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The Experts® on Chiropractic Care:



Dr. Rick Powers



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Dr. Sheldon Cherniak

Ask The
Experts 
on Chiropractic Care

Dr. Sheldon Cherniak

Kids and Chiropractic

My name is Dr. Sheldon Cherniak. I'm the newest addition to the chiropractic team at Powers & Jans Centre. I've been in private practice since 2002 in Calgary and have recently moved to the Medicine Hat area.

I want to talk to you regarding the importance of chiropractic care for your children. Many parents have experienced the benefits of adding chiropractic to their children's health regimen. Please let me explain why.

Stress overload is the major cause of the body losing its proper alignment and function. The 3 major stressors that affect adults also affect kids. This includes physical, mental/emotional and chemical stressors. When these stressors overwhelm your child, misalignment occurs in

their spine. When their spine loses proper alignment, it blocks nerve flow from the brain to the rest of the body. This loss of connection causes the body to deteriorate; muscles, joints, organs and glands lose proper function.

What are some of the stressors that can overwhelm your child's body? It's a long list: child birth, falls, sports injuries, all accidents, sitting in desks, texting, poor posture, school pressures, family problems, high-paced lifestyle, anxiety, worry, sugar, processed foods, medications, pesticides and herbicides, and many more.

Your child has continual exposure to many of the above stressors. Chiropractic is a way of reducing the effects of these stressors. By realigning the spine, the nerve system is better able to communicate with the rest of the body resulting in healing, increased performance, and minimizing future degenerative conditions. This is why chiropractic has helped many children with conditions such as: birth trauma, colic, asthma, ADD/ADHD, stomach aches, growing pains, colds/flu, allergies, ear infections, bed wetting, sports injuries, neck/back pain, and headaches. Chiropractic's objective is

not to treat the above conditions. Chiropractic simply improves function, facilitating healing.

I believe every child should be checked for spinal problems. It is extremely gentle and safe for them to receive chiropractic care. As a chiropractor, through taking care of thousands of kids, the health results have been more than obvious. I've also seen the results by watching both of my boys grow up under chiropractic care. I would like to help unlock this exceptional health of the children in your lives as well.



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