

COWIN CHIRO NEWS

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Childhood miseries:

- *Few of us escape childhood undamaged, but some recover.*
- *6 year old's migraines:*
Katherine
- *Concentration & learning difficulties:*
Kimberley & Tony
- *Letters from parents:*
Gai & Genoveve
- *Last Words*
- *References*

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Wed	9:00 am – 6:00 pm
Thurs	9:00 am – 6:00 pm

FEW OF US ESCAPE CHILDHOOD UNDAMAGED, BUT SOME RECOVER

Damage can begin early and last long.
[Luck] [Woggon] [Bille]

In the beginning "major birth trauma occurs in 3% of all live-born infants." [Hughes] Then, throughout infancy and childhood, spinal and other injuries follow, with the average child suffering three major falls by the age of three. [Barham-Floreani]

Many parents would not have heard about links between early spinal injury and later sicknesses, but many reports have noted them. [Young] [Kischka] [Shyr] [Cowin, 2002]

Links are not proven causes, but for over a century they have prompted chiropractors to examine and treat spines. And, according to all formal government enquiries since the 1970s, they are good at it. [Chapman-Smith]

For the children whose stories appear in this newsletter spinal injuries came before the headaches, concentration difficulties and the other sicknesses which made their childhoods miserable.

Eventually, they were brought to upper-cervical chiropractors [Wikipedia] who found in each case what looked like unstable vertebral joints which had slipped and jammed a few degrees out of their proper positions. They then attempted to unjam and restabilise those joints with seasons of spinal adjustments. [Aldis] [Rochester] [Grostic] [Owens]

Three of these once-sick children, now adults, two mothers and one primary-school teacher have written about these long-ago adjustments and those letters are a main part of this newsletter.



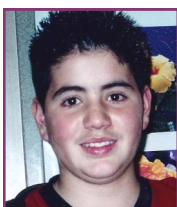
Katherine Daszkowski, 11 years old, in 1984 had headaches sometimes for six days a week, week after week, often with nausea, vomiting and photophobia and was tired and subdued. From six years of age nothing had helped till she began receiving chiropractic adjustments for neck bones which had gotten slightly out of place (misalignments¹). Soon her mother reported that her headaches became rare, her personality happier and her school results, already good, got better. She topped her final year in primary school. *Nearly 30 years later she has written of her childhood chiropractic experience.*

See main story page 2.



Kimberley Delavere, 6 years old, in 1998 had concentration difficulties and was struggling at school, especially with reading. She had been sick since birth with continuing ear and kidney infections and low energy. Also she wet the bed most nights, sometimes more than once a night. Soon after she began receiving chiropractic adjustments¹ her mother Gai reported that the infections were absent, bedwetting was rarer and that she had won the best-in-class "Reading Achievement Award". *Fifteen years later daughter and mother reported on those turning-point times.*

See excerpts from their letters page 3.



Tony Vieira, 9 years old, in 1998 also had concentration difficulties and was struggling at school, especially with reading. Like Kimberley he had frequent ear pain, recurring infections and low energy. He was so tired he often had to be kept awake during the evening meal. After his mother Genoveve saw a TV story on Kimberley's improvements² he began receiving chiropractic adjustments. Within a week his mother reported that he was much less tired. Within a few months he had improved in all areas and received three reports from his teacher about his improved reading. At six months he was presented with awards for Library skills, Maths & Writing and also was interviewed on TV³. *Fifteen years later son & mother reported again on those turning-point times.*

See excerpts from their letters page 3.

Daniel Viegas, 11 years old, Tony's cousin, in 1999 also had concentration difficulties as well as a history of a severe fall at 18 months and a "wry neck" (torticollis) about a year earlier. At his first visit he said he wanted "to do my work properly, listen to the teacher, and not talk in class to my friends". His 6th class teacher and his tutor were recruited by his mother to assess any differences in Daniel's concentration at the end of a three-month trial. At four months the teacher wrote: "I would certainly conclude that his concentration and 'willingness to work' attitude has definitely improved". At five months his mother reported: "The tutor has given three good reports in the past three weeks". At six months he received the Principal's Award.

