

KIRO HEROES



Episodes Spanning Over 3 Years Stopped After Chiropractic Adjustment

My daughter, Anastasia, began having these “episodes” she was 15 months old. I remember so vividly the first time because it was in the worst place of all....the bathtub! I was eight months pregnant and giving Anastasia and her two year old brother, Augustine, a bath. Augustine was playing a little rough in the tub and Anastasia ended up getting hurt and crying but after the intake of her first “I’m upset” breath she never exhaled. She just stopped breathing. She fell forward and started to slop around. By the time I pulled her out she was limp, face down in the water!!! I still hear my son’s voice asking “Mom, Anastasia drowned!” I honestly thought she was dead, holding her sideways I rubbed her back until she started sputtering and crying, but I had no idea it was a seizure. I thought she had gotten upset, slipped then inhaled water. Either way it took years off my life. She didn’t have another episode until 5 months later It was small and again not understanding the situation fully I brushed it off as a crying spell. The episodes were not consistent, I didn’t see any sort of pattern and Anastasia was known for being easily upset and having an over-reactive nature as she was very sensitive. At first these episodes lasted about one minute. She would get upset, come to me crying, I held her, she would close her eyes, and she just seemed to be resting. Then she would get up and trot away as if we had just hugged. Then one day I was holding her after she had waddled to me crying when she just closed her eyes and stopped breathing. There was no thrashing, it was very peaceful and Augustine, now three and half, said “Mom, when she cries, if you aren’t around, she sleeps on the floor but falls first. “WHAT????? I was overcome with terror. How long had she been passing out? That’s when it hit me like a brick, she wasn’t finding her way to me as an upset child who needed a hug, she was coming to pass out in my arms. I felt like a puddle of emotion. We were in the hospital that day. The doctor told me it was quite common for children who tantrum to hold their breath and pass out. I protested that she was not throwing a fit and I had never seen this before, but the doctor calmly replied that children can do it over any emotion, upset wasn’t the only one. I left reminding myself that he knew more than I did and that Anastasi indeed could be a drama queen. Soon after this the episodes became violent. She would not only pass out but started some light thrashing and would get nose bleeds. I brought her to another doctor in hopes of an answer but after examining her he also told me she was just throwing a temper tantrum. It knew that it was something more than this so I took her to a third doctor and was told, yet again, that it just a tantrum. My Mommy gut knew they were wrong, but with

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three doctors stacked against me, there was little more I could do than try to figure it out myself. By this time she was three years old and I began to carefully observe everything that took place. I noticed it only happened when she was upset. Should inhale, but then she would struggle to exhale, it just didn't happen. Her beautiful face would get as red as a cherry, her veins would bulge, and then she would pass out. The episodes were so inconsistent and only when she became upset which is why every doctor was telling me it was a temper tantrum. At this point I insisted that something was wrong and pushed for further investigation. but was told that the only thing they could do was testing that required open brain surgery. WHAT?!?!? I RAN! Why open up her brain if you don't even know what is wrong? I was losing hope that anyone could help us. Her episodes got worse, at first I wasn't able to identify it but then I remembered a person who had once had a seizure in my car and I realized, that's it, she is having seizures! By this time she would get upset, not exhale, turn red, fall over, begin thrashing around, pee her pants, and then very slowly come to. There was still no pattern to it, and it only seemed to happen when she was upset and crying. Sometimes it happened every week, then other times it was only once a month. I took her to a specialist who told me to take her back to the doctors. Then I took her to a homeopathic doctor who gave me some all natural calmatives which I ended up taking because they didn't my baby girl and I was falling apart. At this point I was considering brain surgery. I had no help and to hold your child as she struggled to breath, went stiff, peed her pants and thrashed about while you're continually being told she is merely having a temper tantrum had left me emotionally drained. I had no answers, something was wrong, my child was suffering, I was confused, and it was only getting worse. I remember the Fall day perfectly. It was beautiful out and we all went for a car ride and I started crying in the front seat. I was looking at my precious Anastasia's face in the rearview mirror and trying to convince myself that calling to begin the process of exploratory brain surgery would be the right thing. It had been over three years of gut wrenching back and forth with no answers. I said a prayer to her angel, I said "HELP!" I pleaded and just then we drove past a building. It was an ugly old building but it something forced my gaze to the sign. It was a chiropractor's office. One last try, I thought, and if this doesn't work, I'll make the call. I call immediately and the next day we were in. I was trying not to fall apart as I explained to the chiropractor what was going on. "Hmmm" was the response. While he checked over her spine he gravitated up toward her head. "Her plates are off" he said. Huh? I was confused. He explained that she was misaligned and this was causing pressure as these plates were colliding on each other. The chiropractor then gave her an adjustment and said "come back tomorrow." I left suppressing hope, could that be it??? After ALL these years, doctors, specialist, tears, trial and error, could that really be it? Could a 5 minute adjustment with a chiropractor be the answer we so desperately were searching for? Anastasia never had another episode. We returned periodically to ensure her spine remained aligned but since that first adjustment, she has never again had a seizure, episode, or "temper tantrum." The chiropractor believed that it likely occurred from a real good knock in the head, and I did remember an incident where her brother had thrown a glass bottle that hit her right in the head. We believe that the episodes were occurring due to swelling on these pinched nerves which would prohibit her from exhaling when her breathing became erratic due to being upset. Anastasia is now eight years old and just as dramatic and beautiful as ever. I am proud to say she is smart, ahead in school, and a funny lively little person. I'm so grateful for what chiropractic care has done for our family. Would I have this peace of mind after exploratory surgery? I'm glad I never had to find out. -Jacinta Saginario.

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