

# SPINEWAVE

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WELLNESS • CENTRE

**Chiropractic and Autism**

CHIROPRACTIC EXCELLENCE SINCE 1998

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# What is chiropractic anyway?

Chiropractic is a natural healing art, which embraces the idea that the human body is self regulating and self healing.

When everything in the body works in perfect harmony, all function can reach its full potential, and so too can you.



The nerve system controls every aspect of our function. It reaches every corner of the body. This is a picture of a real nerve system from head to toe.

The nerve system is what the body uses to transmit information between every system and every cell.

When the nerve system is under stress, we begin to experience signs and symptoms. This is the body's way of expressing that something needs to change. It has a certain intelligence about it.

Chiropractic focuses on how the nerve system is working to see how you're working!

A nerve system that is overloaded with stress from thoughts, toxins or trauma becomes defensive and places 'blocks' in the spine - called subluxations – and this changes the way information moves around the body, thus dimming function.



The chiropractic adjustment is a safe and effective way of altering nerve function. It improves communication within the body, creating harmony. When there is harmony, not only are you able to heal as each adjustment builds on the next, but a higher state of function will spill over into every other aspect of your life. This then is the next level. Are you ready for it?

Welcome to chiropractic!

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## About your chiropractor: Dr. Neil Bossenger.

Born feet first in the African concrete jungle, I was raised and educated in Johannesburg, South Africa. High school seemed brief and inconsequential, and external activities such as karate and scouting piqued my interest more than internal ones, even though good marks in science and math disposed me to a higher education in chemical engineering at university.

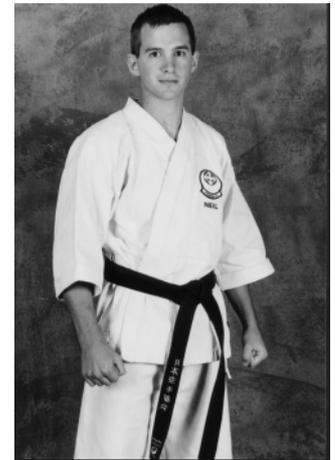


I had, what I would call, an illustrious career in scouting because hard work and dedication since boyhood led me to receiving national colours, captaining a tour through South America in 1999, and walking the steps of Machu Picchu amongst other wonders. I have also travelled the UK, South Africa, and NZ many times.



Marital art always fascinated me and the call to start karate came at age twelve. Nine years later I fought for my black belt. I now study aikido in NZ.

The plight of Africa and a country chained to a political past I could no longer be a part of led me to New Zealand. I left engineering school early and began a new life and a new career in



chiropractic, of which I knew almost nothing. Hindsight reveals now how divine the crossroad was. I entered a profession that has given me a deep appreciation for understanding life, function and how we fit into the universe. After years of study in this field, I still question every facet of information to provide the best service for those I come in contact with.

I enjoy heavy metal, moshing at rock concerts, jogging, weight lifting, and acquiring books I never get time to read. I also currently write and research to expand the vision of better, more appropriate health care. I hope you enjoy your time here at **Spinewave Wellness Centre**.

*Chiropractic is the best-kept secret in health care. An informed choice lends chiropractic to be a priority, not an alternative in today's biomedical approach to wellness, which focuses on sick care instead of health care. People choose chiropractic not only because of the power a single adjustment holds in unlocking all the potentialities of better health and function, but because in choosing chiropractic, you decide to shift into a new paradigm of understanding yourself and vitalistic living. The information and perspective Spinewave offers is something you simply won't find anywhere else.*

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Andrew Cunnington,  
22 Hanlon Crescent,  
Devonport.

Phone : (09) 4466246.

1<sup>st</sup> August 2008.

To whom it may concern,

With reference to chiropractic care by Dr Neil Bossenger on James Cunnington.

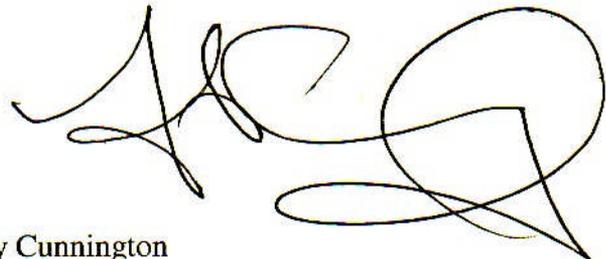
James was diagnosed with severe autism at aged 14 months, he is now seven. James is non-verbal, though he does have receptive language skills. He is not yet toileting himself consistently. He toe walks, constantly chews his sleeves, has good eye contact, though his right eye roams, he flaps and has various other self-stimulatory behaviors and he has a lot of diarrhea. He has temper tantrums when his needs are not being met.

