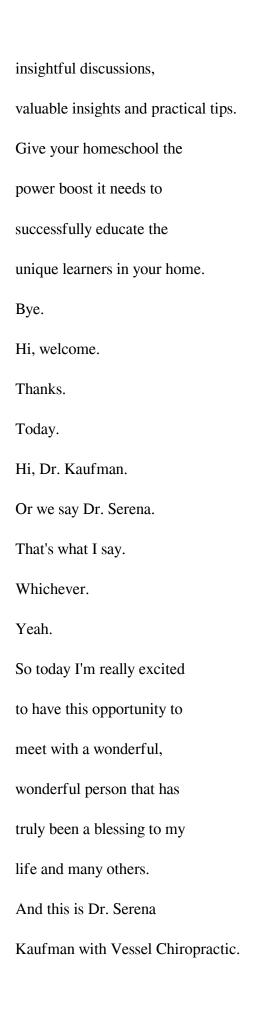
welcome to empowering homeschool conversations your authority in navigating the world of homeschooling diverse learners featuring peggy ployer from sped homeschool annie yorty from annie yorty.com leilani melendez from living with eve stephanie buckwalter from e-larp learning and don jackson from don jackson educational consulting and tutoring With over seventy five years of combined homeschooling expertise, experiences and perspectives, this group is eager to share their wealth of wisdom to empower your homeschooling journey. So grab your favorite mug,

settle in and get ready for



in Boise, Idaho. And I just want to introduce you a little bit here with this introduction that was collected about you, if you would just give me a second with that. So Dr. Selina Kaufman is a passionate wife, mom, and healthcare professional dedicated to helping individuals and families achieve optimal wellness. As a nervous system-based chiropractor and functional medicine practitioner, Dr. Kaufman blends her personal experiences with her professional expertise to guide others on their healing journeys. Her story is deeply personal, having overcome lifelong eczema, allergies,

and other health challenges by

addressing the root causes

of her conditions.

Through chiropractic care

and functional medicine,

Dr. Kaufman discovered the

profound connection between

nervous system regulation,

cellular health, and overall well-being,

which we're going to talk about today.

I'm very excited.

Today,

she brings that same holistic

approach to her practice,

helping patients unlock

their full potential and

enjoy the freedom of better health.

Whether it's facilitating

healing for adults or

supporting the youngest

members of her community,

Dr. Kaufman is driven by

her mission to empower families,

with the tools they need to

thrive so I am wow that's

just amazing I had to read

all that because it just

encompasses a lot about who

you are and I do want to

give you an opportunity

however to share a little

bit more if if that missed

anything or just a little

it's perfect okay good that

was pretty steal that

actually that was great

okay okay for sure I'll

send that to you um

So today we're obviously here,

we're going to be talking

about children with ADHD,

children on the spectrum,

and how families can look

and see chiropractic health

and coaching and all the

things that you do with nutrition.

that could help benefit their children. So my first question for you today is what led you to specialize in working with children? Like. I know you have a heart for kids with autism and ADHD. How did you get there? By surprise, actually. So I bought the practice that I'm currently in Eight months ago now. And the chiropractor that was running the practice before was focusing on this demographic of kiddos. And so I started the training of what does it look like to really dive into the nervous system root cause on a deeper level? Because I was using nervous system focused chiropractic care.

in my previous home practice

before I bought the practice I'm at.

But there's a whole nother

level of care that goes

into serving these kiddos well.

And so I dove into that

continuing education and realized, well,

this is the foundation of a lot of

of a ton of our community, right?

Because how many adults are

struggling with these ADHD tendencies?

So many more adults are

being diagnosed with or

diagnosed with being on the

autistic spectrum.

And if the foundation of

that is that their nervous

system is stressed because

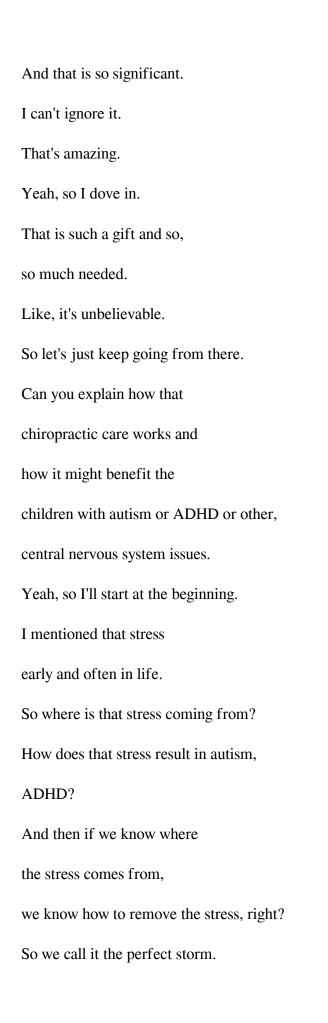
they experienced stress

early and often in life,

then this type of care can

change the trajectory for

these kiddos growing up.



So what we found or what a lot of chiropractors who have compiled all of their clinical data have found, is that about eighty percent of these kiddos who have autism ADHD sensory processing disorder eighty percent of those kiddos experienced a birth trauma and or mom was significantly stressed in pregnancy and that is like Because what numbers are we seeing increasing? We're seeing C-section rates rise like crazy. We're seeing birth interventions rising like crazy. And then we're also seeing autism, ADHD, sensory processing disorders rising in the same parallel graph.

