



G: It is very individual and I think that's when you really need to talk to the chiropractor. And we all have or different techniques, and we all have our different specialties and how we like to do it but I just think you just need to approach the chiropractor and just say well, I really don't want this or I want that and they can always modify their technique. I can speak for me personally, it's really just lying someone down or sitting up depending on how they're comfortable, checking their skull and gently holding it and just slightly moving it, they're just movements and sometimes pressure. The little cranials are amazing and you're pressing it, especially the baby, it's so light, it's what we call eyeball pressure and it's like as much as we're touching the eyeball and it's so light and it's just literally like little jelly things they're very easy to move. It's just literally light pressure on various parts of the spine to just get it working there or moving there and release them and then you'll notice there's a little bit of a flow and if they've got particular symptoms and problems that may be a way that they can clear up. It's definitely not a cure for everything but it gets your body functioning better where if you've got other problems, that would be easy to do deal with if not clear up completely which is a lot easier to handle. From cognitive, how you think, your clarity to how you digest, all of those things can improve if your nervous system's functioning properly. I mean it's your computer, it's what controls everything in your body, it needs to function.

A: So, those things that you just mentioned, they sound like some of the symptoms we need to watch out for that would give us a clue to come and see a chiropractor, bring a chiropractor into our practitioner list, is that right?

G: Definitely. And even if you don't really have those symptoms, just looking at babies, sometimes when you're feeding a baby, their mouth flies one side when you're breastfeeding or bottle feeding and always wanna turn to one side. When they're crawling they might have this spunky crawl where it doesn't look symmetrical. Even just missing the whole crawling stage is really vital to crawl and would just developmental delays like when they start sitting, crawling or walking, they're all important aspects to get checked and you don't even have to have any knowledge, just looking at your child once they start standing doesn't look symmetrical, look at them from behind, one shoulder higher than the other, pelvis drop, they're really clumsy, always bumping into things. There's lots of physical signs as well as internal signs they maybe not functioning properly. I mean from just posture from the side, well the key things is just look at your child from the side when they're standing and see if the middle of their ear is in line with their shoulder and quite often that'd be quite forward and already at a young age developing signs of poor posture. I would argue that it's better to get that corrected while they're young and flexible rather than waiting til they're 25,30,35 and they don't try to correct it coz quite often you cant correct all or the damage has already been done.

A: Can I ask, this is for the parents of teenagers, this is something that I had to do when I was a teenager, it was like growing pains and I had to get my knees strapped twice and this wasn't with a chiropractor, it was with a physiotherapist I think. Is that something we have to do, does chiropractors have a different solution to that?

G: This is my own personal view on growing pains and I think they may be common, a lot of people have them. I wouldn't necessarily think they're normal and I think it's often a sign of the imbalance in the body. All I can speak is when my clients walk in and they bring in their kids and they've got growing pains, look at their body there's some obvious misalignment problems. Very rarely would I see a kid that's quite symmetrical and balanced that has growing pains. There's always some deviation that I think contributes to that. I don't necessarily strap and stretch, I try to correct it myself manually. All of that is, you know stretch is moving things, getting them into a better position and then they've got an even distribution of weight through their body and less likely to have it and you get some quite good results with them. Them just being body-aware and not to hang on to vices and hunched over a lot, sleeping with pillows that they probably shouldn't be sleeping on, back packs, all these stuff. When you look at all of that and the growing pains suddenly resolve.

A: So a lack of alignment, that can lead to obviously a lot of manifestations. One of them as you suggested being food intolerances, allergies and things like that. Can you just talk to us first about the





tolerate dairy a bit better now, and they can tolerate some of the other things better whereas before they're so inflammatory and so tired and not functioning, they need to eliminate everything so I find that it helps parents as well when their diets aren't so restrictive afterwards.

A: We talked about screens and pillows but something that doesn't get talked about is the effect of prolonged labor in babies, I had a 2-day shocker. I had a birth plan when I was fixing through some things the other day and I just laughed at this gorgeous plan that I had. I did the bath and I did the diffuser and I had all that happening but it wasn't working so in through the delivery suite and then eventually in through emergency C section, then there's forcep babies and there's a whole bunch of other situations. It stands to reason that a chiropractor is probably one of the first people we should see after an event like that.

G: Definitely, if not, if you know someone you already have a relationship within a few hours of birth especially if it's been traumatic or it's been long especially if its been a cesarian as well because the cranium actually needs to go through the vagina to activate a lot of neurological processes. I understand sometimes people don't want their babies touched with shit day 1 but within a couple of weeks I would definitely recommend, especially the first 2 weeks getting your baby's skull checked. It doesn't mean anything, this really needs to happen as much just need a slight pressure or something there, we just checked and they're perfectly fine, and then there's nothing that needs to be done. But definitely birth can be quite traumatic especially if it's long, especially if instrumentation was used. If you are really stressed there's lots of factors that can affect them. And generally speaking you'll notice that with that baby, they will be quite unsettled, they may not feed properly, they don't sleep, there's also those things and slight tweaks to the nervous system and al of a sudden they settle down and function a little bit better.

