

Nutrition and Chiropractic Care for Children's Health from Preconception to College

Dr. Bonnie May

Women who can't get pregnant or carry full term

- Catalyn 4-6/day
- Symplex F 4/day
- Utrophin PMG 2-4/day
- Calcium Lactate 4-6/day

Weekly adjustments

Woman had 2 C Sections and wanted a vaginal birth

- Catalyn 4/day
- Calcium Lactate 4/day

Weekly adjustments

Infant Constipation or Colic

- Crushed Calcium Lactate and Lact-Enz (small amount on fingertip)

Constipation kids over age 5 (rotate)

- Zypan 3/day
- Lactic Acid Yeast 1/day
- Collinsonia Root 1/day

Diarrhea

- Cholocal II 2/day
- Zypan 2/day

Diaper Rash

- USF Ointment

Gut Issues + Growth



=

The Wild Child

Resources

Read:

- Sugar Blues
- GAPS
- Wheat Belly
- Grain Brain

Adjust : Atlas - C1

6th Thoracic

Lumbar

Growth Issues:

Pituitrophin PMG 2/day

Gut Issues kids age 10 to 17 (rotate)

- Lact-Enz 4/day
- Zypan 4/day

Adjust cervical spine
and mid-thoracics

Growing Pains kids age 5 to 12

- Catalyn 4/day
- Calcium Lactate 4/day
- Organic Bound Minerals
2/day

Adjust : Pelvis and Lumbar

SKIN IS IN

Allergies

- Allerplex 4/day
- Antronex 4/day
- Enzycore 4/day

Eczema

- Lact-Enz 4/day

Breakouts/Acne

- Cataplex F 4/day
- Thymex 2/day

Adjust: Mid Thoracics = Digestion Help

“My Story”

Childhood Trauma, Diabetes Family

- 3 years old Constipation
- Fussy Babies / Depressed Mom
- 9 month old wouldn't sleep in bed
- Young boy with stomach aches

Due to the nature of a chronic disease, every diabetic should be under regular chiropractic care (one time per week)

Dr. Su – University of Colorado Research 1970's found that weekly adjustments improved the DNA Code

To Vaccinate or Not?

Support either way - different nutritional rules apply



If Choosing to Vaccinate

- Prolamine Iodine 1-2/day
- Calcium Lactate 3/day
- Immuplex 3/day

Homeopathic Info

Dr. Michael Gaeta



Dr. Mercola's
"How To Legally Avoid Immunizations"

"No one, nowhere, no time, and under no circumstances has the right or power in this country to immunize you or your children against your will and conviction."



mercola.com

Rule No. 1: Do not harass, belittle, or antagonize officials unnecessarily.

Rule No. 2: There are no compulsory vaccination laws. All are voluntary, and you are held responsible for the adverse results upon you or your child.

Rule No. 3: Know your own state law so that you can conform to its exact requirements for exemption.

Rule No. 4: Medical waivers are always valid but must be written to fit each state law and often need to be renewed annually.

Rule No. 5: Waivers can usually be obtained by a letter from a church official certifying that you are a member of a church that recommends against immunizations for its adherents.

Rule No. 6: The rules that govern school vaccination exemption also apply to the military.

Rule No. 7: You may travel wherever you wish in the world without vaccination.



Sitting Up



Crawling



Walking



Falling

Baby Training

- Regular Spinal Checks
- Story: Baby who is learning to walk, fell and hit head = wouldn't eat or sleep



Childhood Age 2-10: Health + Well Being

Nutrition, Stresses, Trauma...

- Cyrofood 2 Tlbs./day
- Calcifood 2 Tlbs./day



Monthly Chiropractic checkups

Immune Support kids age 10 -19

- Immuplex 4-6/day
(rotate between these 2)
- Congaplex 4-6/day
- Calcium Lactate 4-6/day
- Catalyn 4-6/day

Colds / Coughs kids age 10 - 19

- Immuplex 4-6/day
- Congaplex 4-6/day
- Pneumotrophin PMG 4-6/day

Bladder Infection

- Garlic
- Lact-Enz

Adjust : Low Back / Cervical
Spine

Earaches ages 5+

- Congaplex 4-6/day
- Calcium Lactate 4-6/day
- Cataplex C 4-6/day

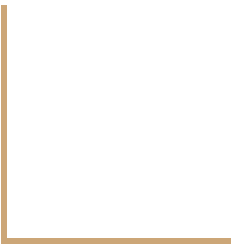
Adjust : Upper Cervical (Neck)