And the fact that eighty percent of these kiddos who are on these spectrums have experienced birth trauma in some way. A C-section is traumatic. That baby is being pulled out by their neck, and that's a ton of torsion being pulled up, over, and twisting out. And that creates a ton of stress in the top of our spine where a ton of our regulatory rest, digest, heal, reproduce nervous system starts. So we start our life wired, right? So how many of these kids on the spectrum had colic when they were a baby? Probably a lot of them, right? A colic is just a sign of a really stressed baby. And then we don't really grow out of colic. I didn't grow out of colic

with my traumatic birth experience. Um, I grew into, um, being a really sick kiddo all the time, ear infections. Um, I got eczema really quickly in life, like before I was six months old. Um, so we, we grow, we don't grow out of colic. We grow into, um, other dysregulated signs of dysregulation, like chronic ear infections, um, constantly being sick. And then we don't grow out of that, right? We grow into things like ADHD, sensory processing disorder, those kinds of things. And so- Yeah, that is so fascinating. Is it also connected to the gut? Is there- If our, so our nervous system, it's our master system. So it controls every cell, organ, tissue of the body right so if our nervous system is

feeling is stressed it's stuck in fight flight tight it can't tap into rest, digest, heal, recover, adapt, right? It's not adaptable. And so the hormones that we produce are different in fight or flight versus rest and digest. If we're in fight or flight, the nervous system isn't even directing blood flow, isn't telling our body to direct blood flow to our digestive system. So the constipation, those kinds of things are what's happening in that wound up fight or flight state. With a lot of these kiddos, they're either we kind of tag them as the raging bull or the drunken bull. If you can picture a bull in a china shop,

it's like these kiddos are just flying so fast. They don't have time to process their surroundings and make good decisions and sit still long enough to accomplish something. They're just crashing into everything around them. And then those kiddos, once they run out of energy, so that's fight or flight. when you still have energy and in those kiddos, if they stay in that wound up stress state,

they run out of energy and they're those,

They're clumsy, like they're truly clumsy.

their bodies fatigued all the time.

Um, and, and just getting drained,

these drunken bulls or

They're getting more sick.

but still their systems are

still wound up, but they're exhausted now. My goodness, this is amazing. Wow. So knowing those things, right, if physical stress got them in this situation, like birth trauma, there's a lot of significant research showing that when mom is pregnant with this baby and has high stress symptoms, while she's pregnant, her baby's nervous system is mirroring hers, right? So her nervous system is imprinting a stressed state on baby. And usually those, a lot of times those births don't go very smoothly because you can't, like birth is a parasympathetic rest digest reproduce state our body

needs to be able to tap

into that state to have a

successful smooth birth and

if we're strung out and

wound up it's not easy to have a baby

that is so amazing like I'm

thinking of my own story

with my firstborn and I

have to share that with you

on another day you and I

will talk about it but I I

completely hear what you're

saying and it mimics

exactly what I went through

oh wow interesting yeah

very insightful thank you

So that's in this concept of

chiropractic are three T's

or three traumas.

There's traumas or three stressors.

There's traumas, thoughts, and toxins.

So that's our first trauma

is our physical stress that we encounter.

And thoughts are emotional stress that mom can imprint on baby. And the baby can experience that too, right? And then toxins. So um toxins are huge and autism adhd like that's what a lot of moms are trying to track down like is this um like what our kids are getting injected with like what does that have to do with it um but um An argument that I've heard, one of these prominent docs who's teaching me these concepts is like, okay, well, we've had toxins in our environment for a very, very long time. And I would say this to be true with my functional medicine experience.

Our body has toxins.

