

Study Links Chronic Disease to Babies Born via C-Section

Spinal health plays a significant role in human health. The structure and function of the spine often ends up misunderstood and overlooked by healthcare professionals. The reality of optimal health for all ages directly involves intentional care of the nervous system.

The purpose of any healthcare system or strategy pursues improving the quality and longevity of life. Some interventions have proven to be harmful for both short and long-term health outcomes. One example comes in the form of cesarean sections. A large study tracking C-section birth results for more than three decades revealed significant findings. Infants born via C-section experienced remarkably higher rates of chronic immune system-related diseases.

Cesarean birth is surgical delivery of a baby through a cut (incision) made in the mother's abdomen and uterus. Health care providers use this process when they believe safety becomes at risk for mother, baby, or both. The intervention tends to be viewed as a positive short term option but does not come without risks of long-term harm.

A study of two million full-term children born by cesarean delivery was analyzed for risk of chronic immune diseases over a 35-year period. The study concluded that children delivered via C-section delivery experienced significantly increased risk of asthma, systemic connective tissue disorders, juvenile arthritis, inflammatory bowel disease, immune deficiencies, and leukemia.



Two primary mechanisms help explain why chronic disease and C-section birth have a direct relationship. Mechanical stress placed on the upper cervical spine of the baby during the birth impacts the child's health. This type of stress has been proven to interfere with central nervous system function through vertebral misalignments in the upper neck. C-sections also disrupt digestive system health. A large component of immune health involves the balance of bacteria and living organisms in the gut. Babies born vaginally result in an all-important grouping of bacteria to be ingested as life begins outside of the womb. The bacteria create a specific layer of digestive chemicals and enzymes critical to brain and immune health.

Both of these issues can and should be assessed and addressed soon after a child enters this world via c-section. Minimizing or avoiding preventable illness begins as soon as children begin experiencing maximized nervous system care through chiropractic.

Chiropractors specialize in improving function of the nervous system by detecting and correcting vertebral misalignments in adults, children, and infants. The three-decade study linking chronic disease and C-sections proves how much all newborns need to have a proper chiropractic spinal evaluation after birth. Plenty of research proves that both vaginal and C-section births create stress in the upper neck. This stress can be corrected and reversed through specific chiropractic spinal adjustive care. Most chiropractors specialize in finding and correcting these stresses in newborns and infants.

Gut health and nutrition also represent vital and necessary components to raising health kids and reversing the harmful effects of C-section births. Most conventional medical providers overlook the importance of nutrition and gut health, especially in babies and children. Very few things are more important for families than ensuring the health of babies and children. Chiropractic for kids and family members of all ages plays a significant role in reversing the effects of stress and trauma on the health of the next generation. Healthy children thrive with chiropractic.