

## BOOK REVIEW

MATTHEW McCOY, D.C.

# The Best-Kept Secret to Raising a Healthy Child... and the Possible Prevention of Sudden Infant Death Syndrome (SIDS)

*by Craig Wehrenberg, D.C. and Dr. Tracey Mulhall-Wehrenberg, D.C.*

When I was going through school and I started to gather references, literature, books and articles that supported chiropractic theory and subluxation I had a long list titled "I wish there was a book about." I even started to keep a list of these books that needing writing. I often remark about how the literature to support what we do and how we affect people's lives is out there it's just not in one place.

The good thing is that others obviously felt they way I did and took it upon themselves to gather the literature and write books about it. We have started to see the fruits of their labors and this book on the upper cervical subluxation, children, and SIDS is one such book.

Written by husband and wife chiropractors Craig and Tracey Wehrenberg this book fills many voids. It is a well referenced, well written resource for students, practicing chiropractors and researchers on the topic of birth trauma, SIDS and chiropractic. It is an excellent, easy to read educational tool for parents and parents to be. I can't think of a better way to educate parents and your community about why children need chiropractic care. This book belongs on the shelf in every Barnes and Nobel and Borders Books. You should have copies available for the parents in your practice to either buy or give away and it should be on the table in your waiting room. It would be a wonderful centerpiece for a lecture in your office or community.

There are eight chapters covering such topics as

- ▶ How the spine is compromised before and during birth
- ▶ Chiropractic Care and Its Impact on Childhood Health
- ▶ History and Update on Sudden Infant death Syndrome
- ▶ Detailed discussion of the Upper Cervical Subluxation and its Correction in Children
- ▶ The possible relationship between subluxation and SIDS and How chiropractic may help
- ▶ Infant Trauma
- ▶ Steps to take to Prevent SIDS

Each chapter is well referenced, short on opinion and heavy on facts. There is also a Glossary of terms and a chapter on the organization StopSIDS.org which is a non-profit organization dedicated to research and education to end sudden infant death syndrome (SIDS) and other senseless infant deaths. Their goal is to promote optimum health in babies and children through chiropractic — atlas correction and other healthy lifestyle choices. It is a "health hub" for research, fundraising, and communication about SIDS and its prevention, as well as infant and child health. Check out their website at <http://www.StopSIDS.org>

### *About the Authors*

Dr. Craig Wehrenberg and Dr. Tracey Mulhall-Wehrenberg are Board certified Atlas Orthogonal chiropractors. They have been in private practice in upstate New York since 1992. They are graduates of Life Chiropractic College in Marietta, Georgia. They began studying the Atlas Orthogonal procedure while they were Research Assistants at Life, where they became extremely impressed with the improved health results obtained through Atlas correction. In their experience, they have seen many different types of cases improve with Atlas Orthogonal chiropractic. Some of these cases include infant apnea, infant colic, cerebral palsy, seizure disorders, hypertension, and hyperactivity.

Infant and children's health can be improved by a little known, yet simple procedure. This book details the scientific research that documents this and how many medical doctors in Germany and other European countries are presently using a similar technique with the same impressive results. Get A Copy. Amazon.Â Original Title. The Best-Kept Secret to Raising a Healthy Child...and the Possible Prevention of Sudden Infant Death Syndrome (SIDS). ISBN. 0615114857 (ISBN13: 9780615114859).