¹ For each patient mentioned in this newsletter, line-drawing measurement X-rays of the neck showed small angulations between the upper-cervical vertebrae that the chiropractors suspected were micro-misalignments suitable for testing-by-treatment as contributors to the patient's distresses. The patients and parents agreed to a trial of low-force (approximately 14 Newtons) instrument adjustments to the neck at 8 to 12 visits over a period of three months with a view to continuing treatment with less-frequent visits if they seemed helpful.

² In a series on Natural Therapies, Prime TV Local News' Jodie Duffy told Kimberley's story on about 6 November 1998. To see this interview click on the link titled "[Video of Kimberley and her mother](http://www.chirocowin.com.au/index.php?p=1_13)" located on our website. http://www.chirocowin.com.au/index.php?p=1_13

³ In a follow-up story to Kimberley's, on 26 May 1999, during Chiropractic Care Week, Prime TV Local News' Jodie Duffy told his story. We no longer have the video but the audio from it can be heard by clicking on the link titled "[Audio of Tony and his mother on Prime TV](http://www.chirocowin.com.au/index.php?p=1_13)" located on our website. http://www.chirocowin.com.au/index.php?p=1_13

Finding & Losing then Finding Health Again

Katherine Daszkowski



At about 6 years of age I began to get headaches and migraines. By about 10 they became more frequent and severe, with

headaches on most days and migraines about once a week. The migraines made me vomit and would keep me bed-ridden in a darkened room, sometimes for a few hours and sometimes for two or three days. I missed a lot of school.

The next migraine often followed within a week⁴. They could be set off by things that a normal, healthy kid could do without a problem, e.g., swimming (which would lock my neck up and lead to a headache), running, jumping on a trampoline, sleepovers that involved sleeping in a sleeping bag on the floor and horse-riding. I became a quiet bookworm rather than do things that would hurt⁵.

For years mum took me to doctors, but allergy tests, eye tests, CT scans, etc., failed to explain my migraines. One of the "diagnoses" my mother received was that my hair was too heavy and I should get it cut short. Another was that I was suffering from "peer pressure" and should take Valium. Mum refused both those treatments, but when I was nearly 12 Mum took me to a chiropractor.

Soon after my first chiropractic treatments¹ the migraines became shorter, milder and less frequent. Then they petered out⁶.

I continued with regular chiropractic adjustments throughout my teens and became very active in sports. Often I needed to book in for an extra visit after yet another fall from horse-riding, one of my life-long passions even now (the horse-riding, not the falls).⁷

By the time I was in my twenties, I became extremely busy as my schedule included up to 40 hours a week of triathlon training (cycling, swimming, long-distance running and gym work) and horse-riding. I became somewhat negligent about chiropractic visits, sometimes going a year or two or three without a check-up⁸. Extremely fit, I felt youthful, immune and immortal. "As if anything could get me!"

NEW FALLS, NEW SYMPTOMS

Then some things got me. After some cycling falls, the migraines came back, and, before long, glandular fever, sciatica and poor sleep. To go from feeling super fit to struggling to get out of bed is such a dramatic change! Eventually, I resumed my chiropractic visits. Again, the migraines went and gradually energy, wellbeing and sports came back. However, new falls were followed by new symptoms, such as tinnitus and pins and needles in my arms which would persist until I was adjusted so I decided to resume regular visits at 6-week intervals.⁹

Also, at this time I started to research body awareness to help me with my horse-riding.¹⁰ A side benefit of this was my recognizing when my spinal adjustment was under threat of coming out. This led to better control of symptoms. For those people who already get chiropractic care, I tell them, "Listen to your body, every little bit of it, because it tells you when something is out of whack!"

Nowadays, with deeper awareness of my body, regular treatments (more often to keep well rather than to relieve symptoms) and spinal self-help activities such as the Chinese pillow, I am as active as I wish to be, cycling to work most days, horse-riding competitively and in 2012, in the holiday of a lifetime, training in Germany with top instructors and horses. I am not trying to sell anyone on the joys of horse riding, but more to emphasize the fact that you can achieve a lot if you keep your body healthy with exercise, self awareness and a good chiropractic plan.

