



The Spinal Column



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Chiropractic care for Healthier Children

Did you know the number of children diagnosed with Attention Deficit Disorder has grown to more than 5 million? ADHD, or Attention Deficit & Hyperactivity Disorder, is a neurological dysfunction characterized by inattention, hyperactivity and impulse behaviors.

As of 2007, more than half of children diagnosed with ADHD were taking prescription drugs for treatment. What's alarming is the fact that such a large percentage of children are still being treated with powerful mind altering drugs which include class II narcotics. The most commonly used today are Ritalin, Concerta, Vyvanse and Adderall.

Studies have shown that after three years, the effects of these drugs tend to wear off. Drugs are certainly not the complete answer to the ADHD problem. Aside from the concern about drug addiction and some serious side effects, parents are now looking for safer, natural alternatives. One of the most promising treatments includes chiropractic care.



AC Chiropractic offers a drug-free alternative for ADHD patients that targets the underlying problems, not just symptoms. Chiropractic adjustments have had success in

treating ADHD and learning disabilities by removing interference in the nervous system and providing necessary brain stimulation. We also recommend nutrition and lifestyle changes that may help correct or prevent biochemical imbalances that cause ADHD. We encouraged parents to:

- **Remove as many food dyes, sugar, preservatives, and additives from the diet as possible.**
- **Focus on natural, mostly organic foods** with as few pesticides or herbicides as possible.
- **Determine if there is an allergy**—usually starting with dairy and gluten and try elimination diets.
- **Stop using pesticide sprays** and other household chemicals in the house. Use only natural, non-toxic cleaners.

AC Chiropractic Care Can Help...

If you or your loved one is diagnosed with ADHD or has the symptoms, AC Chiropractic can help. We are trained to identify and correct neurological problems and offer individual natural treatment options. We can also assess your nutritional needs and find supplements that can help manage your condition. **For more info, attend this month's workshop!**

Health & Lifestyle Workshop: "Raising a Health, Happy Child...Naturally!"

Invite a friend to our FREE workshop on **Tuesday, August 30th, from 7:30-8:30 pm.** Learn about the natural and effective options available to parents for raising healthier children. Workshop is held in our Lawrenceville office. Sign up in office, Call us at 770-513-8922 or email marketing.acchiro@bellsouth.net to reserve your spot today! Hurry, space is limited!

Recipe of the Month

FILET OF FISH "EN PAPILOTE" for the grill

4 filet of flounder, sole or tilapia (6-8 oz each)

For the topping, that makes sauce:

1 lemon sliced, seeds removed

A bunch of fresh herbs basil, thyme, oregano (or any others but NOT rosemary)

4 TBL olive oil

White wine

Salt and pepper to taste

To assemble take one piece of aluminum foil 12 x 24 and fold in half so it is square and put 1/2 TBL oil in center then place filet on top then sliced lemon, then your herbs. Top with other 1/2 TBL of oil then splash wine with salt and pepper.

Make an envelope to seal each one so it is air tight. Repeat with each filet. Place on hot grill of 375 to 400 degrees for 15 minutes remove from grill and watch for steam open and serve.

A perfect side for this would be whole corn on the cob that is husk removed and soaked in salt water for 10 min. then salt and pepper to taste then also wrapped in foil and put on grill for 15 min. with the fish. Serve with butter on the side.

Submitted by **Chef Jeff Hills**, formerly of the Flowery Branch Yacht Club

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