James started with applied behaviour analysis treatment at aged two and continued with this for four to five years with only small positive results. He has had dietary interventions, gluten/casein free and supplements with no positive results.

James started chiropractic care around April 2008, and has had positive results. Very quickly his right eye stopped roaming, his diarrhea decreased, and his temper tantrums decreased. After 1-2 months of care, his sleeve chewing and toe walking has almost completely stopped. He has also had several other positive new behaviors including improvements and more awareness of toileting.

I would highly recommend Neil Bossenger, he is a highly knowledgeable, skilled and experienced chiropractor, he is very patient and understanding with autistic behaviors and has a good rapport with kids.

Yours faithfully

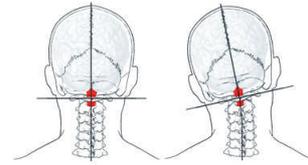
A handwritten signature in black ink, appearing to read 'Andy Cunnington', with a large, stylized flourish at the end.

Andy Cunnington

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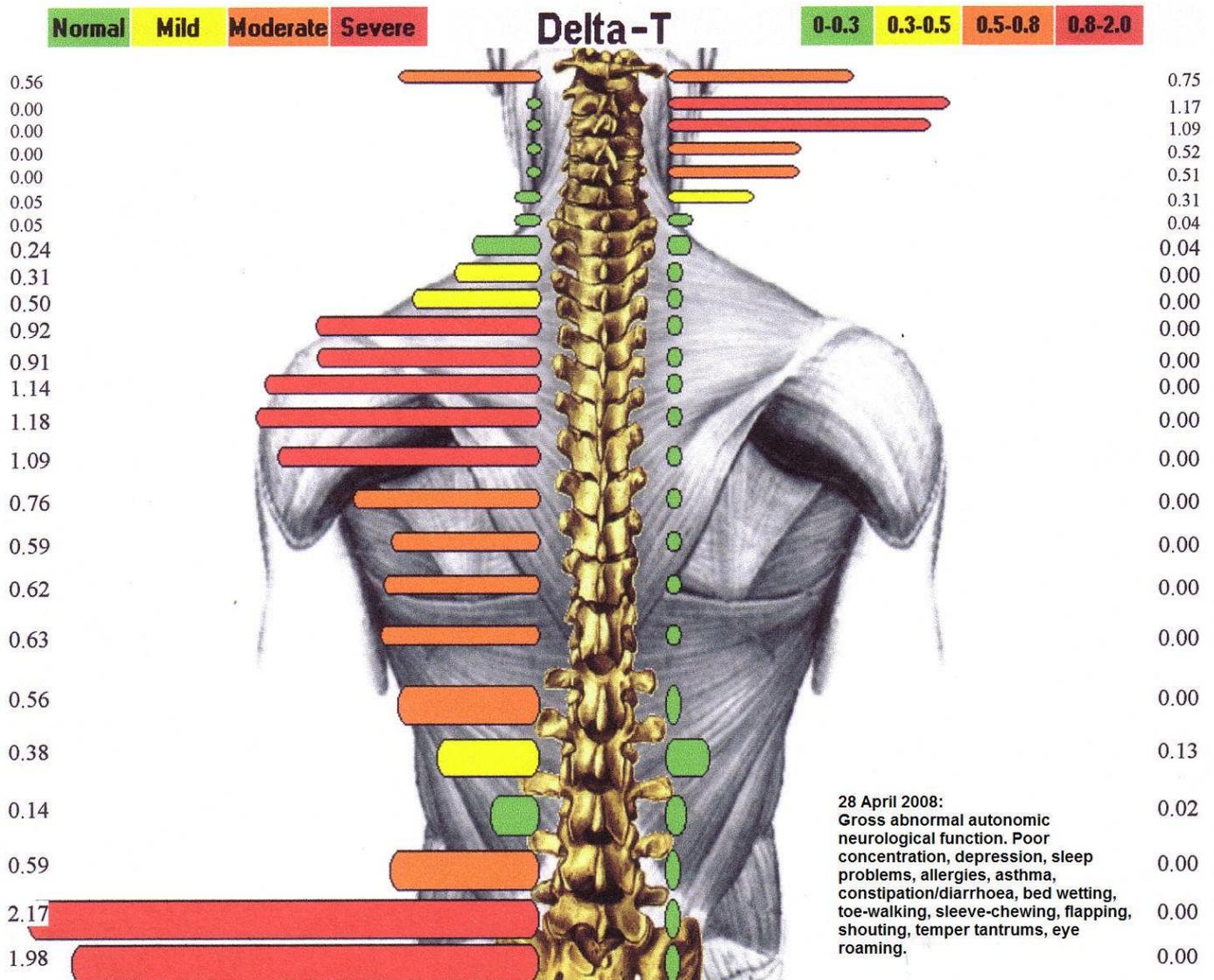
Dr. Neil Bossenger, B.Chiro  
Chiropractor, MNZCA



