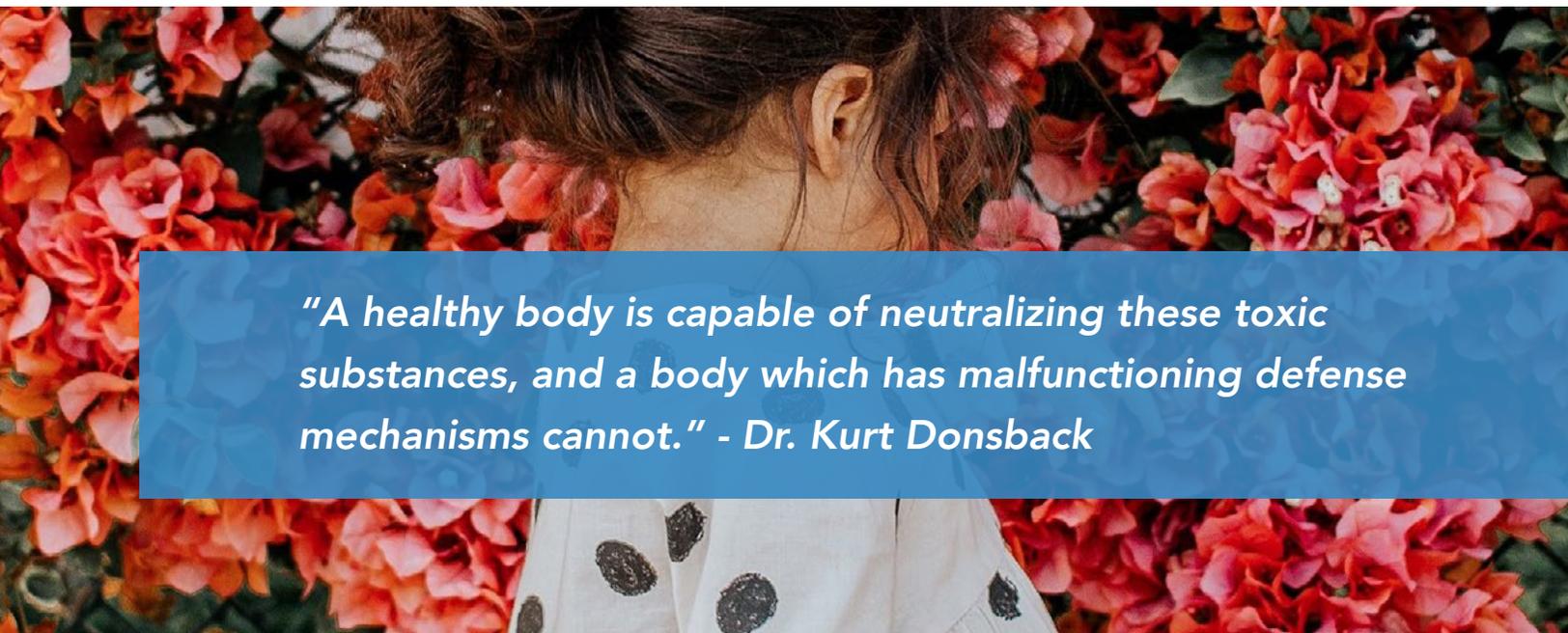
Allergies are the most common immune disorder. Your body does all that it can to keep YOU in a natural, organic and pure state. That means recognizing and battling foreign allergens.

Allergy medication is used to counter the natural materials produced by your body to fight allergens, such as running nose, sneezy mess, puffy eyes, but that also means those allergens are no longer being expelled from the body. Not only that, but your body is going to continue to fight, which means more medication. It's a never ending cycle.

**So instead of a temporary solution, let's find the root cause and correct it.**

If the nervous system isn't functioning properly then it becomes stressed, which causes a weaker immune system, among many other issues.