My Journey - Working on Kids





Believe It!
(real stories)

- * Sickest child at daycare
 - * Children hitting their heads
 - * Seizures
- 

What Pediatricians Don't Know

(poor nutrition education)

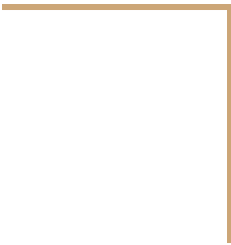
NO Subluxation Education

Basic Science/Pre-Clinical Comparison

Chiropractic Hours [†]	Subjects	Medical Hours [*]
366.4	Anatomy/Embryology	184.6
120.0	Biochemistry	108.4
197.0	Microbiology/Public Health/Biostatistics	155.3
105.9	Cell Biology/Histology	130.7
312.8	Physical Diagnosis/Clinical Medicine	200.5
141.4	Neuroscience	114.0
561.2	Physiology/Pathology	542.3
66.7	Nutrition	21.5
29.4	Pharmacology	99.0
1,900.8	Total Hours	1,556.3

† An average of required pre-clinical instruction hours during the first two years at 14 chiropractic schools.

* Average number of required pre-clinical instruction hours during the first two years of the medical school curriculum as listed in the 2000 Curriculum Directory, published by the American Medical Association (AMA).



Nerves - Different Childhood Personality Types



Children don't lie. Ask them if they feel safe.

Ages 6-12



Supply

- Daycares
- Grandparents
- Sitters
- Schools

with information on
sugar breeds infection
and gluten information

Auto Accident?

Even a small child strapped in
a car seat needs chiropractic
care

Adjust cervical spine and check cranial bones

Nose bleeds = adjust Atlas, Cataplex C 2-4/day
(kids over 5)

Cavities 2/day kids age 4-12

- Bio-Dent
- Cataplex F
- Calcium Lactate
- Cataplex ACP

Bad Breath 2/day kids age 4-12

- Lact-Enz
- Chlorophyll
- Adjust 6D and 12D

Young Girls: Menstruation

- Cataplex F 2/day
- Calcium Lactate 2/day
- Zypan 2/day
- Cataplex B 2/day

Cramps and Irregular Cycle:

- Cataplex B 2-4/day
- Crampex 2-4/day
- Catalyn 2-4/day
- Calcium Lactate 2-4/day

Adjust Low Back - Vertebra

Ages 13 - 18

School Lunches: Processed Food

School Injuries and

Sports Injuries = Lig.II - 4/day

Chiropractic adjustments

Puberty

- Symplex F (Female) 2-4/day
- Symplex M (Male) 2-4/day



Story:

Of a military boy who played soccer. One day he couldn't breathe, his lungs had collapsed.

He had surgery: they stapled his lungs to his chest wall



He had back pain for 10 years, after 2nd Adjustment, he was pain free

Age 19+
College or Not?
Food they Eat
Immune System
Trauma
Stress

Tired all the Time?

- Drenamin 4-6/day
- Catalyn 4-6/day

Autism

- Neuroplex 2-4/day
- Super EFF 2-4/day
- Partotid 2-4/day
- Catalyn 2-4/day
- Zymex 2-4/day

Asthma

- Pneumotrophin 2-4/day
- Antronex 2-4/day
- Congaplex 2-4/day

Weekly Chiropractic care – for all chronic conditions

Scoliosis kids over age 12

- Ligaplex II 2-4/day
- Cataplex F 2-4/day
- Calcium Lactate 2-4/day
- Catalyn 2-4/day
- Organic Bound Minerals 2-4/day

Brain Trauma

- Neuroplex 2-4/day
 - Tuna Omega Oil 2-4/day
 - Cataplex ACP 2-4/day
 - Cataplex G 2-4/day
-