Specialising in Upper Cervical Care  
Pregnancy • Adults • Children • Special Needs

## JAMES CUNNINGTON

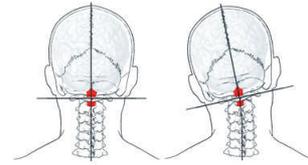
Before



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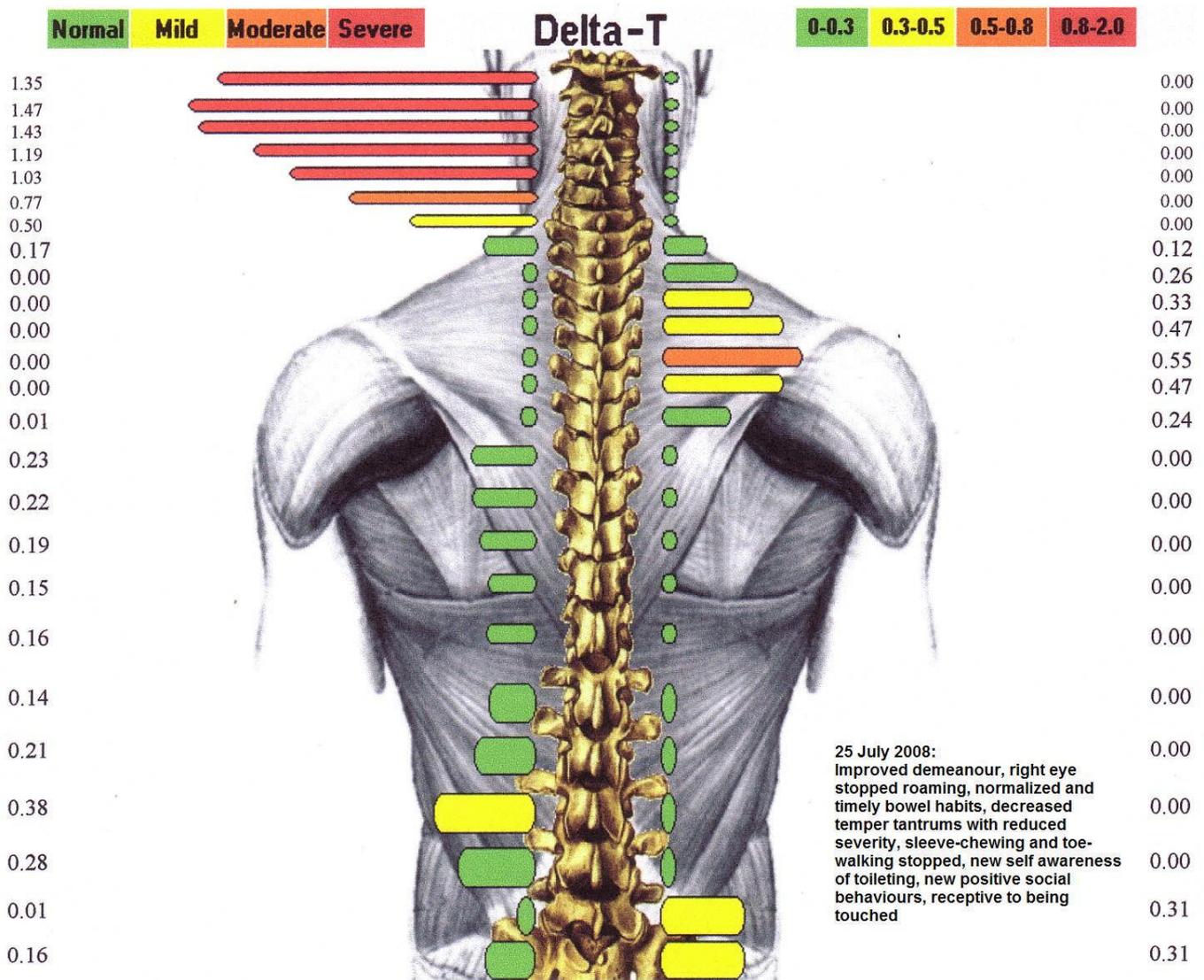
Dr. Neil Bossenger, B.Chiro  
Chiropractor, MNZCA