pathways to manage toxins

right we have cellular

pathways to detox and if we

have the resources to do

that it shouldn't be a big

deal and and our body has

ways to store those things

that are not impacting our

brain health um to an

extent right and so if

we're addressing the nervous system

health we can help the body

manage that stress of toxins

which the way we help to

answer your original question,

the way we help kiddos come

down from these stressors

like birth trauma, um,

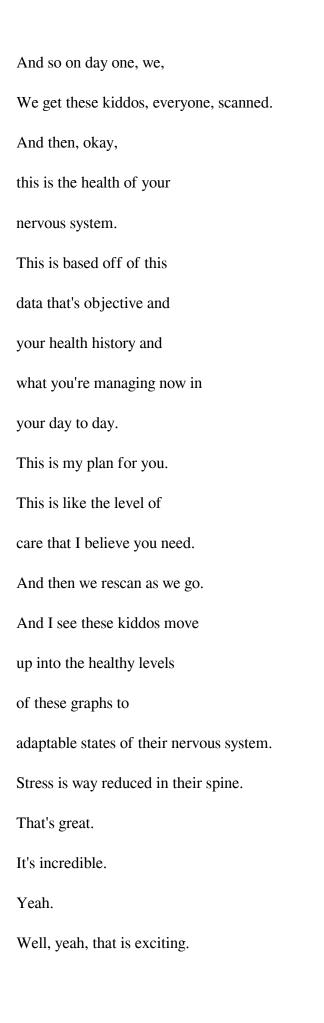
is with gentle specific

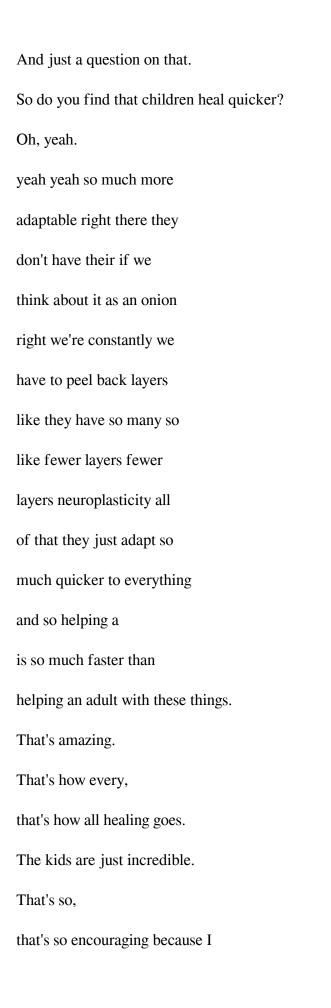
chiropractic adjustments, right?

We are physically removing

that stress from the

nervous system with really gentle adjustments so that the body can adapt and heal the way it was designed to. And, um, I have scans to show this, right? When I first started the practice, I'm like, I don't know how this works. I believe in the power of chiropractic. and I'm going to trust this process wholeheartedly. And I have scans that can show my progress, right? So I'm going to trust and I'm going to scan you've, you've experienced these scans, right? So they show me the health of your nervous system, where you are in fight or flight versus rest and digest and what your energy reserves are, where you're holding that stress in your nervous system.





think sometimes when people think, oh, you know, okay, we'll start chiropractic care, but we're going to be here forever, you know, and it's not like that. It is, I mean, even in the short time that I've known you, I've felt changes in my body that I'm I'm like, Oh, I'm calmer in that. Like things are calm. Something's calming down, you know? And so I I've got a long way to go, I'm sure, but I'm excited for this. This is very different than anything I've ever experienced. So, well, let's go to the next question. Um, I think we already answered tailoring your treatment. So we'll move on. Are there any I don't know if we've answered this,

but are there particular chiropractic techniques or adjustments you use more frequently when working with children? Yeah. Yeah, you're not, I mean, you know this, you don't just barge in with these kids. It's a lot of, some of them, I don't adjust on the first visit, right? Because if we're building rapport, there's a lot of value in communicating what's to come and gaining their confidence in me. And so, and same with mom and dad, right? A lot of them, it doesn't make sense for me to adjust the first visit even, right? until we have built a relationship and we've created that educational component of what's um what the plan is and so if this kiddo is a this the raging bull still um

they're like we're focused on more gentle um we call

them tonal right so it's a

lot of touch uh for

adjustments and it's like

sustained contact um

because we're our goal is

to calm down the nervous

system and then these

drunken bulls who are their

bodies are fatigued and

don't have energy left um a

lot of times I think those

are a little more um

There's a little more umph

in those adjustments.

But with these kids,

I'm building rapport with

them and we're not starting with those.

Interesting.

yeah and it doesn't this

this type of chiropractic

it doesn't look like what

you see on tiktok or sensational things I mean there's not twisting and popping and cracking right which is probably what a lot of parents like why am I going to take my eight-year-old or my three-year-old to go get twisted and cracked like that's not at all what's happening it's so gentle um And what's exciting is I can say, trust me, this is gentle and it's going to look really simple because a lot of these kids, less is more. And so it's one adjustment and I get to see them frequently. So it's like we're doing one adjustment that's gentle and we're going to let

their nervous system

process that and lock it in.

And then when I see them in

a couple of days,

We're going to do another adjustment.

And then soon we can start

stacking them a little bit.

But in a lot of cases, yeah,

it looks way different and

way simplified.

And it's not showy,

which isn't sensational, right?

So that's why it doesn't

have people don't know

about it or see it.

Yeah, it's quite different.

And I will just say just

because you kind of I must

have been the raging bull

when I came in because you

went really gentle with me.

But you just your presence.

And I know the atmosphere of

your office and the you know,

if you want to say the energy or the just the flow of that. It's so calming to me. It's like, like walking out of a, you know, massage. Yeah, it's just so calming. And, and you're, you're just really in tuned. Like I've noticed that like you're really present with me when I'm there. So I can imagine. And I've seen you with mothers and I've seen you with children, even dancing in your office. That was a little video you made for your holiday video. But that makes a huge difference. I've been to chiropractors for about thirty years and it's the first time. So I have to say that is that makes a huge difference.

And we did talk about
progress or improvements
that you've seen in
children after receiving
chiropractic care.
Do you have any kind of a
story or something you
would like to share on that?
Yeah, probably my most recent kiddo,
his mom just walked into my
office and she said, hey, I
Um,
I think I've heard a little bit about
chiropractic and my son's
on the autism spectrum.
Could this help?
Yes.
Yeah.
Let's bring them in.
So we got them scanned.
Um, so through in the last.
three months of care.
And for him,

he's been coming twice a week.

That's his story.

That's what he needs.

And based on his most recent scans,

we're going down to once a week.

