



TO: Parents and Grandparents

FROM: Dr. Bob Thatcher

RE: Children's Health – IMPORTANT



DR BOB AND SON BOB..AGE 1

HEALTH FOR CHILDREN BEGINS EARLY.

**“Why didn't someone tell me?”
“I thought the school exam was enough.”
“If we had only known.”**

As parents, Sharon and I (Dr. Bob) knew that the health care decisions we would make for our boys would be ones that would affect them throughout their life. Sharon and I met while attending Logan College of Chiropractic, so fortunately for us, we shared the same health care philosophies.

We know that nerve stress can weaken one's immunity, can cause irritability, and can cause symptoms in any system at any time. We know that all actions and reactions in the body start with the nervous system and is an important cornerstone to the understanding of the body and how it exists or thrives in its environment. We know that nerve stress in the body is trouble. Falls, sports injuries, bad postural habits, genetics, nutrition (or the lack thereof), substance abuse, and other factors can start the process of spinal problems and related nerve stress. We looked at the artificial option of drugs, immunization and the introduction of foreign substances into our kids.

The health care industry offers so many choices for parents, so much research, so much technology... Add in the pharmaceutical companies, advertising, social media and internet “doctoring” – and it can be overwhelming. Ultimately, we chose the natural approach for our family because it was nature-friendly, child friendly, and scientifically sound.

At **Health and Wellness Center**, we would like to help you make informed decisions for the health of your children and your family.

Has your child suffered a fall, sports injury?

Importantly, kids are “elastic” and “rebound” quickly from minor problems. Often times, though, problems are encountered that are more severe in nature and the body cannot compensate anymore. The “seed” is planted beginning a cycle of real trouble. Sometimes that trouble will follow the child into adulthood and throughout their life.

How is your child's posture?

Look at your children, parents. Note how they sit. Do they sit on their buttocks (we were given them to sit on, you know) or do they sit on their lower backs? How would we know? Do they sit “slouched down”--- you know the look. Half-lying and half-sitting! This posture is epidemic in the classroom and in many of our homes. Kids sit this way many times to “relieve” what they interpret as back stiffness or discomfort. They feel this is a helpful choice of posture. A poor decision that requires immediate parental guidance.

Has your child had a “scoliosis check”?

Don't confuse a doctor/nurse's “bend over and let me view the back” test with an x-ray disc evaluation, muscle testing and hidden injury detection! The earlier problems are accurately found and dealt with, the easier they are to correct, which could prevent years of unnecessary suffering.

Does your child carry a backpack to school or to sports/activities?

Have you weighed your child's back-pack? Importantly that pack should not exceed **20%** of body weight.

Does your child suffer from bed-wetting, asthma, heartburn, allergies, painful back and limbs, menstrual cramps, headaches, bowel disorders?

The Chinese found through the centuries that a system of energy channels traversed the entire body. These energy channels are named "meridians". There are 12 of them. They are named after the organ systems of the body—such as the heart, small intestine, urinary bladder, kidney etc. These meridians must be in energy **balance** for a person to feel well, energetic, and have a strong immune system. An **imbalance** produces symptoms such as: asthma, bedwetting, heart burn, allergy, bowel disorders, menstrual cramps, headaches and painful backs and limbs.

Has your child been diagnosed with ADHD/ADD?

Maybe ADHD prescription medications are not the answer. It is possible that the child's "aggressive behavior" or their "restlessness" is due to an energy imbalance or spinal nerve stress. Often times it is a combination of the two.

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These are just a few things that are common in the everyday life of our most precious – our children and grandchildren. As you know... the list could go on and on. At **Health and Wellness Center**, we offer a few simple tests that can quickly and painlessly gather a thorough picture of the health of your child – and with the results of those test, we can help your child achieve optimum health. We have a variety of options to help resolve many common childhood issues, even eliminate ongoing problems that are causing your children and your family undue stress. We can help relieve stressors that have been put on their body due to previous injury – even the trauma of birth. As we get their body into alignment, you will see amazing benefits that help them achieve their best possible Health... and with that... Wellness!

YARDSTICK OF HEALTH; GET A MEASURE OF YOUR CHILD'S HEALTH

INCLUDES:

- Health History – Patient/Parent consultation
- Postural Analysis – utilizing the BackHealth System
- EMI - (Electro-Meridian Imaging) - Unlocking The Body's Combination Lock
 - There is no reason for a child or their parent to think that drugs are to be preferred to one's eliminating the underlying cause. Give your child the opportunity of an EMI examination. It is painless, and quickly provides us with the "numbers" and "sequence" we need to open the "combination lock" to a healthy child.
- Joint Testing
- Back Pain Screening
- Back Pack Check
- Follow Up Visit – Report of Findings

\$59

first child

\$49

each additional child

(*Insurance not applicable)

This SPECIAL will be available throughout the fall months to meet the needs of your family – and most importantly – your child(ren)! Call soon to schedule your Yardstick of Health. Phone: 651.484.8448.