

Hypothesis

“The Connection” Subluxation and Autism

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Abstract

Today, autism rates are higher than ever before. Children all across the United States are suffering with the symptoms of autism, ADD, and many other “spectrum disorders.” While parents are doing everything they can to get their children the help that they need, very few are aware of the need for good spinal health.

Spinal health is critical. The nerve center that controls the entire body is located in the spine. It is where interaction between the brain and all the organs takes place. If there is interference, referred to as subluxation, due to birth trauma, or some other injury, the brain cannot communicate with the body correctly. When a baby has undetected nerve interference, followed by toxins received through vaccines and the environment, the brain simply cannot communicate with the organs in the body to tell them what to do with those toxins. The buildup of these toxins exemplifies the varying symptoms of Autistic Spectrum Disorders, depending on the degree to which a child’s nervous system is functioning.

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The question of what causes autism has existed since it was labeled as “Early infantile autism” in 1943. Recently the link between thimerosal, a mercury based preservative, and autism spectrum disorders, has been at the center of a heated controversy.

If accepting that mercury plays an important role in triggering autism, why do some children react to the mercury in a very severe way and some to a much lesser degree, while some have what appears to be no reaction to the immunizations whatsoever? Is it because some of these children cannot eliminate these toxins on their own? Could it be that something happens; a trauma that goes undetected in these children until the time they receive the mercury “tipping point” through immunizations, thus triggering the onset of autism or other spectrum disorders?

This trauma that is occurring in children begins to choke off the life that all living organisms need in order to survive. Life is that mysterious thing that animates cells, digests food, circulates blood, removes toxins, and heals the body. This life, or creative power, is contained within the brain and transmitted to all organs, tissues, and cells within the body through an intricate network that makes up the central nervous system. The brain, spinal cord, and nerves, are that intricate network that makes up the central nervous system.

From the moment of birth, life flows down the spine and nervous system, to control all functions of the body. Therefore, the spinal cord is the lifeline to control the entire body from the inside. If the spinal cord were cut, life would end completely, or at least in part. If there is interference in the spinal cord, the life that flows from that spine would be interrupted. This means that bodily functions would be affected, such as: digestion, breathing, reproduction, immunity, moving, circulating, and much more.

This interference can occur when vertebrae are misplaced in the spine creating the damaging affects of the vertebral subluxation. *Vertebral subluxation* is any minor or major misalignment of an individual spinal vertebra or several vertebrae that puts pressure on the nervous system. When a subluxation interrupts the brain-body connection, it puts the body into a state of imbalance. As a result, chaos occurs within the internal environment of the body. It can no longer keep itself in a state of harmony, thus resulting in a state of dis-ease. This is a basic principle that has been recognized by chiropractors for 110 years and has been proven through medical research.

Henry Winsor, a medical doctor in Haverford, Pennsylvania, decided to investigate the vertebral subluxation. He planned to dissect human and animal cadavers to see if there was a relationship between any diseased internal organ discovered on autopsy and the vertebrae associated with the nerves that went to the organ. His discoveries were astonishing: nearly 100% correlation between a vertebral subluxation of the spine and diseases of the internal organs. He reported these findings in 1921 in *The Medical Times*, yet the findings have been overlooked by medicine for years [1].

If the bones of the spine, the vertebrae, are misaligned it will irritate nerve roots, which branch off from the spinal cord between each of these vertebrae. This irritation may or may not cause pain, but will cause dysfunction in muscle, lymphatic and organ tissue, imbalance in normal body processes, and even decrease the body’s own defense mechanism—the immune system.

Vertebral subluxation can be caused by a variety of very common sources such as slips and falls, car accidents, poor posture, athletic injuries, and childhood illnesses. The most common cause in children is trauma at birth.

While birth is a natural process that has been around for all of humanity, it has gotten highly technical and more dangerous for the baby due to medical intervention. In fact, the U.S. has become the worst place in the world to be pregnant and have a baby.

In a comparison of thirteen countries, the United States ranked on average twelfth in sixteen available health indicators. Several rankings were at the bottom, including thirteenth for low birth-weight percentages and neonatal mortality and infant mortality overall. (Starfield) As a result, there is an increase of the occurrence of traumatic birth syndrome [2].

Traumatic birth syndrome, as described by Ben Lerner, D.C., is the presence of trauma-induced skull and spinal damage and spinal misalignment as a result of the birth process.

“As tough as birth is, going through it with the women lying on her back, working against gravity, on medication to increase the intensity of labor, numb to the delivery muscles, and often accompanied by surgical intervention, makes birth exponentially more traumatic. When you think about this, it is no surprise that vertebral subluxation in infants is a common reality.”