Nowadays when I get scared that I am getting older it is because I see another wrinkle on my face, not because my back is telling me to ease up! If it were not for chiropractic care I would not have been able to regain and then keep my active lifestyle, and enjoy all the challenges I set myself. Thank you, staff of Cowin Chiropractic Clinic, for keeping me straight and healthy over these many years.

Katherine Daszkowski,
Berkeley



Katherine with Cavalier

⁴ **TWO HEADACHE TYPES.** According to her clinic records, as well as the migraines Katherine describes above, her mother Elizabeth reported that for the preceding two years on many weeks Katherine had temporal headaches without nausea six days out of seven. (Ed. This is not uncommon. [Koenig, 2002]).

⁵ **SCHOOL.** Katherine's mother reported that she had missed a lot of school and that, according to her teacher, "as well as under-performing academically, Katherine was considered anti-social, as she sat alone during recesses and did not play with other children." K told her mother that "the reason she did not play was that her head hurt too much."

⁶ **OUTCOME REPORTS.** Week 2: Mother: "Since her first adjustment Katherine has not had any serious headaches...Her character has become much brighter and she is much easier to live with". Week 5: Teacher: "Talking like a parrot". Month 6: Mother: "Katherine's personality change (brighter) has been remarked on by many people". Katherine: "No headaches on trip to Melbourne and back". Month 8: Mother: "Top marks in school for entrance exams to high school and teacher correlates improvement with start of care at CCC". Month 12: Clinic records: No record of headaches for the 33 weeks from 30 July 1984 to 19 March 1985. Month 13: Katherine: Two falls off horse in one week, once onto head and next one onto back.

⁷ **INJURIES.** 2013: Clinic records: In the almost 30 years since Katherine became a patient here, 19 injuries have been reported, seven caused by falls from horses, four onto her head, including one which resulted in the need for nose surgery and another which split her helmet on one side and crushed it on the other. Other falls mentioned included one at work, one when track cycling and one at touch football. "Horseback riding is considered more dangerous than motorcycle riding, skiing, automobile racing, American football and rugby." [Ball J E, 2009]

⁸ **VISITS.** 88; 16 in first year, 72 since. **INTERVALS** between visits ranged from 2 days to 197 weeks, with a median of 6 weeks. **DURATION** of care: 3 March 1984 to 5 June 2013, 29.2 years, ongoing.

⁹ Poor sleep, tinnitus, concentration problems and "pins & needles" are often reported after neck trauma. [Radanov. 1992, Johansson 20.]

¹⁰ 22.11.96, "Riding very crooked. Can't sit right and use my body and legs properly". 10.07.98 "No pain, but I feel distorted. Can ride better on the right now, but still cannot guide the horse as well as I do on my left".

Concentration & Learning Difficulties: Kimberley & Tony

KIMBERLEY 1998: "I'M GETTING BETTER AT SCHOOL AND NOT SICK ALL THE TIME." [TV INTERVIEW]



I've been thinking about my visits to Cowin Chiropractic Clinic a lot lately, and it's been interesting remembering how big a part of my early childhood they were. It's strange to think how influential chiropractic treatment was on my education and wellbeing, especially since I haven't revisited these memories for a very long time.

I remember looking forward to the visits and enjoying our time together with the chiro's, but I absolutely dreaded the neck exercises (laying down on a Chinese pillow with the legs elevated). I would do a lot to try to get out of those!

With the benefit of hindsight, I can rate my chiropractic treatment extremely positively, judging from what I recall of the initial problems I had (wetting my bed three times in a night. My poor mother!). Today I consider myself very healthy. I very rarely catch anything worse than my annual cold, I lead a happy and active lifestyle, and I think my concentration hasn't lapsed much at all. My job requires long periods of concentration and focus. It involves the construction of full and partial dentures, mouthguards, and other dental appliances, plus the repair and maintenance of these appliances.