At Vero Chiropractic, we use advanced NASA certified technology to pinpoint misalignments in your spine causing nerve interference and affecting the function of the nervous system. With that knowledge, we are able to make gentle and specific adjustments that will help restore the nervous system to a more natural and less stressed state. Remember the example I used earlier about the vehicle? If your "wires" a.k.a. nervous system is free from nerve interference, it can more efficiently neutralize allergens, leading to outward symptoms like sneezing, watery-eyes or puffiness, which are all positive signs of healing!



*"A healthy body is capable of neutralizing these toxic substances, and a body which has malfunctioning defense mechanisms cannot." - Dr. Kurt Donsback*

# ASTHMA:

## THE UNDERLYING CAUSE FOR YOUR CHILD'S ASTHMA ATTACKS...

Asthma is among one of the scariest conditions a child can suffer from. It affects every aspect of the life of a child.

Treatments range from an inhaler to steroid shots to nebulizer treatments and so on. These treatments can help greatly with the symptoms, but again don't address the actual "cause". There has been a significant rise in the number of children with asthma, and the number one method of treatment is to medicate.

### **Understanding the underlying issues that could be causing attacks is important.**

As we discussed earlier in this eBook, if at a young age, your body becomes stressed due to misalignments of the spine and body, other issues can and likely will arise, such as asthma.

More likely than not, you haven't considered chiropractic care as a solution to treat asthma, but you should! In the last 5 years, awareness of the many benefits chiropractic care can have on your health has increased significantly. More and more families are seeing improvements in conditions their children are facing, including asthma, after seeking chiropractic care.

The link between your nervous system and asthma is pretty simple. If your nervous system is stressed it causes dysfunction in the body. This can then result in decreased lung function, presenting asthmatic symptoms.

At Vero Chiropractic, we focus on gentle, specific neurologically-based chiropractic care that restores your nervous system. Our goal is to find the root cause of the dysfunctions in your body so that your children can be free of symptoms caused by conditions like asthma.

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# ADHD:

## NATURAL WAYS TO HELP EASE THE SYMPTOMS OF ADHD...

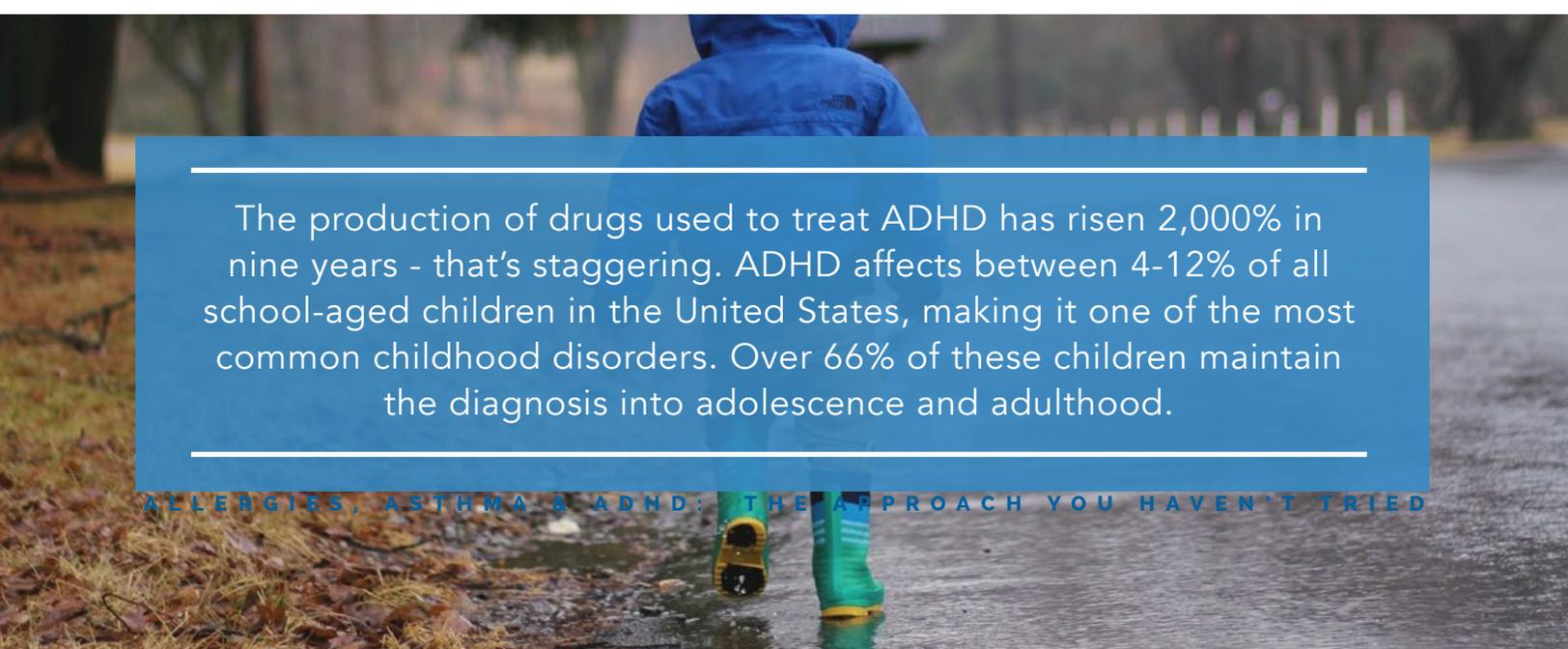
Why is the number of children with ADHD on the rise? As we explained before, if the nervous system is malfunctioning or stressed in any way, that impacts the communication lines between different parts of the brain and your entire body.