So he...

typically when winter hits

he gets seasonal depressive

disorder it gets really low

this kid he's about twelve

yeah he just turned twelve

um so the last few years

he's gotten um depressive

symptoms uh with the

seasonal changes this year

that hasn't happened at all

um like he's been jolly

actually like his mom's

like I don't know what's

happening but this is a new

side of him he's

way more often in a good

mood than not um and he is

sleeping better except around Christmas he was very excited about Christmas and could not stop thinking about that he's like I he's like I gotta tell you something Dr. Shamina I haven't been sleeping good I'm just thinking a lot about Christmas um and they went to the dentist um a few weeks ago and for the first time, all the noises and the sensations didn't send him over the edge. So he was able to handle a dentist appointment. That's amazing. Yeah, which is a big deal for him. Yeah, the goal is, so mom pulled him out of school this year because it was too much. Feeling like people don't

understand him or judging him.
It's probably a lot of sensory input.
So my next goal for him is
that he can enroll back in
school if mom doesn't find
that she likes homeschool.
We'll see.
Yeah.
Hopefully she'd like some schooling.
We'll connect.
We'll connect you guys.
Yeah.
But at least allowing him to
adapt to more stimulus in
those social settings and
not feel overwhelmed.
Like he has to shut down.
That's huge.
Yeah.
So those are our next.
goals and I'm really
confident that with
consistent care we can get

there right because we're

we're calming down his

nervous system bringing him

out of fight or flight

removing that stress so

that his his brain can take

in sensory information and

appropriately process it to

create the correct response

that's wonderful that is so

it's so well needed I know

being in education and

having that background in

special education there's

so much emphasis on behavior

we can just get the behavior sorted out.

If we can teach kids behavioral skills and,

and you, you know,

you do all this work and

you're trying and you're

doing all these different

techniques and you wonder

why aren't they getting it?

Why aren't, why isn't it holding?
I guess, you know,
they might get it for a short time,
but it's not holding
because their central
nervous system is so jacked
up in a sense that,
They can't like they can't.
Yeah, they can't hold on to it.
They can't remember it
because they're in that
state of fight and flight.
So it's so fascinating.
Let me look at something else here.
What advice would you give
to parents who are
considering chiropractic
care for their child with autism or ADHD?
Hold on just a second.
Let me text my husband that
my baby's awake.
OK.
OK.

What advice would I give? to parents who are interested in chiropractic care for their kiddos. I would say find a chiropractor who does the insight scans, so the neurological insight scans, and just go get scanned. Step one, go get scanned and see where their nervous system is lying. That in itself is so valuable to have that information. So, cause then if you find out, okay, my kid is way over in fight or flight. You have that information and now you can decide what to do about that right because then you have then you have the education educate yourself then like how do we get someone out of fight or flight the easiest and

most impactful and most

efficient way and maybe to

in a lot of ways the only

way is to physically remove

that stress from the

nervous system right you

can like people can do yoga

meditation bagel stimulation

but it's not addressing the

root cause of how that got

there in the first place

those are all good things

yeah can you tell a kiddo

with autism to meditate

that's not where we're at

right um and so just go get

scanned and gather information

learn from the doc that

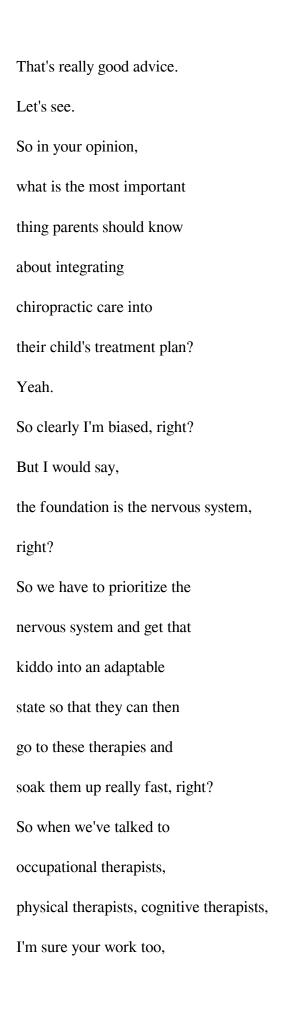
you're gathering information from,

and then decide what you're

able to do with your resources, right?

That's easy.

That's wonderful.

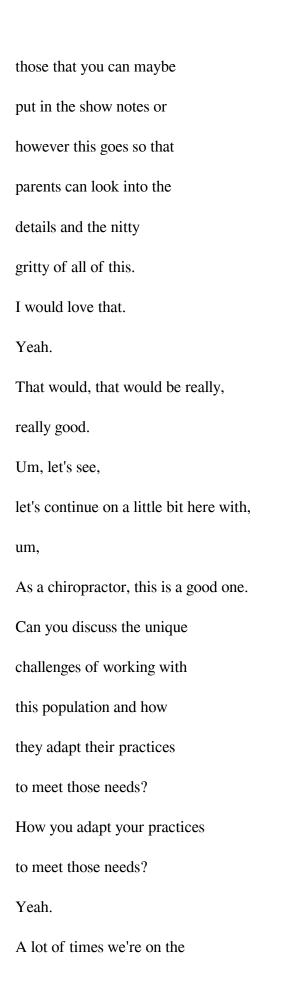


we've talked about this of the behavioral changes, if their nervous system is adaptable and they're ready to tackle new stressors or learn and do new things and not be in this, this protective mode, right? Cause we can't be in growth and protection at the same time. And so getting us out of protection into a growth state so that these other therapies can just take off. Right. So I'm a fan of occupational therapy, cognitive therapy, play therapy, um, the way you initiate learning, all of those are incredible, but let's set the foundation for their nervous system to do those

other modalities successfully.