I would certainly recommend this treatment to others, especially for children with problems such as I had.

Kimberley Delavere

GAI 1998: "MANY TIMES I WAS IN TEARS."

I remember when Kimberley was in Kinder and Year 1. She struggled with her work. I remember being called into school to talk to teachers and the principal about her progress and made to feel as if there was something "wrong" with her. Many times I was in tears over the teachers' comments and this has stayed with me. No one could tell me, however, how to help her and no one bothered.

It was a drag going up to Wollongong from Kiama for treatment, however, I saw the improvement it was making to her wellbeing. I believe that chiro certainly helped with her health problems,

in particular, the bedwetting, the ear infections and the kidney infections.

Her health remains good and she is a happy, strong, independent, and well-liked young lady. She has many loyal friends and is one herself. She is good at her job, which demands precise work. I still go to the chiropractor and so do my school-age kids.

I do believe that chiropractic is essential to good lifelong health.



*Gai Delavere
(Kimberley's mother)*

TONY 1999: "MY NOSE DOESN'T BLEED MUCH AND I'M NOT BEHIND IN MY WORK ANY MORE"

I was easily distracted and falling behind with my school work. I was always feeling tired.

After attending Cowin Chiropractic Clinic and receiving my chiropractic adjustments I noticed many changes within myself: I started concentrating more on my schoolwork and my grades improved dramatically.

I did very well in my 6 years in High School. I always came 1st or 2nd in every class. I received many awards throughout the 6 years. In Yr 12 I received the Deputy's Award, which I'm very proud of. After school I completed IT and computer courses. I am currently working for Nebo Computer Services as a Network Engineer and have been there since I finished my diplomas, three years ago.



Tony Vieira

GENOVEVE 1999: "I'M VERY THANKFUL."

In 1998 I was so glad I saw the Prime TV news story of Kimberley Delavere's improvements at school because my 9-year-old son Tony was also struggling at school. Next day, I made an appointment with the chiropractor to see if he could be helped, too. He was helped a lot. Seven months after his first appointment he was also interviewed on Prime TV news for having made improvements as thrilling as Kimberley's.

http://www.chirocowin.com.au/index.php?p=1_13

Migraines: Genoveve

A few months after Tony began getting adjustments, my sister Maria made an appointment for her 11-year-old son, my nephew Daniel, who was also finding school difficult. His teacher and his tutor were asked to monitor Daniel for the first three months of chiropractic care to see if it was making a difference. They both said that it had and at 6 months Daniel received the Principal's award for the first time since beginning at school.

Another result of Kimberley's story was that I, too, began attending the chiropractor. At that time I was working at Bonds as a machinist and getting severe migraines at least once a month. They sometimes lasted a couple of days, and often caused me to take a day off work. As well, they interfered with my ability to look after my children, including one with severe autism, and my social life.

Soon I noticed a huge decrease in the severity of the migraines and that I wasn't getting them as often. Now, many years later, I get two or three migraines a year. That is a huge difference. I'm very thankful to the chiropractors for the great results Tony, Daniel and I received back in 1998-99.



*Genoveve Certificate
(Tony's mother)*

Chiropractor's comments:

Genoveve's migraine story was like Katherine's in many ways:

1. Small vertebral misalignments were evident on upper neck X-rays.
2. She had a history of falls (including one at five years of age when jumping from a bed which had left a permanent 4 cm scar on the back of her head).
3. She also had several severe but non-migrainous headaches a week.

MIGRAINES



- Are often accompanied by chronic daily headaches. [Koenig, 2002]
- Their impact may be as great as childhood cancer or childhood arthritis. [Powers, 2003]
- They may persist into middle age and beyond. [Bille, 1997]
- Absences from school may be more than 3 times greater than for other students. [Burn, 2013]
- Other children and adults have had relief from migraines after chiropractic adjustments. [Sperring, 2010], [Tuchin, 1997]