Osgood Schlatters

2-4 or each per day

- Organic Bound Minerals
- Calcium Lactate
- Tuna Omega Oil
- Catalyn

Crohn's Disease

2-4 of each per day

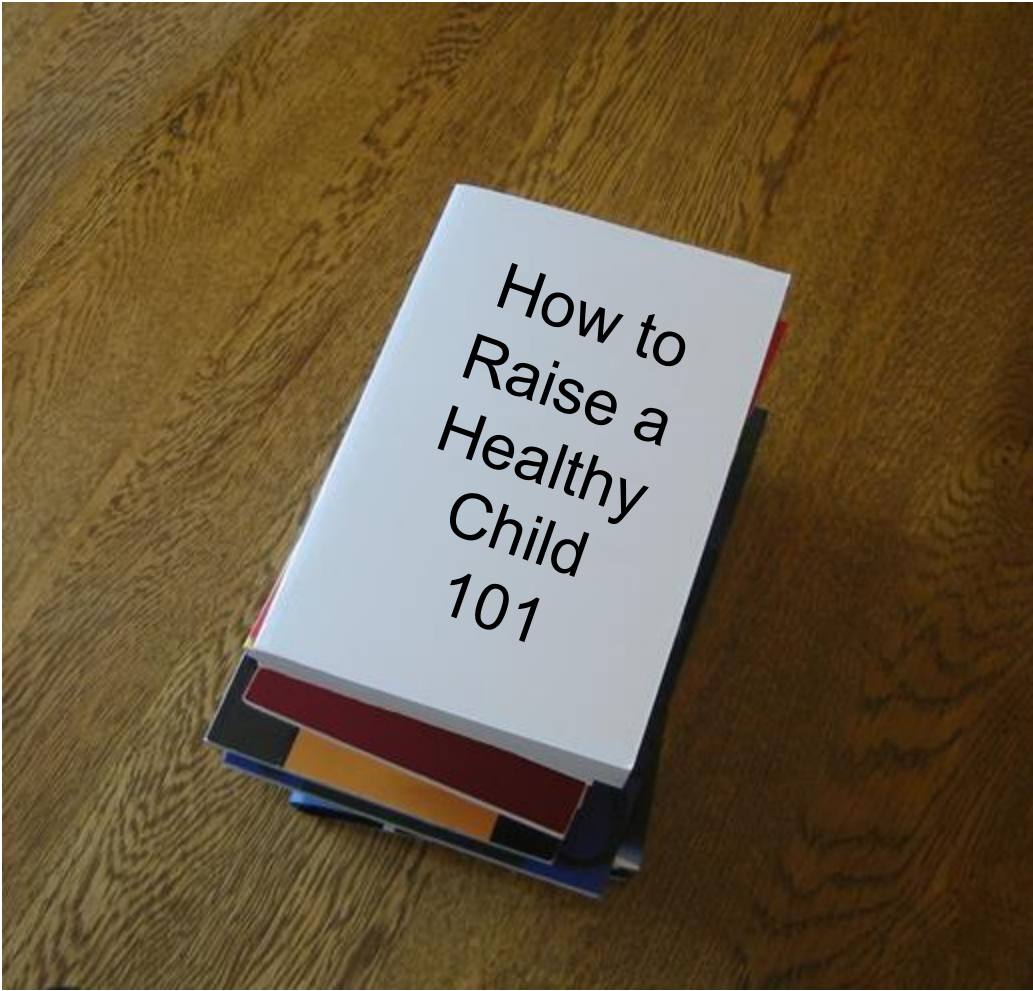
- Okra Pepsin
- Lact-Enz
- Zypan

Weekly Chiropractic care for all chronic conditions

Why train and help
health for future
generations...