That is so fantastic. I feel like lights are, light bulbs are going off in my head right now. And I know you and I have talked as much as we could, but I just, I'm like, hmm, how do I go forward in the work that I do without this piece now? This is so, so essential. It kind of reminds me of years ago when I learned about where they would take the child back to crawling. Yeah, the primitive reflexes where they go back to the crawling stage. And there's even some workouts now I've seen for adults to do that, to go back to that crawling stage. And I always thought that was interesting because it makes sense.

It's connecting something to the brain.
But if you think about it,
if there's trauma in the womb,
trauma in the mother, which is, you know,
mimicked by, you know,
the child's nervous system,
that's even before crawling.
That's even well before crawling.
So how do you connect with that?
This is, you have to write your book.
When are you writing the book?
Well,
I'm truly just taking this
information from what I'm already,
what I'm learning from Dr.
Tony Ebel and the pediatric experience.
And so I would just be
copywriting at this point.
Okay.
Okay.
But those are,
I can give you those
resources and links to



kiddos timeline, right?

I'm

like I still believe in

informed consent and um and

consent to care right so if

they're saying don't touch

me like what we have to

build rapport right and so

right right there's it's

not come in get scanned lay

on the table I'm going to

adjust you it's it's a slow

process of okay today we're

getting one adjustment

that's super impactful

and important.

Um, and he can do that.

We can do that.

Like sitting up,

I'll come and play with

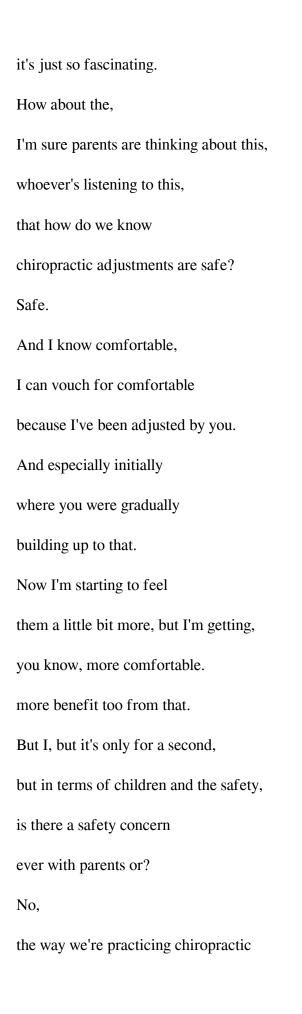
like if the kid is playing

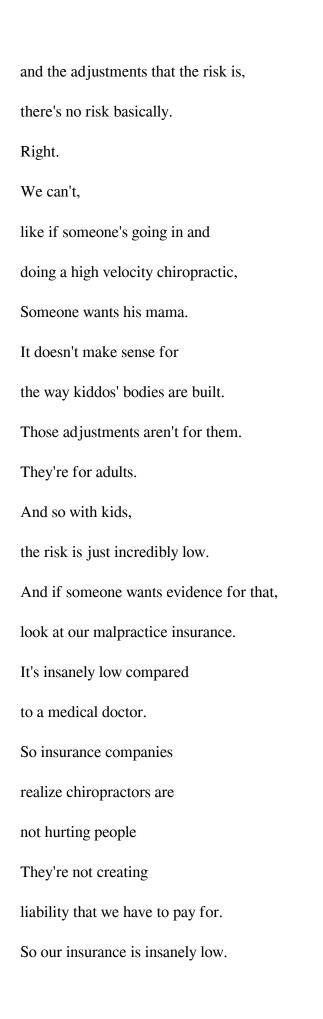
and they're in their zone,

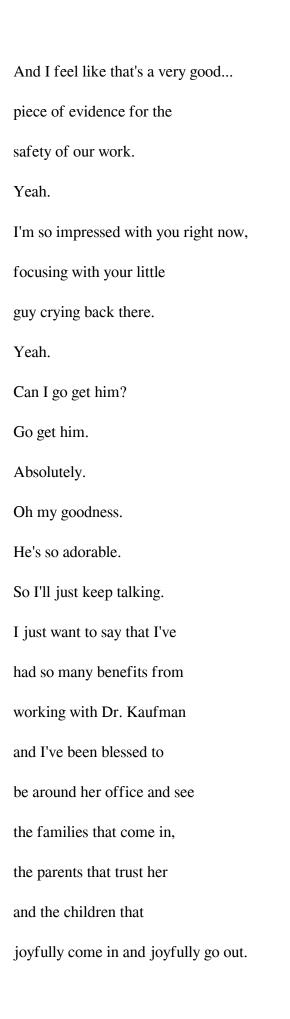
I'm coming on the floor and

I'm adjusting them while they're playing. It's a really adaptive environment of, I'll come to you and adjust you where you are. And that works. So I know a lot of docs who, I haven't had to do this yet, but the kids, they're like, I'm not going inside. So docs going outside, in the grass or the kiddos like feel safe and grounded. And that's where he's adjusting kiddos outside of their office. They're adjusting kiddos in their car seats, safe. Right. And then gradually I think those kids realize, okay, this is a safe, this is my body is, is benefiting from this. I think our bodies know what's good and safe and

