

INFERTILITY



Over the past several months, we have covered a variety of subjects and conditions as it relates to children's health. We have reviewed the research that supports chiropractic in helping with pregnancy and childbirth, as well as childhood conditions such as colic, ear infections, asthma, ADHD, bed wetting and growing pains. We have also covered the value of regular chiropractic care for children, and even reviewed the evidence showing that chiropractic improves sports performance. (If any of these subjects are of interest to you and you have missed that particular article, please call our office and we will send you a copy).

But what about those couples that have not been able to conceive? An estimated 7 million women are affected by infertility across North America. A number of our patients that were struggling with that

problem for years actually became pregnant after starting chiropractic care. Stories like that abound within the chiropractic profession but researcher Madeline Behrendt wanted to scientifically establish the facts:

"This is occurring in practices all over the country, but definitive research includes very specific guidelines, and I wanted to operate and present under those guidelines," she says. "The purpose of the study was to start establishing solid evidence for what people in practices have been reporting for a very long time. It lets couples who have been infertile or couples who are planning on having a family, it offers them hope," explains Dr. Madeline Behrendt.

Dr. Behrendt led a study looking at 15 women who struggled with infertility, some for more than a decade. Then, for various reasons, each went to the chiropractor. 14 out of 15 became pregnant and are now mothers! Amazing!

"The chiropractor identifies spinal distortions, which are called subluxations, and once they were detected and corrected, the fertility function improved," Dr. Behrendt explains.

These subluxations can interfere with the delicate nerves going to the reproductive organs and controlling hormones thus preventing them from functioning normally. An adjustment from a skilled chiropractor restores normal nerve flow and re-establishes normal function, thus allowing natural fertilization of the egg. It's as simple as that. For references, more details and more research check <http://www.icpa4kids.org/research/chiropractic/infertility.htm>

If you or someone you know has infertility problems give us a call, maybe we can help!

Please watch for our column in two weeks, we will talk about **headaches** - another cause of infertility, but that's a different story!

Dr. Liana Harper and Dr. Pierre Gaulin are in private practice in Coaldale, and are the proud parents of two healthy children. They can be reached at

Harper Chiropractic Health Centre at 345-2266

or their website at

www.harperchiro.ca

Disclaimer: The above represents the opinion of the authors, based on extensive research and years of clinical practice. It is not intended for self-diagnosis and treatment. Please consult a health care professional as your specific condition might require different recommendations.