

# P E D I A T R I C

## RAISING HEALTHY KIDS

*Options for  
Natural Care*



## FIRSTHEALTH OF ANDOVER PC

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*To guide, teach, and  
assist your body's  
ability to heal itself*

### THE CONDITION: *ATTENTION-DEFICIT/ HYPERACTIVITY DISORDER (ADHD)*

ADHD is one of the most common neurobehavioral disorders of childhood and can persist through adolescence and into adulthood. Currently the causes are unknown. The American Psychiatric Association's Diagnostic and Statistical Manual-IV, Text Revision (DSM-IV-TR) estimates that 3%-7% of children suffer from ADHD. According to CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder), the best outcomes are achieved when multiple interventions work together as part of a comprehensive treatment plan.

### AN OPTION FOR CARE: *CRANIOSACRAL THERAPY*

CranioSacral Therapy (CST) is a fully clothed light touch modality that is perfect for children. This gentle technique removes restrictions in the central nervous system to allow for smooth functioning. Sessions are combinations of CST and play.



### THE CONDITIONS:

#### *ALLERGIES, ECZEMA, AND ASTHMA*

According to the Asthma and Allergy Foundation of America (AAFA), children in the United States miss about two million school days each year because of allergy symptoms. Allergy is the 5<sup>th</sup> leading chronic disease in the U.S. among all ages, and the 3<sup>rd</sup> most common chronic disease among children under 18 years old. Children diagnosed with eczema often have asthma and other allergies, but it is the skin condition that can be most disruptive in young children. Anything from soap to the family pet can cause the skin to become extremely itchy and inflamed, causing redness, swelling, cracking, weeping, crusting, and scaling.

### OPTIONS FOR CARE: *NATUROPATHIC MEDICINE*

Allergies, eczema, and asthma are a triad of illnesses that are often seen together in children. If your child experiences allergies, they may be more prone to asthma and other skin reactions such as eczema. . The goals of a naturopathic doctor are to utilize therapies that support and promote the body's natural healing process, leading to the highest state of wellness. Naturopathic medicine, including botanicals, vitamins, and nutritional supplements offer a safe treatment plan to clear up these conditions. Since food sensitivities are often part of the cause of these illnesses, they are identified and avoided. Children return to a state where they can breathe easily and their skin presents with a healthy glow.

### HOMEOPATHY:

#### *WHEN LESS IS MORE ... HEALING METHODS FOR THE WHOLE FAMILY*

The word homeopathy comes from the Greek words homos (similar) and pathos (suffering). These medicines or remedies, as they are often referred to, belong to a pharmaceutical system that gives extremely small doses of substances mainly from the plant, mineral, and animal kingdoms. Homeopathic medicines help to boost your body's ability to heal itself. Because of the diluted nature of the remedies, Homeopathy continues its tradition of being used safely for children for a wide array of conditions.

### LECTURES AND DEMONSTRATIONS

The FirstHealth staff has an active schedule of presentations with local organizations and clubs. They welcome the opportunity to interact with your group on clarifying the emerging field of complementary medicine and enhancing your knowledge of this beneficial health process.

Learn more about all our services and the dynamic practitioners by visiting our website at

[www.FirstHealthofAndover.com](http://www.FirstHealthofAndover.com)

### FIRSTHEALTH OF ANDOVER: A BENEFICIAL PARTNER IN PEDIATRIC HEALTH

Nearly 22 million school days are lost annually due to the common cold alone. (CDC, 1996) The early years of a child's life are



crucial for cognitive, social and emotional development. These years may also be a struggle for some children as they and their parents wrestle with the issues surrounding chronic childhood conditions. Integrative Medicine, using an array of treatments not typically taught in medical schools or presented as part of conventional treatment protocols, seeks to aid the body's natural potential for healing.

The therapies described below activate an array of the body's own healing mechanisms to promote healing and maintain health. Our Integrative medical practitioners are committed to high standards of care, the promotion of evidence-based practice and have coordinated the care of patients with physicians throughout the Merrimack Valley and Southern New Hampshire regions. Our practitioners work with parents to find natural safe and effective options for care that fits within a child's current healthcare model.

### PEDIATRIC CONDITIONS COMMONLY TREATED AT FIRSTHEALTH

- Attention-Deficit/Hyperactivity Disorder (ADHD)
- Pediatric asthma, allergies, frequent colds
- Night terrors
- Eczema and hives
- Chronic ear infections
- Autism
- Cerebral Palsy
- Colic
- Weakened immune systems
- Teething
- Sleeping issues
- Chronic coughs
- Temper tantrums
- Nervous stomach ache
- Chronic diarrhea or constipation
- Stress/anxiety
- Chronic headaches
- Stuttering

#### THE CONDITION: PEDIATRIC ASTHMA

According to the Centers for Disease Control and Prevention, asthma is one of the leading causes of school absenteeism. Asthma is a leading chronic illness among children and youth in the United States. Asthma is the third-ranking cause of hospitalization among children under 15. In 2006, 5.6 million school-aged children and youth were reported to currently have asthma and 3.1 million had an asthma episode or attack within the previous year. On average, in a classroom of 30 children, about 3 are likely to have asthma.

### AN OPTION FOR CARE: SHONISHIN

*Non-Needle, Non-Invasive  
Acupuncture Massage for Children*

Shonishin (*shon=little, ni=children, shin=needle*) pediatric acupuncture is a non-needle, non-invasive Japanese form of acupuncture massage designed specifically for the pediatric population. It is very gentle and highly effective for many childhood illnesses. It is typically used on babies and children between the ages of newborn to 12 years old. In Japan parents regularly bring their children for Shonishin treatment of many common childhood illnesses as well as for monthly "maintenance" visits to maintain



health and improve growth and development. Shonishin treatments involve the use of a variety of rounded or blunt instruments which are used to stimulate acupuncture channels. Younger children can get Shonishin, while older and more mature children may opt to use very fine needles.