Children that are diagnosed with ADHD are typically hyperactive, fidgety, anxious, and distracted. There are many different causes for this condition, however, let's discuss two of the more common components and the importance of treating them first.

Studies have shown that the symptoms of ADHD are similar to the reaction our body makes during fight/flight mode. It appears that due to misalignments of your spine and nerve interference, children with this type of ADHD are stuck in fight/flight mode. The Autonomic Nervous System is out of whack and can't regulate, thus hyper energy, impulse and behavioral issues arise. This seems to be the most common component of this condition.

The second most common component of ADHD is a poorly organized nervous system. In this case, organized means, these children seem to be in "overdrive." Their minds function extremely fast, moving in many directions with no organization. Somewhere during development, their nervous system got off track. These children function at such a fast pace, which often leaves them struggling to grasp concepts and learn effectively. Unfortunately, this causes developmental issues with socialization, behavioral interactions, academics, speech and more.

Knowing this, other methods of therapy will not be as effective until the nervous system can be regulated and begin functioning properly. Once the misalignments are corrected, therapy treatments will be that much more effective and yield more successful results! At Vero Chiropractic, our neurologically-based chiropractic care approach helps correct these dysfunctions and offers a natural, effective and medication-free solution to



The production of drugs used to treat ADHD has risen 2,000% in nine years - that's staggering. ADHD affects between 4-12% of all school-aged children in the United States, making it one of the most common childhood disorders. Over 66% of these children maintain the diagnosis into adolescence and adulthood.

# THE SOLUTION: VERO CHIROPRACTIC

## CHIROPRACTIC CARE IS A NATURAL AND EFFECTIVE METHOD FOR TREATING MANY CONDITIONS, ESPECIALLY IN CHILDREN.

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Studies are finding that many children, from newborns to adolescents, with varying conditions are showing signs of significant improvement after chiropractic adjustments.

At Vero Chiropractic, we focus on neurologically-based chiropractic care. This practice is the best and most specific type of chiropractic care, addressing the master control system of the body. Utilizing state-of-the-art technology to pinpoint and locate the root cause of you or your child's health concerns, we are able to isolate the cause of the nerve interference.

