



Chiropractic Newsletter

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A Chiropractor's Expertise

There is a remarkable story I'd like to share about one of my experiences as a chiropractor. I'm not seeking personal credit, nor do I believe this is a miracle above other miracles. It's simply a demonstration of what is supposed to happen when neural interference is removed and connectivity is restored. This is a story about healing, and a reminder that miracles should be the natural state.

On June 4, I received a call from Ellen, the midwife who assisted me during both of my home births. She was calling from the house of another client, whom I had referred to her. The mother, Shakira, had birthed a son, Abdullah, 36 hours prior. According to Ellen, Abdullah had a very slow and irregular heart rate of about 76 beats per minute—well below the normal newborn range of 120 to 140 bpm. He was also yellow, which raised added concern, given that jaundice typically doesn't set in so quickly after birth. He had nursed a few times, but was otherwise listless and unresponsive.

Ellen told me that during the birth, she had seen Abdullah's head clear in one direction and his shoulders clear more than 90 degrees in the other. She had not held the head or restricted the baby's movement in any way. During the postpartum visit, she felt intuitively that something was wrong, and that it was the odd presentation and potential neck trauma causing the problem. She asked if I could come to the home immediately, and I agreed.



When I arrived, I checked the baby's spine and cranium. My exam indicated that his occiput and atlas (the lower cranial bone in front of the upper neck vertebrae) were significantly out of alignment. I adjusted the baby and let him lie there for about 15 minutes, periodically checking his heart rate. I then checked him again.

The occiput was holding, so I slightly adjusted the atlas one more time, having found no other cranial or spinal misalignments. We waited another 15 minutes. Suddenly, some red splotching began to appear over his previously yellow body. As we listened to his heart rate, we witnessed the activation of his body's innate intelligence to re-regulate itself. Within minutes, his red splotching turned into an even, pink skin tone in front of our eyes. The yellow hue was gone! His rooting instinct kicked in and he nursed with a strong and healthy latch for ten minutes. I checked him once more to ensure the adjustments were holding. At this point, his reflexes seemed to come alive; he was alert and active. By the end of the hour, his heart rate had completely normalized to 120 to 130 bpm. Interestingly, his testicles had also descended

within that hour. That may have been a coincidence, but it seems noteworthy given all the other healthy indicators we witnessed as a result of the adjustments.

Ellen and I left together. Once we were alone, she told me she believed Abdullah's adjustment saved his life. In her experience, his failure to thrive had made him a likely candidate for SIDS. It was staggering to process the magnitude of what had happened. Being a part of Abdullah's remarkable transformation has been one of the blessings and wonders of my life. And yet, what we had witnessed was no miracle; it was simply a reminder of how flawlessly the body responds when all its circuits are connected.

Abdullah continued to thrive and engage in all normal newborn activities. When I examined him during a follow-up visit, his heart rate remained in normal range, as did his skin tone and reflexes.

In retrospect, I realize none of this could have taken place had my midwife not recognized the need for chiropractic adjustments in the first place. How many other babies would benefit from having practitioners who understood the importance of chiropractic care?

—Dr. Kathy, Chiropractor

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