The most frequent cause of subluxation in infants is the pulling, twisting, and compression on the infant’s spine during birth. Many physicians let subluxations go unnoticed until health issues arise at a later time. These issues include asthma, allergies, colic, sleeping disorders, symptoms of a lowered immunity, poor development, and more [3].

Subluxation is widespread in children and can go undetected for years. A child should have his/her spine checked within the first couple days after birth. Birth is the first major trauma a human receives. A chiropractic adjustment early in life can correct any misalignments caused by the birthing process, thus preventing many childhood sicknesses from forming in the future.

Maxine McMullen, D.C. states, “Subluxation should be analyzed and corrected as soon as possible after birth to prevent these associated conditions [4].”

Abraham Towbin, M.D., who is with the department of neuropathology at Harvard Medical School, wrote a paper entitled *Latent Spinal Cord and Brain Stem Injury in Newborn Infants*. It stated that “forceful longitudinal traction during delivery when combined with flexion and torsion of the vertebral axis is thought to be the most important cause of neonatal spinal injury [5].”

Gottfried Gutmann, D.C. from Germany conducted one of the most interesting studies. He found that the nerve impairment of the first cervical vertebra could cause central motor impairment and lower resistance to infections, especially those of the ear, nose and throat. Gutmann states that he has been “constantly amazed how, even with the lightest adjustment with the index finger, the clinical picture normalizes, sometimes gradually, but often immediately [6].”

Understanding the fact that many children have subluxation in the spine due to the birthing process, it is then easy to understand that these children will begin to have an assortment of problems beginning early in life. These babies appear sometimes to have colic and are fussy and hard to soothe. Many of them develop ear and sinus infections that are treated repeatedly with antibiotics, and their immune systems become more and more depressed.

If these children were not given vaccines containing Thimerosal and, therefore, did not develop a mercury-induced autism spectrum disorder, would they still have problems later in life from the subluxations? Absolutely! Subluxation can be linked to many other diseases and malfunctions within the body.

It is safe to conclude that an infant who suffered a subluxation during the birth process would not have proper body function. Their immune system would be vulnerable during the immunization process. The mercury found in those immunizations, along with live viruses found in some immunizations, may not be eliminated the way they should. This would mean that the child would potentially become highly toxic through repeated exposures to vaccines. And that would eventually lead to a diagnosis of an autism spectrum disorder.

In all of the children with autism who have come into our office, a few things have been constant. They all have significant damage to their cervical spine from subluxation. While all children are different and all respond differently to care, the primary goal is to remove the subluxations from the spine. During treatment, the child is introduced to Chlorella, a natural mercury magnet, to begin to naturally remove the heavy metals from the body. We then do intestinal cleanses that help with the continual flushing of the intestine. Once the intestinal cleanse is complete, a pro-biotic is used to reestablish good bacteria in the gut. Also, a pure form of fish oil is used to help reduce inflammation within the body’s tissues.

Results vary with each child. In one case, a ten-year-old girl who was diagnosed as autistic at age four came in with main complaints of bowel troubles and sleep issues. She was said to have only one bowel movement approximately once every twenty to thirty days. Nothing the parents had tried up to that point had given any relief at all. After having only a few adjustments, she began having bowel movements at a rate of every other day to every two days. After two weeks of treatment she began to have an increase in appetite and energy. Sleep issues resolved completely, and she was taken off of the prescription sleep medication that she had been on for years. She is now completely free from pharmaceuticals. Her articulation improved and she began to communicate, as never before. Eye contact was much improved and self-confidence appeared to be better. Her mom reports that she appears to be happier and that sensory issues are almost completely resolved as well. She has continued to make steady progress and is still undergoing treatment.

Good spinal health is the first place to start to achieve true health with everyone. This is especially true for children with autism; the spine is the first place to start the recovery process. These children all need to have full evaluations to see if there is nerve interference. If the child is suffering from subluxation and it is not treated, that child will continue to have an assortment of health problems throughout his/her life. Eliminating the heavy metals from these toxic children’s bodies can be achieved only when there is good communication between the brain and the rest of the body. Fortunately, it is not hard to find out if there are subluxations interfering with the bodies natural abilities to maintain a healthy life, a child can be evaluated rather quickly.

With commitment to correcting the subluxation, through chiropractic, the symptoms of autism can many times be reduced and eliminated, and health can be restored to these children. Children who were given a diagnosis of autism can finally begin to live happy, healthy, normal lives. This restores the family as well as the child.

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