

Nathan 4 years old Ear Infections  
Amelia 2 years old Sleeping Trouble

Nathan is my four year old son who has recently had a problem with a persistent ear infection. His ear infection began in January and continued for several months. After 3 trips to the doctor and 2 rounds of amoxicillin I began to look for other options. I was not interested in the stronger antibiotic prescribed by my physician. My son did not have pain with his ear infection but did suffer considerable hearing impairment in one of his ears. He was understandably frustrated with the hearing difficulty and I was tired of repeating myself.

A friend recommended seeing a chiropractor. I was hesitant, but began reading online resources and asking around. Dr. Lindholm was the first name I heard and I kept hearing again and again. I wanted someone who had experience with treating children. I scheduled our first visit and was very pleased with the results. The staff are very kind and professional. Dr. Lindholm was understanding and showed competent skill in evaluating Nathan's condition and laid out a treatment plan. Within in one week his hearing was back to normal and the inflammation in his hear was greatly reduced. Along with adjustments Dr. Lindholm suggested some dietary and nutritional changes that were both doable and helpful. After just four adjustments in two weeks time his ear infection was gone. I was also surprised to see behavioral changes in Nathan. He was less irritable and more content.

I was so pleased with the results that I decided to bring my 2 year old daughter for evaluation. She never had slept through the night on a regular basis and tossed and turned when she did sleep. Our family decided to be patient with the sleep interruptions and have not slept well for too long. I was hopeful for results, but also skeptical despite Nathan's healing. Her evaluation noted a extreme irritation in her neck. I have long suspected that she has had neck discomfort due to her position in-utero. I decided to go ahead with treatment and I am again pleased with the results. She seems more comfortable in her body and is resting much better at night. With only several weeks of adjustments she is beginning to sleep 8 hours straight and napping better during the day. I sense that she is feeling better. She awakes bright eyed and cheery instead of screaming and groggy for the first hour after waking. Finally after 2 years we are sleeping through the night!

Our family is very happy with the benefits of the chiropractic care we have received. It has been a commitment of time and money. We travel about 45 minutes each way for an adjustment several times a week. As a mother it seems taxing on my weekly schedule and the family budget. But I am reminded when I wake up at 6 am after sleeping all night (normally I would have been awakened 2-3 times already) or when I have a conversations with my cheerful energetic son without having to talk loud and repeat myself of the positive affects of this treatment. It is quite a learning process for me to find the best healthcare suited for my family. I am so glad that I have found the resources that chiropractic care holds for my family.