•	we'll be drawn to that.
	And so gradually these kiddos come in and,
i	into the office and then
(	come from like the floor of
1	the playroom to the chiropractic table.
	And then it becomes easy and
]	part of the routine and
5	safe and normal and good.
]	But that's probably the most
1	that I adapt is meeting
1	them where they are instead
(	of demanding that they
(	do the routine,
]	like laying face down on the table.
]	Right.
,	Yeah.
]	I've seen that where you've
i	adjusted the babies with
1	their moms holding them.
,	Yeah.
]	No, and all that.
,	So that's been interesting, but every,
	yeah, I, I just,







So I'll be right back. Hello, little friend. Oh, he's so cute. And Dr. Kaufman's a mom. So that's really another wonderful piece, I think, for parents that are considering working with her. And then also, I wanted to mention that if you're, I'm sure if you're curious more and you have more questions for Dr. Kaufman, she'd be happy to answer those. And you can find her through Vessel Chiropractic. And she does have a website. Again, she's in Boise, Idaho. and um I hope that helps some of you somewhere so I'm gonna look at another question I'm sure they're gonna okay watch some of

this out okay is he okay now yeah he just woke up from his nap Yeah, he's so cute. He's the happiest baby I've ever seen in my life, by the way. Both of your children are. It's just amazing. It's probably all those good adjustments, right? Yeah, their nervous systems are regulated. They're regulated. That's wonderful. Just for my own curiosity, are there any other things that you recommend people do outside of the chiropractic in terms of once you're working with them and you're adjusting them and maybe they're not coming as often, are there other things that you recommend for them to

do to keep that regulation going?

My priority in the beginning is let's get

their let's get them into an

adaptable state um because

it's hard to make changes

to their lifestyle when

they're not in adaptable

state right so that's just

the non-starter um but I

want to have conversations

with parents of like are

these kiddos because a lot

of times they're picky

eaters are they just eating

all brown foods like

chicken nuggets and french

fries that's not

setting them up for success.

And I'm not an expert in

behavioral changes as far

as food and whatnot, right?

Because I can easily say nutritionally,

This is it.

The food we consume impacts

us more than we understand.

It impacts us on a cellular level,

the way our cells express our genetics.

It's important.

It's not just about macronutrients.

Once they're more adaptable,

let's talk about more balanced meals.

I've heard other experts say yes,

it's hard to get

your autistic kiddo to

expand their palate but

you're the parent right at

the end of the day you're

the boss you're the one in

charge and they like there

are techniques that you can

expand like the foods that

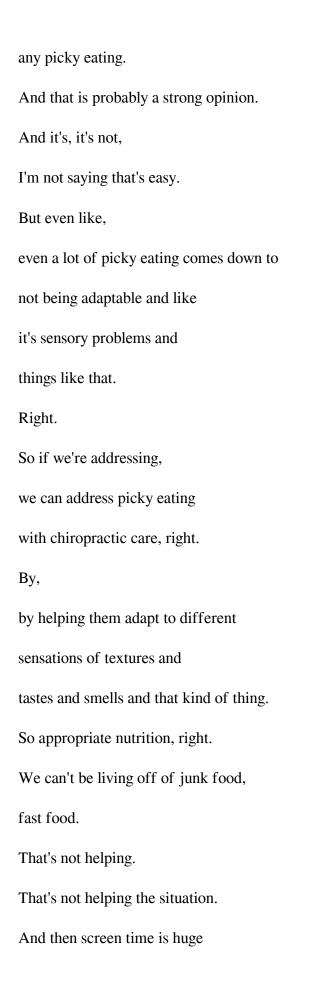
they're eating um and kind

of put your foot down and

say that this is important

and this is what we're

going to do um that's



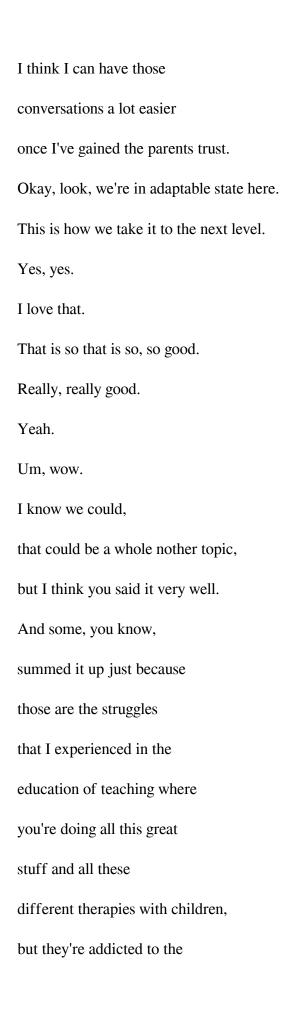
for these kiddos, right? I understand that with these kiddos that take a lot of mom and dad's energy and emotional capacity of like, okay, we need a break. Here's a screen. Or like they, these kiddos, some of them, like they love whatever's on the screen, right? It's, it's this video game that they're incredible at playing. It's a show that they're obsessed with. But screen time has really negative, like insanely negative impacts on our ability our neurotransmitter levels right the serotonin the serotonin and dopamine levels play a big role in adhd right and if we're constantly fueling um gosh I'm gonna get it wrong