A: Yeah, that was definitely the case with us. And as you say, it wasn't cracks or anything scary, it was just light little presses and cranial and I really remember thinking oh my God he just slept for an hour in the day and that was like unheard of for the first couple of weeks.

G: yeah exactly. And most babies will really respond quite well and get really tight, not tight in a bad way but just relaxed and chilled out and go to sleep after their adjustments. Sometimes it takes some time but they do generally know what's good for them, they definitely have an innate intelligence so when you switch that on they do tend to be a lot more settled and a lot more manageable. It's hard work anyway well let alone with all these other issues.

A: You mentioned stress, tell us because obviously stress inhibits the digestive system and our kids today seem to be being brought into a world that there is just so much going on and eating on the run and all that kind of stuff. Give us a load down on the impact of stress.

G: this is my 19th year of doing this, I've been doing this for a while and I've been promising kids for the last 15 years so even I have noticed in practice that what's going on in kids is very different to what it was like 20 years ago. We didn't have devices back then and I really think that there's a lot to be said for this wonderful technology but you really gotta watch their posture so that physically stresses their posture and it's just over-scheduled, as much as I have my son in soccer, we're doing swimming but there's a limit, it's just too much. There's a lot of physical stress on the body, too many activities, I mean there are kids that are scheduled with activities every single day after school, especially if there is, you don't know this as bad pressure but you really want your kids to do well at school, you got that emotional stress as well. Kids are very stressed, all these stuff that we didn't have a few years ago and kids weren't getting stressed out in year 3. And as much as I try to calm my son down when he was in 3, there was this anxiety about doing a Math plan. Kids have tutors now and there's so much pressure that it really does affect and just on a basic level even as adults, when you're feeling stressed, you're gong to pull over and put yourself into a bad posture. You're going to eat bad food, you're not gonna want to nourish yourself. Especially from a nourishment point of view, we always want what's quick, we're not nourishing our children so it affects how the muscles are, it affects your nervous system, it affects how you function. You know the type of fluid in the joints, there is a profound impact of diet and stress on how our body functions or where it sits and you really need to look at that and really appreciate how much which is what this course is doing, and look at how





they'll probably grow out of it when they're older. Just get some information and if you don't wanna do anything about it at least be informed about it. And I think that for me is the key. With parents I always encourage them just get that first check and then you can use your gut and just decide what to do with it. Just get the information.

A: And to keep that communication channel open as a parent and to have them know that pooping everyday is not normal. Like back when I was a teenager, and that was years before my gluten allergy was discovered, I'm not celiac but I'm definitely gluten allergic and I just kept it to myself coz I was kind of embarrassed that I really didn't want to talk to anyone about it and if it was an open communication situation then maybe I would have brought it up with my doctor or my mom but if you're not instigating open communication as a parent, no offense to my mom it's just the way she was brought up and therefore these things get passed down but we can always start back can't we and I tell my son all sorts of things and how the body functions and how it should work and how you can tell if it's not working so well and when to tell me therefore like if your poo's been running a couple of days in a row.

Let's talk about it, let's think about what you're eating .

G: Its so important, its such vital information about their health by having a quick look and if it is out of normal they generally tell me they got a wet poo, it's a different color and that gives you so much information about what's going on but definitely pooping, we all need to poo at least once a day probably 2 and there are so many adults especially women that are not doing that which is quite scary and that's something you talk about without your friends over. I think that hormones, periods, so many people just think it's common to just have pain and not have them regularly and well I have kids so that must be okay. There's lots of aspects about health I think that we just neglect. So I just think that getting the information and you can make your own informed choice. Same with food, I always want parents to be informed about what they're feeding their kids, read the label and as long as you know exactly what's in there and you still choose to give t to them at least you've made that informed decision but being ignorant and thinking you're feeding your kids something healthy and having no idea what's actually in the product is for me just so sad. I just think that we just need that information to make the right decisions for our family . It doesn't even have to be chiropractic, but just having some body therapy where you look at their physical body and making sure it's functioning, whether it be chiro, osteo or physio, whatever you're choosing there's lots of different therapies but at least assessing their posture and their spine and just having the look whichever way looks right for you. But it's a hard thing to do when you got this happening but when you're a little bit corrective, it's actually much easier to sit up straight.