**Chiropractic care is known to help reduce the severity of many conditions, but it is not guaranteed to cure any such condition. Although, we have seen Practice Members become symptom free and have monumental improvements. We know if your body is functioning better, your body will heal from the Inside Out!**

# ABOUT OUR PROCESS, YOUR HEALTH & YOUR BODY

**Vero Chiropractic is unlike traditional chiropractic offices, in that we address the master control system of the body, the nervous system, first. We get an exact assessment of your overall health by performing a full neurological and structural analysis, the results of which are utilized in helping you reach optimal health.**

- Your brain controls every function of the body. It tells your heart to beat, your lungs to breathe and your stomach to digest. All of this communication takes place through the spinal cord and nerves, which serve as the pathways for your brain to communicate with your body.
- Have you ever heard of the term subluxation? Subluxation is when one or more bones shift out of proper alignment, putting pressure (or stress) on the nerves. This can cause irritation and inflammation of those nerves, which leads to aches, pains and dysfunction (even more stress).
- Of all the nerves that exit the spine, only 8% are pain nerves. The pain that you are experiencing is a warning sign, but it doesn't tell the whole story. It is our job as a Chiropractor to figure out how the remaining 92% of your nervous system, that you can't feel, is functioning.
- In our office, we use four technologies to assess your body for stress and correct it, allowing your body to heal from the inside out, naturally.
  - The first is a neurological evaluation of your entire spine. We use thermal-infrared technology to see exactly where any nerve interference is occurring, which is causing miscommunication between your brain and your body.
  - The second is a muscle assessment. We use surface electromyography or sEMG, which is the exact same technology as an EKG for your heart, only for your muscles. This allows us to see how your muscles are responding and reacting along your spine.
  - The third evaluation is a full spinal examination. This is where the doctor will assess your entire spine to see where structural shifts and subluxations have occurred.
  - The fourth assessment is using our state-of-the-art digital x-ray system. This allows us to see problem areas only visible on x-ray, such as the exact structure of your spine, degeneration or loss of disc space. Prior to receiving care, we will perform a complimentary benefits check of your insurance, so that we can let you know of any additional costs for x-rays before proceeding. We also take part in a federal discount program that can help decrease costs if insurance coverage is not optimal.
- Utilizing these four technologies, we can locate where each and every one of these misalignments or subluxations are located. This allows us to administer a very gentle, specific, chiropractic adjustment realigning those bones back into proper position, taking pressure off the nerves, and restoring the communication from your brain to your body.
- The results of this treatment provides more than just symptom relief, but optimal health over time.
- Giving the body time and repetition, we will see you reach your health goals, reduce stress and allow your body to heal from the INSIDE OUT.

# ABOUT.

## DR. JOSIAH FITZSIMMONS & VERO CHIROPRACTIC

### Dr. Josiah Fitzsimmons



Josiah's passion is to educate and support the families of West Des Moines and the greater Des Moines area through neurologically based chiropractic care so that babies, children, and adults may live a life of greater health.

Dr. Josiah has extensive training and experience in pregnancy, pediatrics, athletics, and overall wellness promotion. He is a member of the International Chiropractic Pediatric Association and is certified in the Webster's Technique.

He has seen results with chiropractic varying from infertility, multiple sclerosis, Parkinson's disease, fibromyalgia, chronic pain, migraines, sinusitis, arthritis, acute pain, and many more. He has also had the opportunity to watch many children benefit from chiropractic care with health issues like autism, ADHD, colic, bed wetting, and ear infections.

### About Vero Chiropractic

While traditional chiropractic focuses on the muscles and bones, Vero Chiropractic takes a unique approach by addressing the master control system of the body, the nervous system. Vero Chiropractic gets an exact assessment of your overall health by performing a full neurological and structural analysis which are utilized in helping you reach your optimal health.

We offer the most advanced and researched chiropractic corrective care through a customized health plan. Our goal is not just to provide you with short term relief but true long term correction. We at Vero Chiropractic are on a mission to help create one of the healthiest communities in the world right here in central Iowa.



**VERO**  
CHIROPRACTIC



**LET US HELP YOU  
AND YOUR FAMILY  
LIVE HAPPY AND  
HEALTHY!**

Call (515) 422-9552 today to  
take the next step towards  
optimal health!

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**Vero Chiropractic**

5525 Mills Civic Parkway Suite 120  
West Des Moines, IA 50266

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