probably if yeah dopamine if we're constantly fuel fueling those dopamine like that's like quick hits um immediate gratification instant gratification there we go um that fuels adhd And it's hard to break that, right? Because there's dopamine, we're addicted to it, and those quick hits. But on the opposite end of that spectrum is like, okay, we need to get outside, need to do things that require our balance, like riding a bike, playing sports, just physically moving our body, asking it to... to use both sides of our brain, boosting serotonin to balance out those levels. That's huge and not to be downplayed,

```
right?
Because how many of these kids,
and this is not me judging, but we see,
I see a lot of this combo of ADHD, autism,
sensory processing combined with
brown, bland foods for the most part,
very limited foods and lots
of screen time.
And that's a trio I see quite often.
And it's not it's not coincidence.
Right.
So and that's not the root of the issue.
The root of the issue isn't
the food or the screen time.
It's the it's the maladaptability.
So we can get them adaptable,
but then we have to change
our lifestyle to maintain
and build that adaptability
and overall well-being and
quality of life.
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But I have those conversations.

So that's a big conversation, though.

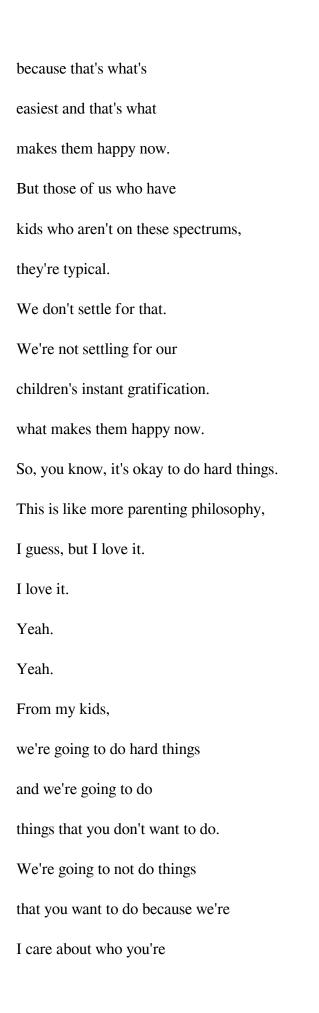


screen time or they're going to do it. If you give them screen time or they can't wait to get home and just sit in front of the TV all day, they don't do homework anymore. Um, because we've moved away from homework. So there's pros and cons to that. Right. But I think that overall it's, it feels very defeating at times because it's a vicious cycle, but I try not to let my brain go there. I just keep putting in as much as I can give. And then I realize for my work that I can't necessarily change the parents and the way they do things, but I can slowly drop information into the child, especially the older

students that this is impacting you.
This is how this is going to impact you or,
you know, the sugar.
We used to have a situation
in my classroom where my
aide would love to give
them hits of sugar all day long.
I'm like, we can't do it.
Like it's against my,
it's against my religion.
It's like, these are kids with, you know,
diagnosed with ADHD.
Yeah.
And now we're going to give them, you know,
a little dopamine.
You know, and I mean,
they're just like little mice craving it,
too.
And so it's hard.
I mean, it's hard for me.
And it's not going to be an
easy task for a parent.
Right.

So. to ask a parent to do that right out of the gate without any, without an adaptable kid. Right. I'm not going to ask them to do that. They are where they are. And so. so I think giving a parent hope of like, okay, now you like they're looking at how many ways, like they're experiencing how many ways our kid is adapting to the stressors in their life. And becoming like they can have conversations and they can negotiate right I don't know how much you negotiate with children but um a lot yeah um right but you can have like there's more

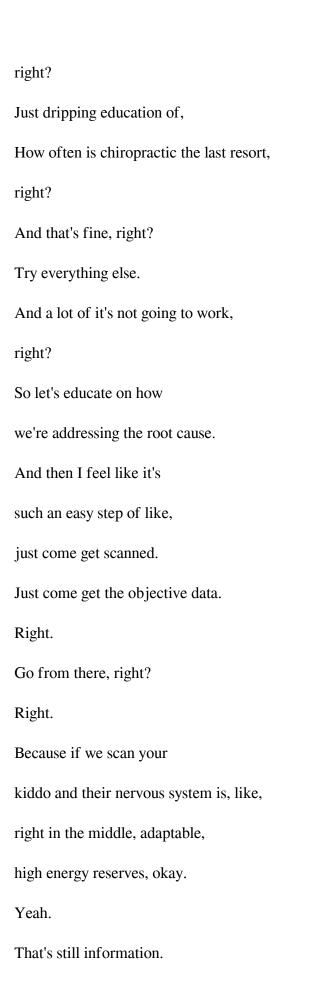
there's more at play um and so giving the parents the hope and saying okay now you're the parent um you have resources now, right? Your kiddos in a state where they can take this on and you can be a parent and, and change their future, right? Like what is this kid going to grow up to be like, what is their potential if they're addicted to screens and, and have three foods that they eat, right? Like I want more for them. And so allowing the parent to have hope, I think that's it. Hope, right? They have a, How many of these parents are like, man, this is my child's fate. Let's just pacify them

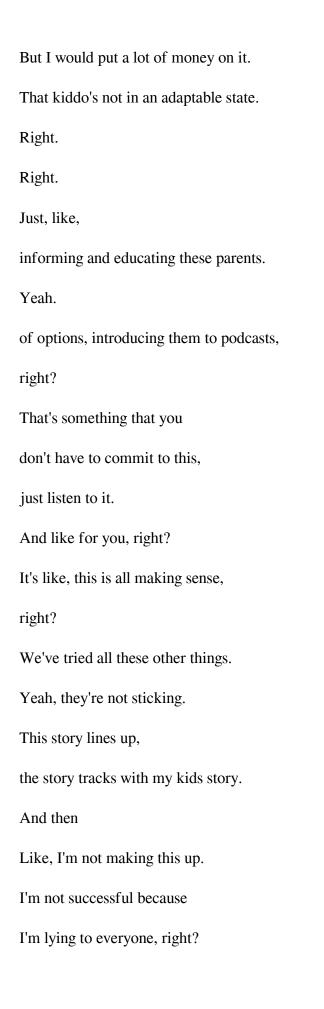


