

KIRO HEROES



Juvenile Rheumatoid Arthritis Improved With Chiropractic Care

When I started going to a wellness chiropractor almost 10 years ago, it was because I had back problems for so many years before that and my sister recommended this chiropractor. It wasn't necessarily for the wellness aspect of it. But I got more than I bargained for. I started researching more about the philosophies, reading more books about using chiropractic care for wellness, both preventative and diagnostic, and it made sense. Then I became pregnant with our first child and continued my wellness chiropractic care. I knew since the first day I wanted to have children, that I wanted to go all natural and the whole chiropractic care fit perfectly with my desires. I learned more about the body and brain and the trauma childbirth puts on not only the mother's body, but that little tiny miracle! I never imagined I would bring a newborn infant to get adjusted by a chiropractor. But again, it made sense. She was 2 weeks old when she had her first adjustment! She is now almost 5 years old and still gets them weekly. But so much has happened from that first adjustment. At first it was preventative care. To keep her spine aligned, keep the central nervous system working properly. But at 16 months old our world changed. Our sweet Sofia was diagnosed with Juvenile Rheumatoid Arthritis. It was the hardest thing we ever had to deal with. So many decisions we had to make. I had given birth all natural, no drugs, no assistance. I had nursed for a full year. I had grown and made my own organic baby food. She had never been on antibiotics, had only taken Advil a handful of times. I did everything right, yet now we had to make this decision. To pump all these chemicals into her tiny body, or watch her continue to suffer with a chance of this affecting her growth plates and her entire life. We put faith into her medical doctor, not agreeing 100% with all their theories. So we continued the chiropractor even though SHE did not agree with OUR choices. That made it very hard to continue going there. So we stopped. Then we were recommended to Dr. D at AAC wellness. At this point, I was pregnant with my 2nd daughter, was working full time, and taking care of Sofia who had been on a number of different medicines. I honestly started looking for a wellness chiropractor for my back issues during pregnancy, not for Sofia. I thought I had learned a lot about chiropractic care, a wellness lifestyle, whole foods, feeding our bodies etc, etc. But meeting Dr. D for the first time, I felt at home. I felt comfortable, relaxed, not judged, and more importantly listened to. I immediately talked to him about Sofia and he said he needed to meet her right away. Again, my intentions were not for pediatric chiropractic care, and yet after meeting Dr. D, I couldn't believe I hadn't learned more about it. We started her probiotics, fish oil, and multivitamins. We got her adjusted 2-3 times a week at first. I wanted her off of these medications, these poisons so badly, but was scared of the outcomes if we took her off. So Dr. D, being as amazing as he is, didn't judge us. He didn't pressure us. He educated us. He allowed US to make the decisions

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without making us feel guilty of our choices, and then supported us. Whenever Sofia was going in for treatment, we would get her adjusted before and after, If she was getting sick we would visit Dr. D and get an adjustment. I trusted him with her health more than the medical doctors. Don't get me wrong, we still go to a Pediatrician and get all 3 girls checked out if they are sick. But most of the time, a visit to Dr. D is all that is needed to "power them up" and get their immune system to naturally do its job. Our bodies are an amazing wonder. We did not create them. We just need to let them do their jobs. Sofia is still on medication today. Not nearly as many as she was on before Dr.D. We get her adjusted regularly to keep her immune system strong, since both medicines lowers her immune system. She is full of energy and life and has more energy than you would think a 5 year old with JRA should have. She is active, in gymnastics, dance and soon soccer, and has never had to be on antibiotics. Although she's had a few viral infections, her immune system (with the help of Dr. D) fought each off on her own. It's amazing what our bodies can do when they are functioning correctly. All 3 of my girls visit Dr. D at AAC Wellness weekly to maintain their health, and when they are starting to come down with something, we go in for an extra visit. He is truly an amazing healer. He helps your body do its job to heal itself. Take it from me, and Sofia. We are fighting this JRA head on and would not have come this far if it weren't for her chiropractic care. - Marisa Caprara

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