

The mission of Back to Wellness is to provide the members of our community with high quality, affordable health care in a comfortable and caring environment. Our goal is to not only alleviate pain, but also more importantly, inspire and educate our patients to become active participants in their own well-being.

Every person carries the inborn potential to be truly healthy. Our mission and purpose is to help you activate the innate (God given) healing response, the natural ability your body has to heal itself so that you, too, are able to carry out your life's mission and purpose in abundance.

We feel blessed and called to serve others.

We desire to correct the cause, not its effect, to free rather than control, to assist rather than intrude.

Our approach is a holistic one, whereby we treat the entire person, not just their symptoms. To this end, we will empower you with the knowledge and inspiration needed to choose optimal health solutions for yourself and your family.

Our purpose is to perform our work using the highest ethics, integrity and professional standards, never ceasing to improve our services at every level.

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ADD / ADHD and Chiropractic



Finding Focus with Chiropractic



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ADD / ADHD and Chiropractic

What are the classic symptoms of a ADD/ADHD?

The 3 primary characteristics of a ADD / ADHD are inattentive hyperactivity and impulsivity. These characteristics can show up in some of the following ways:

- Difficulty concentrating or holding attention
- Easily distracted/trouble maintaining focus
- Impulsive behavior /Inability to control emotions
- Constant squirming or fidgeting
- May have a short temper
- Trouble staying organized or planning ahead

What is the cause of ADD/ADHD?

The vast majority of a ADD/ADHD cases should not be considered disorders but rather states of imbalance in our nervous system.

Our autonomic nervous system (ANS) is divided into two divisions: the sympathetic nervous system, responsible for our fight or flight response and the parasympathetic nervous system responsible for relaxation and digestion.

Irritation to the nervous system from physical, chemical and emotional stressors can result in "sympathetic dominance" - a state of being where your child is constantly in the fight or flight, leading to hyperactivity, inattention, and impulsivity.

Children have tremendous neuroplasticity; the earlier nervous system balance is achieved the greater their ability to rewire their interaction with their environment.

ACTION STEPS FOR PARENTS

There are many natural choices you can make as a parent to help better regulate your child's nervous system.

By removing lifestyle and environmental stressors, as well as addressing the physical and neurological components with Chiropractic Care, parents often noticed significant improvements in ADD/ADHD symptoms.

Here are some action steps you can take today:

- Have your child evaluated by Dr. Trevor Chalfant
- Rule out possible food allergies by eliminating dairy gluten corn and soy from your child's diet, more evaluation may be required to help find other intolerances.
- Focus on organic and natural food choices, free of preservatives, dyes, chemical pesticides, artificial sweeteners, and additives.
- Reduce sugars as much as possible from your child's diet, as sugar feeds the sympathetic nervous system.
- Use only natural cleaning products and natural toiletries in your home.
 - Have your water tested and filter out any contaminants found.
- Ask Dr. Trevor Chalfant to recommend proper supplementation, may include fish oil, vitamin D, probiotics, multi-vitamins, & antioxidants.
- Encourage as much exercise & outdoor time as possible.
- Limit time spent on electronic devices. Instead, focus on balancing activities, which requires utilization of both sides of the brain.

Don't give up! Make lifestyle changes and stick to them; changes will start happening but they may take some time.

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TRADITIONAL MEDICAL MANAGEMENT OF ADD/ADHD

- The most common traditional medical approach is the administration of nervous system stimulant drugs.
- While masking symptoms may provide some immediate satisfaction, many side effects can occur, nervousness, anxiety, personality alterations, vision problems, psychosis, suicidal thoughts, sleep problems, digestive issues, inhibited growth and many others.
- The effects of psychostimulant medications are also not sustainable in the long term, in stronger doses being prescribed over time which can lead to potentially more severe unwanted side effects.

THE CHIROPRACTIC APPROACH TO ADD/ADHD

- Dr. Trevor Chalfant understands that the spine is a gateway which allows for proper communication between brain and body.
 - Physical stressors such as birth trauma or intrauterine constraint, chemical stressors such as medication use or poor diet and emotional stressors such as anxiety or sleep troubles can all lead to spinal subluxations, which are dysfunctions in movement of the vertebra in your child's spine causing disruption of the proper nervous system communication.
- This dysfunction compromises the normal functioning of nerves and can negatively influence your overall health and well-being; in the case of ADD & ADHD contributing to a state of sympathetic dominance.
- By correcting subluxation Dr. Trevor Chalfant will help restore balance to the nervous system and begin to activate the parasympathetic response in favor of sympathetic dominance.
- Dr. Trevor Chalfant can also be a great resource for other lifestyle modifications to support nervous system balance..