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## JAMES CUNNINGTON

After



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## RESEARCH Chiropractic and Autism

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*“Little boy’s speech and ability to communicate improved dramatically following adjustments.”*

**TITLE: The role of chiropractic in the care of a four-year-old boy diagnosed with Autism Spectrum Disorder (ASD).**

A four-year-old boy was diagnosed with autism at 23 months. His mother presented him for chiropractic evaluation and possible care with the hope that chiropractic care might help his frequent ear infections. The mother also reported that the child was very active but his speech and communication skills were a challenge.

This case report provides supporting evidence that patients with ASD may benefit from chiropractic care. This case report encourages further investigation into the role of chiropractic care in the integrative management of patients with autism.

*Joel Alcantara, DC and Kim McCann-Swanson, DC, DACCP. Presented at Pangea: a Conference for the Wellness of Children.*

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*“After ten months of care she was able to carry on conversations, carry out commands, dress and groom herself.”*

**CASE STUDY: Seven year old female diagnosed with autism.**

The child has a history of sexual and physical abuse. The little girl would slowly turn in circles in place while singing an incomprehensible song with a glazed stare and blank expression. After ten months of chiropractic care she was able to carry on conversations, carry out commands, dress and groom herself. Cognitive development progressed to where she was able to learn, read, and participate in public school.

*Case Study – Autism. Rubinstein, HM, Chiropractic Pediatrics Vol. 1 No. 1, April 1994.*

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***“Patient began speaking in sentences for the first time... All temper episodes, hyperactivity, violent behavior stopped... Patient was evaluated by two therapists who declared the diagnosis of autism was ‘incorrect.’”***

**TITLE: Autism, Asthma, Irritable Bowel Syndrome (IBS), strabismus and illness susceptibility: a case study in chiropractic management.**

A 5-year-old female with autism, asthma, allergies, irritable bowel syndrome and left-sided strabismus who was experiencing 25 violent temper episodes per day, with each episode lasting up to 20 minutes was referred for care. She also exhibited three episodes each day of self-inflicted violent behavior, which included biting her arm, slapping her head and repeatedly banging her head against a full-length mirror. She also had at least one episode of violent behavior each day - hitting people, especially her mother. Speech was limited to a few words such as “mama, dada, milk and walk.”

*First week of care:* After the first adjustment, patient had her first good night's sleep since her mother could remember. Violent temper episodes had reduced to 15 per day with decreases in intensity. Self-inflicted violent behavior was decreased in frequency. Her speech, vocabulary and sleep patterns had improved.

*Second week:* One adjustment. Violent temper episodes at five per day. Right eye showed no more signs of strabismus. Patient began speaking in sentences for the first time. Mother reported a marked decrease in hyperactivity along with a desire to be touched and hugged

*Third week:* One adjustment. Violent temper episodes 2 per day with decreased intensity. Mother stated there was little hyperactivity. Self-directed or outward violent behaviour have ceased. Irritable bowel syndrome was much improved.

*Fourth week:* No adjustments. All temper episodes, hyperactivity, violent behavior have stopped. Sleeping through the night. Patient was evaluated by two therapists who declared the diagnosis of autism was “incorrect.”

*Weeks 9-12:* No adjustments. The IBS had almost completely resolved. Patient continued to improve over next 8 months; no more asthma attacks.

*Amalu WC. Today's Chiropractic. September/October 1998. Pp. 32-47.*

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***“Many of the children were taken off Ritalin... bladder and bowel control improved... some children started to speak.”***

**TITLE: Autism: A Chiropractic Perspective.**

A series of chiropractic adjustments on 26 autistic children over a 9-month period were carried out. Outcomes from the study were varied but included normalization of deep tendon reflexes and dermatomal subjective sensation, increased cervical range of motion and reduction of other health problems. Many of the children were taken off Ritalin, bladder and bowel control improved, some children started to speak and eye contact and attention span also improved in some children. Hyperactivity and aggressive behaviour were reduced in other children and five children were able to attend mainstream classes at school for the first time. Behavioural data, recorded by the teachers and parents, showed significant improvements in most cases.

