

# Constipation: Improving Function in Infants

Constipation is classified as a functional issue 90-95% of the time. It's also a frequent complaint in children. The use of laxatives can help alleviate the symptoms, but wouldn't it be better if we could aid in recovery by improving function, instead?

In a recent study, a 21-month old female was managed under chiropractic care with a goal of restoring optimal function to her nervous system; the toddler had experienced 15 months of chronic constipation. Out of her 21 months of life, 14 of them had been spent on laxatives!

When the patient's mother tried to take her daughter off of the laxatives, constipation immediately returned. After just her first chiropractic adjustment, her bowel movements improved to 1-2 times daily. At such a young age, the body is still learning to function. Why should we turn to symptom management for a functional issue if we can help improve the function and remove the symptoms and need for management altogether? After all, healthy kids will often grow into healthy adults.

When we take care of the nervous system, all processes related to the nervous system are managed – including our digestion. Through the correction of subluxation (unnecessary interference in the nervous system caused by misalignment of the spine), the body can communicate in its functional processes in the intended manner. The human body has all of the tools it needs for optimal function; we have to ensure that there is no interference!

Martin-Marcotte, N., DC. (2018). Functional constipation in children: Which treatment is effective and safe? An evidence-based case report. *Journal of Clinical Chiropractic Pediatrics*, 17(3), 1485-1489.



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(228) 533-2733