going to become as an adult. Right. And I want parents with children who are, who aren't neurotypical to have these, to be able to have high standards and high hopes for their children too. I love that. I usually am not, haven't gotten into philosophy with parents like that. So that's the book you're going to write. Okay. So I'm going to make sure you write a book someday. I'm going to keep pushing you. So I. I thought of another question for those people that are listening to this right now, maybe a grandmother, maybe a friend, maybe someone who knows someone who feels like, wow,

this is what this family needs or this child needs. How would a person talk to a parent or even to their own heart about trying this and not being afraid, but moving in this direction, like that parent that came into your office that day, can you help? Kind of hitting the wall and saying, what are my options? How would we approach a parent and share with them the idea of, of exploring chiropractic care for their child. I think in my experience with people in my office who get it, like, wow, this is incredible. And I know kids who can benefit from this. How do I, how do I get them here? I think everyone's unique, right? But we can,

there's this slow drip of just education,

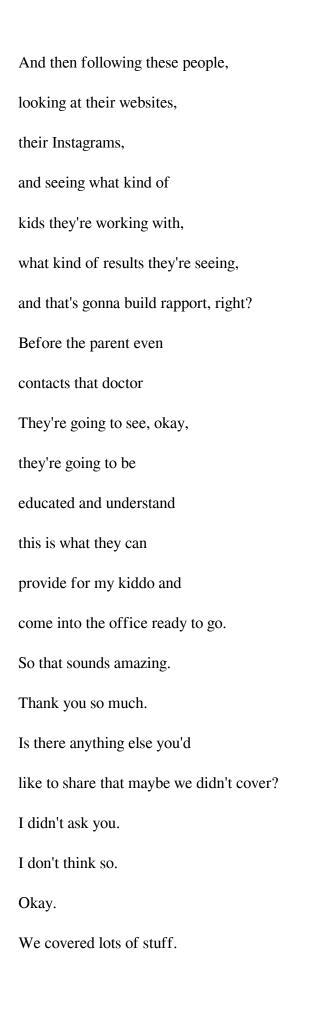




I don't know if people just don't believe. Like, oh, chiropractors are quacks. Whatever. Call me a quack. You are not a quack. But I think there's, like, oh, that's... I don't know if they think we're lying or it's like we're over-promising, but I think with the scans, that's how we are showing objective results, right? And it's not, we can't, unfortunately, not everyone is on the same page with this level of... pediatric chiropractic care right we can't go to just some joe schmell chiropractor who's right right this isn't we're not going to back pain chiropractors and expecting neurological changes right

in our kids right this is like where these kids are really struggling and have intense stories like this is in the beginning this is like at least three times a week for a state, right? And gentle and specific and unwinding the stress. And so I think people think chiropractor, back pain, how is this back pain chiropractor going to help my kid? It's like, no, rewrite the script. Rewrite the script of who these parents are taking their children to, right? The nervous system chiropractors, right? I think that's really important, Dr. Kaufman, because I have been, like I said, to many chiropractors. And it's just very different. It's very different what you do.

And I mean, my old age, I found you and I know that was a blessing from God. And when you when you went to go see your son, I told you. Everyone, you know, I'm sure if they have questions for you, they can reach out to you through your website, Bessel Chiropractic. But maybe there's even other referrals in other states that. Yeah. So I'll send a link to a directory. OK. And find other system focused pediatric chiropractors. who use these insight scans to give to this objective data to create these care plans that are specific and track results. Yeah, I think that's the important step.



this this is great this is
just an amazing discussion
and I thank you so much for
your time I know you're on
vacation and you took time
out of your day to
come and be with us today.
And I thank you so much for that.
So we'll get those links to
everyone and just really
look forward to seeing you
when you come back next week.
Yes, I'll be back.
Yay.
Thank you.
So we're just going to end this now,
but you and I will hold on for a second.
Okay.
Okay.
Thank you.
Thank you everyone for joining us today.
I hope this was helpful and
that you will gain some

insight on how to go
forward with your child
that you've maybe been wondering,
what is another thing I can try?
A great thing.
So working with the central
nervous system.
So thank you.
Hold on.
This has been Empowering
Homeschool Conversations
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families to home educate
diverse learners.
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