

TRAUMATIC BIRTH SYNDROME



We are going to talk about an issue that I, as a chiropractor, deal with every day. It affects millions of children, even though most parents are totally oblivious to it and it's most often purposefully hidden from parents.

I'm speaking of Traumatic Birth Syndrome (TBS), estimated to be the **sixth leading cause of infant death**. Mostly underreported and misdiagnosed, it's unlikely your medical doctor will have any clue if you mention the subject.

My concern when dealing with pregnancy is the status of the mother's spine and nervous system so that she can maintain a healthy pregnancy. It's important that all neural relays and connections are working optimally. This will ensure the mom has a good, uneventful delivery resulting in a healthy baby. The reason is that vertebral subluxations can often affect a mother's spine causing malfunction, changing the physiology of pregnancy, and affecting the baby in-utero.

How? An interference in the function of the mother's nervous system will affect the manner in which the baby rotates and turns in the womb, for example. It will also affect the baby's nutrition, development, and hence, its growth. It's for this reason that I feel very strongly all pregnant mothers should have routine check ups with a chiropractor to help them and their babies through pregnancy, delivery, and birth. It would be ideal for women to get checked before they got pregnant to achieve optimal benefits.

Traumatic Birth Syndrome (TBS) accounts for 85-95% of health problems chiropractors see, even in adults. Believe it or not, this is a huge problem. During the delivery process, there is tremendous stress placed on the head and neck of the baby and often this stress causes vertebral subluxations of the infant's very delicate spinal bones. This in turn, affects the spinal cord and parts of the nervous system of the baby and can produce a myriad of health problems. These can appear seemingly unrelated to the process of delivery, but can affect your child months or years later — even as an adult!



As I mentioned earlier, TBS is a problem largely underreported, and one that most people are unfamiliar with. Drs. G. Guttman and H. Biederman, two German physicians, have done extensive studies on this phenomenon and found that in cases of subluxations in the neck area, the baby can literally stop breathing while asleep. This has been termed Sudden Infant Death Syndrome (SIDS).

A subluxation in the upper part of the neck area, usually from the process of delivery, affects the spinal cord. Located in that particular area of the spinal cord, called the brain stem, are the centers for breathing. A subluxation there can affect these breathing centers causing a baby to literally stop breathing.

Dr. Guttman also found that 80% of all children tend to have a subluxation in the upper neck, which may make them susceptible to a number of diffuse symptoms that have baffled physicians for years. And he learned that this type of subluxation could also cause lower resistance to infection, frequent colds, ear problems, hyperactivity, asthma and bed-wetting, as well as what he termed "central motor impairment."

His recommendation to parents is that "a spinal check up after birth should be obligatory." This is so important that certain hospitals in Australia are now having chiropractors check infants immediately after delivery to ensure a healthy spine and nervous system free from subluxations.

Why is this so important? Your child's spine is her or his lifeline. Running through it is the spinal cord containing billions of nerves that send vital messages and information from the brain to every part of the body and back again. Yes, we all have our own internal Internet! As long as none of these messages are interrupted, your child should have optimal function and the best of health. If however, there is an interference with this "information highway," due to a subluxation, the messages sent by the brain will not reach the part of the body they are intended to reach. As a result, the body begins to work improperly. This is "malfunction." It can be a serious threat to health if not resolved promptly. This interference will also affect your baby's immune system, lower body resistance, and leave your child prey to various "bugs" and infections.

Back to Wellness Chiropractic