Summaries of the childhood illnesses of four children who are now healthy adults

AREAS OF NOTABLE IMPROVEMENTS	Katherine DASKOWSKI	Kimberley DELAVERE	Tony VIEIRA	Daniel VIEGAS
MIGRAINES	✓✓✓	-	-	-
SCHOOL WORK	✓	✓✓✓	✓✓✓	✓✓✓
HEADACHES	✓✓✓	-	✓	✓
NECK PAIN	✓	-	✓	✓
TIREDNESS	✓	✓	✓✓✓	
IRRITABLE/ WITHDRAWN	✓	-	✓	✓
RECURRING INFECTIONS	-	✓✓✓	✓	-
BACK PAIN	✓	-	-	-
BEDWETTING	-	✓		-
NOSE BLEEDS	-	-	✓	-

Main symptom indicated by three ticks & co-existing symptoms by one tick

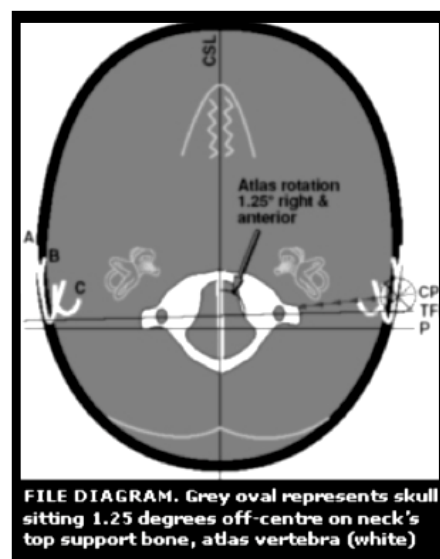
CONCENTRATION DIFFICULTY

- ▶ The main symptom associated with attention deficit hyperactivity disorder (ADHD) is difficulty concentrating. [Stoppler, 2014]
- ▶ "Childhood ADHD is a chronic health problem, with significant risk for mortality, persistence of ADHD into adulthood and long-term morbidity in adulthood." [Barbarese, 2013]
- ▶ "More than 28,000 NSW children, or 1.6%, took ADHD medications in 2012, a Fairfax analysis found. Since 2005 that number has risen 133%, while the child population increased 4%." [Corderoy, 2013]. The safety of these medications has not been fully assessed, but some reports of cardiac arrests and suicides may constitute a significant risk. [Graham, 2011].

Upper-cervical chiropractors commonly check for about 10 signs of upper-neck distress. The sample diagram below, a horizontal-plane X-ray at the craniovertebral junction, where head joints sit on neck joints, indicates how the head probably is loaded on the neck. This one shows apparent skewing (skew: not parallel or at right angles to a specified or implied line). If corroborated by other signs, the apparent skew is a useful clue for adjustment (chiropractic treatment) of vertebral joints misalignment. [Cowin, 2005]

UPPER-NECK INJURY

- The upper-neck is the most frequent site of spinal injury in children [Cirak, 2004].
- It is the injury site of 1.5% of (hospitalised) injured children. Its mortality rate is nearly 6 times higher than for children having lower-cervical spine injury and may show no radiologic anomaly [Patel, 2001].
- It is an area where minor trauma can result in severe, disabling symptoms (*Ed. The list includes headache, tinnitus, concentration difficulty and profound tiredness.*) [Johansson, 2006].
- Injury diagnosis is particularly difficult, and though the need is urgent radiologists do not pay special attention to it and appropriate techniques to examine it have not been developed. [Johansson, 2006].
- It is the main area examined and treated by upper-cervical chiropractors.



LAST WORDS....

TONY:

"I doubt it would have been possible for me to achieve what I have so far if I had not received upper-cervical chiropractic care."

KIMBERLEY:

"I imagine few people would know the benefits of chiropractic treatment other than as just the answer for a sore back, but I would certainly advocate it for children with problems such as I had."

KATHERINE:

"To friends...I say: Drag yourself out of that darkened room, away from the pill cabinet and try chiropractic treatment. It's worth the freedom you could gain."

KATHLEEN BRAS, D.C., retired, in attendance at CCC 1969-2002:

"Changes such as those reported above make me happy I spent my working life in Chiropractic."

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