

Kids First

by John Ferguson, D.C. "The Doc behind the Clock"



My goal is to inspire you, to provide you with the latest health care options available, make you smile, and help you to help me fulfill my mission – to reach as many parents and children as I can! Sit back, relax and enjoy my weekly wellness column.

So, here's my story. When I was a child, I suffered for years with tension headaches. I became so used to the pressure and pain, I figured it was "normal". A family member suggested I see a chiropractor for headache relief and I still remember my first visit. The doctor asked me, "What do you do now for the headaches?" Like so many people that suffer with headaches, I said "Medication...aspirin...Tylenol...whatever is lying around."

The doctor then asked, "Do you think your headaches are from a lack of aspirin in your body?" The light bulb went *on*. "Wow", I thought, "This guy is right. Something ***is causing*** this problem. If I can find the cause and not just cover up the symptoms, then I'll truly be healthier". My headaches were gone after just a few adjustments and now chiropractic has changed my life forever. I then decided that I wanted to help people with their most priceless asset – their health! I enrolled in Palmer College of Chiropractic two months later.

My true passion is educating families on a wellness lifestyle that includes chiropractic care. I love helping people find the cause of their health concerns, especially children. It's amazing to witness patients healing naturally, without medications. It's even more amazing to prevent children from ever needing those medications. I have been blessed to have helped thousands of people - newborns, athletes, elderly, moms and dads - find relief and overcome a large variety of health concerns. I am committed to being the best chiropractor possible. That is why I stay current with all of the latest research. In my studies one important truth always materializes: true prevention is following the guidelines that enhance your body's natural healing power - correcting problems before they become big, or before they develop at all.

My focus is simple. Everything I do in my practice is based on these 4 health principles:

1. You are a self-healing, self-regulating organism. Your body is designed to heal itself. Just think about when a scrape starts to heal or a bruise fades. Your body is in a constant state of breakdown (change) and repair, and in order to do this, it follows a very exact program.
2. Your nervous system is the mechanism that runs this program. It's like a computerized central command center that runs YOU. As long as your nervous system is able to communicate effectively with every organ, tissue, cell and part of you, you should experience optimal health—the best health of your life. This is called 'normal.'
3. If something interferes with the function of your nervous system, and it is not able to do its job, your body will no longer be ABLE to do what it is programmed and designed to do. It will become confused and start doing 'abnormal' things.
4. My job as a chiropractor is to restore law and order in this system! The earlier, the better, but it is never too late!

I look forward to meeting you here every week and hopefully I will inspire you to take greater control of your family's health!

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