Spinal Nerve Function		
VERTEBRAL LEVEL	AREA OR ORGAN	POSSIBLE SYMPTOMS
C1	MASTER CONTROL FOR ENTIRE NERVOUS SYSTEM BRAIN • PITUITARY • FACE EARS • EYES • NOSE • HEAD • PARATHYROID	HEADACHES • MIGRAINES EARACHES • COLDS/FLU SORE THROAT • SINUSITIS FATIGUE • VERTIGO DIZZINESS • ANXIETY
C2	DIAPHRAGM • NECK MUSCLES SCALP • SINUSES • TONGUE TEETH • JAW • THYROID	ALLERGIES • MEMORY LOSS VISUAL OR AUDITORY DISTURBANCES
C3	NECK MUSCLES • THYROID SINUSES • MOUTH	WEIGHT GAIN • COLD INSOMNIA • FATIGUE
C4	VOCAL CORDS • TONSILS ARMS • ELBOWS • WRISTS HANDS • FINGERS	COLDS/FLU • SINUSITIS HEADACHES • SORE THROAT VERTIGO • DIZZINESS
C5	PARATHYROID • ESOPHAGUS ACROSS SHOULDERS	ALLERGIES • REFLEX NUMBNESS • TINGLING
C6	HEART • LUNGS • THYMUS BRONCHIAL TUBES • TRACHEA CHEST • BREAST • PLEURA GALL BLADDER • ARMS ACROSS SHOULDERS	HEART CONDITIONS • ASTHMA BRONCHITIS • INDIGESTION DIFFICULTY SWALLOWING NAUSEA • HEADACHES
C7	UPPER BACK SHOULDER BLADES	FATIGUE • PLEURISY CHRONIC COUGHING SHORTNESS OF BREATH BLOATING AFTER EATING
T1	STOMACH • PANCREAS SPLEEN • LIVER DUODENUM	GASTRITIS • ULCERS INDIGESTION • CRAVE SWEETS HEADACHES • FATIGUE
T2	PERITONEUM • MIDDLE BACK	FEELING TOXIC • RASHES CATCHES COLDS EASILY DIABETES • HYPOGLYCEMIA
T3		
T4		
T5		
T6		
T7		
T8		
T9		
T10	ADRENALS SMALL INTESTINE KIDNEYS	STRESS • FATIGUE IRRITABLE BOWELS • HIVES ECZEMA • RASHES HIGH BLOOD PRESSURE
T11	MIDDLE LOWER BACK	GASSY • BLOATING WATER RETENTION
T12		
L1		
L2	LARGE INTESTINE SMALL INTESTINE ILEOCECAL VALVE APPENDIX • BLADDER OVARIES • UTERUS PROSTATE • TESTICLES REPRODUCTIVE ORGANS	CONSTIPATION • DIARRHEA GASSY • BLOATING IRRITABLE BOWEL BLADDER INFECTIONS
L3	RECTUM • URETHRA LOW BACK • PELVIS BUTTOCKS • GROIN THIGHS • KNEES ANKLES • FEET • TOES SCIATIC NERVE	PAINFUL URINATION BED WETTING HEMORRHOIDS MENSTRUAL PROBLEMS PREMENSTRUAL SYNDROME IRREGULAR PERIODS MENOPAUSE INFERTILITY LOW SEX DRIVE NUMBNESS OR TINGLING YEAST INFECTIONS SCIATIC PAIN SPRAINED ANKLES
L4		
L5		
	SACRUM	

Why go to a Chiropractor?

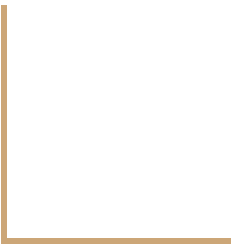
A stack of books is shown on a wooden surface. The top book has a white label with the text "How to Raise a Healthy Child 101" printed on it. The books below have colorful spines in shades of red, orange, and blue.

How to
Raise a
Healthy
Child
101

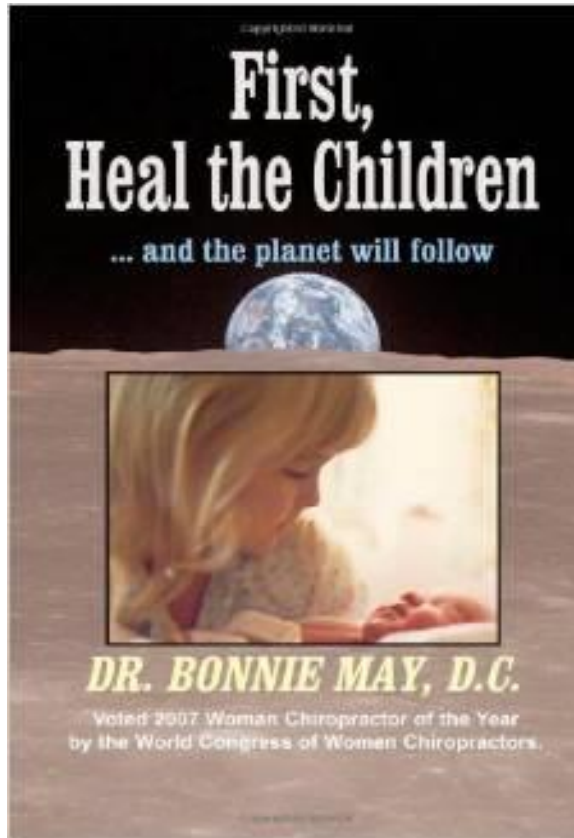


My Perspective from 40 years of Practice

Is each generation sicker than the one
before?







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