*“Autism: A Chiropractic Perspective” by Jane Jennings and Martina Baker of the Newbury Chiropractic Centre, Newbury, Berkshire, UK, published in Clinical Chiropractic (2006), Vol. 9, pp. 6-10.*

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***“After one year of care, an 80% improvement was noticed.”***

**CASE STUDY: Autism and Chronic Otitis Media.**

This is a case report of a 3½ year-old girl with autism. She was non-verbal, had compulsive disorders, daily rituals, head banging and violence. After chiropractic care began within, one month her parents and teacher noticed a 30% improvement socially. After one year of care, an 80% improvement was noticed. Head banging and other rituals diminished by 50% with less violent behavior. She had chronic serous otitis media and had been on antibiotics for one year. Within a one-week period after her first adjustment, antibiotic use stopped due to a 70% improvement in her otitis media.

*Case report: autism and chronic otitis media. Warner SP and Warner TM. Today's Chiropractic. May/June 1999.*

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## PRESS RELEASE

### Local Doctor Calls for Further Research Study Shows Chiropractic Care Can Benefit Autistic Children

(15 April 2008, Remuera). The past decade has seen the number of diagnosed cases of autism rapidly increase throughout the nation. These alarming numbers have Remuera-based Dr. Neil Bossenger, Chiropractor, pointing to a study that indicates that chiropractic care may alleviate - at least to some degree - some of the associated symptoms of autism.

Dr. Bossenger references a study published in *Clinical Chiropractic*. The study showed that spinal adjusting (particularly upper cervical adjusting) may help with some symptoms of autism. It cannot cure or treat the underlying process of the disorder, but for patients with autism, it may be the symptoms of autism that are the most distressing.

“Although the results of this study are promising, further research is clearly needed,” said Bossenger, who follows scientific developments in the chiropractic profession quite closely.

Autism is a life-long developmental disability that affects social interaction, communication and imagination. There are no medications that can cure autism, but drugs can relieve and treat symptoms - such as aggression and hyperactivity - thus helping autistic individuals cope with their disorder. Even though the exact causes for the disorder are still unknown, current research mainly focuses on genetics; however, environmental factors and imbalances in neurochemistry may also be involved. There is no single, unique measure of abnormality found in autism, because the spectrum of autistic conditions and symptoms is wide ranging - from severe disability in some patients to mild problems of communicating and understanding in others with average and above average intelligence.

Parents first become concerned about their child’s behavior - particularly the absence of play - when their child is around 18 months old. Earlier detection, however, is possible. According to Jane Jennings and Martina Barker of the Newbury Chiropractic Center in Berkshire, Great Britain, a simple checklist can help parents evaluate early on whether their child might be autistic: Does the child pretend play? Does the child use his or her index finger to point, to indicate interest in something? Does the child take an interest in other children? Does the child enjoy playing peek-a-boo or hide-and-seek? And does the child ever bring objects over to you to show you something? If the answer to two or more questions is ‘no’, autism may be a factor because it impairs the way the child communicates, relates to other people and understands emotional expressions.

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During the aforementioned study, researchers carried out a series of chiropractic adjustments on 26 autistic children over a 9-month period. The results were an improvement in certain reflexes and sensations, an increase in neck range of motion, and improvement of other health problems.

Many of the children were taken off Ritalin; their bladder and bowel control improved; some children started to speak, eye contact and attention span improved while hyperactivity and aggressive behavior were reduced. Also, five children were able to attend regular classes at school for the first time.

The autistic children suffered from neurological interference that hindered their development. The researchers concluded that correcting spinal distortions through chiropractic care can positively affect local neurological function and cause an overall improvement. Even though there was no control group to back up the findings, the results are encouraging: They show that chiropractic care may improve the quality of life of autistic children by relieving some of the symptoms of their disorder.

“To the extent that chiropractic care can have a positive effect, that is beneficial; but improving the quality of life for autistic children is just a first step toward the ultimate goal of finding a cure,” concluded Bossenger.

## **Editor’s note:**

Anyone wishing more information may contact Dr. Bossenger, whose office is located at 1/102 Remuera Road, Auckland. Or call 09 522 0025.

## **Reference material:**

“*Autism: A Chiropractic Perspective*” by Jane Jennings and Martina Baker of the Newbury Chiropractic Centre, Newbury, Berkshire, UK, published in *Clinical Chiropractic* (2006), Vol. 9, pp. 6-10.

