

# Discover Chiropractic

*"Health by Choice, Not by Chance"*

## Chiropractic and Autism: Studies Give Hope

Two separate papers published in two scientific journals hold hope for children with Autism through chiropractic care. One paper published in the March 2006 issue of *Clinical Chiropractic* reviews past studies on chiropractic and Autism. This paper recounts in clinical studies where children with Autism are helped with chiropractic care. Most of the studies reviewed speak of problems in the upper cervical area of the spine.

In addition to the *Clinical Chiropractic* paper, a study published in the March 9, 2006 *Journal of Vertebral Subluxation (JVSR)* compares two groups of children with Autism and their response under chiropractic care. In this study 14 children diagnosed with Autism were studied undergoing chiropractic care. Seven of these children received one form of chiropractic adjustments focusing on the entire spine while the other seven received a form of chiropractic adjustment focusing on the upper cervical spine.

The children in this study were diagnosed with Autism at the Child Evaluation Center at the University of Louisville Medical School. The evaluation of any progress made was done by using the Autism Treatment Evaluation Checklist (ATEC) created by the researchers at the Autism Research Institute of San Diego, California. According to the *JVSR* study, the ATEC is a one-page questionnaire designed to be completed by parents, teachers, or



caretakers. It consists of 4 subsets: I. Speech/Language Communication (14 items); II. Sociability (20 items); III. Sensory/Cognitive Awareness (18 items); and IV. Health/Physical/Behavior (25 items).

Each of the children in this study were scored according to the ATEC evaluation. Then, twice each week for the following 3 months, the children were checked and adjusted as indicated. Follow up ATEC evaluations were performed each month to monitor the progress.

The results showed that improvement of ATEC scores occurred in six of the seven children under upper cervical adjustment and in five of the seven children under full spine adjustment. The children in the upper cervical group did show greater score improvements overall. In this group, two of the children improved

so much that they no longer met the criteria to be classified as Autistic. Overall, the study noted that the most common clinical aspects of improvement were in communication, verbal skills, eye contact, mood, and physical sport skills.

Many may find this improvement to be remarkable, and perhaps even miraculous. However, the results are not surprising to *us* at all. Autistic children (just like all children) are completely dependent upon their Nervous System to sense, and adapt to their changing environment. In order to best adapt and thrive, it is critical that the Nervous System is able to function at 100%, and this can only happen when subluxation is detected, and *corrected*. When subluxation is corrected, the body is able to do amazing things.

If you know of anyone who has been labeled as being on the "Autistic Spectrum", please refer them to our office. There is always hope!

In health,

Dr. Jeff and Dr. Katie Algajer and staff

### Upcoming Events

Wednesday May 19: Innate Fitness and Spinal Hygiene Talk, 7:15pm

Sunday May 23: Dinner with the Docs Biaggi's in Eden Prairie, 6pm

This is a great opportunity to share our message of true, drug-free HEALTH care. Contact Sarah at (952) 210-1357 to RSVP

Read and share our newsletters by visiting <http://dcnewsletters.wordpress.com>

*Make the most of every opportunity. Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.*  
Colossians 4:5-6

**Healthy Humor:** The teacher of the earth science class was lecturing on map reading. After explaining about latitude, longitude, degrees and minutes the teacher asked, "Suppose I asked you to meet me for lunch at 23 degrees, 4 minutes north latitude and 45 degrees, 15 minutes east longitude...?" After a confused silence, a voice volunteered, "I guess you'd be eating alone."