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## CHIROPRACTIC NEWS

All Chiropractic News articles are edited by Dr Martin Harvey

### CHIROPRACTIC CARE FOR CHILDREN FOUND TO BE SAFE AND EFFECTIVE!

One of the most exciting aspects of chiropractic practice for me is when kids have chiropractic care and their parents describe the amazing changes they have observed in their children's health and behaviour. One of the challenging aspects is when I'm challenged to prove that chiropractic is safe for kids. At Dynamic Growth this year Dr Jeanne Ohm highlighted two recent survey studies that have shown chiropractic care for children is safe, gets results and offers children unexpected health benefits. One survey included data from chiropractors and the other survey collected data from parents of children under care.

The results of the chiropractors' surveys showed that of the 812 clinical cases, 717 indicated experiencing an improvement with their presenting symptoms, while 9 patients reported treatment-related aggravations. These were described as "soreness" or "fussy." No treatment-related complications were reported. The survey results suggest that chiropractic adjustments for children are safe and effective.

An overwhelming majority of the parents reported that their child's problems improved with chiropractic care. After 10,249 visits from 1,176 children, only 17 reported treatment-associated aggravations. Parents described as "soreness" or "stiffness" after the adjustment or that the child is "fussy", had a fever or vomited. No serious complications were reported. "Wellness care" was



reported by 54% of the parents as the reason for their child's visits.

Both surveys revealed that children experienced added health benefits beyond what they came in for. The three most common additional benefits were: improved immune system function, improved sleep and improved moods in the children.

To date, these are the first studies of their kind in that they document treatment-associated problems and improvements in the chiropractic care of children. These studies provide practice-based evidence on the safety and effectiveness of pediatric chiropractic.

*Alcantara J, Ohm J, Kunz D. Treatment-related aggravations, complications and improvements attributed to chiropractic spinal manipulative therapy of pediatric patients: a practice-based survey of practitioners. Focus on Alternative and Complementary Therapies 2007; 12 (Suppl 1): 3. Alcantara J, Ohm J, Kunz D. Treatment-*

*related aggravations, complications and improvements attributed to chiropractic spinal manipulative therapy of pediatric patients: a survey of parents. Focus on Alternative and Complementary Therapies. 2007; 12 (Suppl 1): 4. Alcantara, J Ohm, J A survey of parents on the iatrogenesis associated with chiropractic spinal manipulative therapy of pediatric patients: results from a practice-based research study. ACC/ RAC Conference March 2008. View Abstract (Editor's note: These studies have come out of the ICPA's innovative Practice Based Research Network. If you love taking care of kids and pregnant women and want to learn more about the ICPA's PBRN go [www.icpa4kids.com/research/PBRN/PBRN.htm](http://www.icpa4kids.com/research/PBRN/PBRN.htm)*

*To sign up to be part of the ICPA PBRN and help to grow the evidence for chiropractic care go to [https://secure.icpa4kids.com/pbrn\\_membership\\_application.htm](https://secure.icpa4kids.com/pbrn_membership_application.htm)*

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# Putting focus on wellness

By Karen Kotze

An Auckland chiropractor is claiming success in helping children with learning difficulties.

Remuera's Dr Neil Bossenger says Swiss research by Dr Yannick Pauli shows chiropractic care can help those with learning difficulties – thought to affect as many as one in 10 children.

Problems such as speech and language disorders, dyslexia, attention deficit disorder can be treated, he says.

"This is not only about the inability to read, write or concentrate," Dr Bossenger says.

"The disorders can also interfere with self-esteem, family and peer relationships, and they can cause loss of motiva-

tion or socialising problems."

Dr Pauli believes chiropractic care that attempts to correct a central nervous system dysfunction thought to impair the individual's potential to learn properly is helpful.

In one study researchers carried out a series of chiropractic adjustments on 26 autistic children over nine months with promising results.

Dr Bossenger says some of the children were taken off medication, bladder and bowel control improved along with eye contact and attention span, while hyperactivity and aggressive behaviour reduced.

"Five children were able to attend regular classes at school for the first time," he says.

But he warns that chiropractic care cannot cure or treat the underlying disease process and says Dr Pauli calls for a multi-disciplinary approach.

"Although the study results are promising, further research is needed," he says.

Dr Bossenger says chiropractic care isn't a cure-all but it is a maintenance programme for the nervous system.

"A fully functioning nervous system allows the human body to do some amazing things."

He believes medical professionals should switch from "sick care to health care" and he provides a free presentation every Tuesday evening from his Remuera practice on natural health care solutions.

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