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experiences and perspectives,
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Give your homeschool the
power boost it needs to
successfully educate the
unique learners in your home.

Bye.

Hi, welcome.

Thanks.

Today.

Hi, Dr. Kaufman.

Or we say Dr. Serena.

That's what I say.

Whichever.

Yeah.

So today I'm really excited
to have this opportunity to
meet with a wonderful,
wonderful person that has
truly been a blessing to my
life and many others.

And this is Dr. Serena

Kaufman with Vessel Chiropractic.

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.

And that is so significant.

I can't ignore it.

That's amazing.

Yeah, so I dove in.

That is such a gift and so,

so much needed.

Like, it's unbelievable.

So let's just keep going from there.

Can you explain how that

chiropractic care works and

how it might benefit the

children with autism or ADHD or other,

central nervous system issues.

Yeah, so I'll start at the beginning.

I mentioned that stress

early and often in life.

So where is that stress coming from?

How does that stress result in autism,

ADHD?

And then if we know where

the stress comes from,

we know how to remove the stress, right?

So we call it the perfect storm.

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,
these drunken bulls or
their bodies fatigued all the time.
They're getting more sick.
They're clumsy, like they're truly clumsy.
Um, and, and just getting drained,
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 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.

And so on day one, we,

We get these kiddos, everyone, scanned.

And then, okay,

this is the health of your

nervous system.

This is based off of this

data that's objective and

your health history and

what you're managing now in

your day to day.

This is my plan for you.

This is like the level of

care that I believe you need.

And then we rescan as we go.

And I see these kiddos move

up into the healthy levels

of these graphs to

adaptable states of their nervous system.

Stress is way reduced in their spine.

That's great.

It's incredible.

Yeah.

Well, yeah, that is exciting.

And just a question on that.

So do you find that children heal quicker?

Oh, yeah.

yeah yeah so much more

adaptable right there they

don't have their if we

think about it as an onion

right we're constantly we

have to peel back layers

like they have so many so

like fewer layers fewer

layers neuroplasticity all

of that they just adapt so

much quicker to everything

and so helping a

is so much faster than

helping an adult with these things.

That's amazing.

That's how every,

that's how all healing goes.

The kids are just incredible.

That's so,

that's so encouraging because I

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

kid 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.

That's really good advice.

Let's see.

So in your opinion,

what is the most important

thing parents should know

about integrating

chiropractic care into

their child's treatment plan?

Yeah.

So clearly I'm biased, right?

But I would say,

the foundation is the nervous system,

right?

So we have to prioritize the

nervous system and get that

kiddo into an adaptable

state so that they can then

go to these therapies and

soak them up really fast, right?

So when we've talked to

occupational therapists,

physical therapists, cognitive therapists,

I'm sure your work too,

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

those that you can maybe
put in the show notes or
however this goes so that
parents can look into the
details and the nitty
gritty of all of this.

I would love that.

Yeah.

That would, that would be really,
really good.

Um, let's see,

let's continue on a little bit here with,
um,

As a chiropractor, this is a good one.

Can you discuss the unique
challenges of working with
this population and how
they adapt their practices
to meet those needs?

How you adapt your practices
to meet those needs?

Yeah.

A lot of times we're on the

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,

into the office and then

come from like the floor of

the playroom to the chiropractic table.

And then it becomes easy and

part of the routine and

safe and normal and good.

But that's probably the most

that I adapt is meeting

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

adjusted the babies with

their moms holding them.

Yeah.

No, and all that.

So that's been interesting, but every,

yeah, I, I just,

it's just so fascinating.

How about the,

I'm sure parents are thinking about this,

whoever's listening to this,

that how do we know

chiropractic adjustments are safe?

Safe.

And I know comfortable,

I can vouch for comfortable

because I've been adjusted by you.

And especially initially

where you were gradually

building up to that.

Now I'm starting to feel

them a little bit more, but I'm getting,

you know, more comfortable.

more benefit too from that.

But I, but it's only for a second,

but in terms of children and the safety,

is there a safety concern

ever with parents or?

No,

the way we're practicing chiropractic

and the adjustments that the risk is,
there's no risk basically.

Right.

We can't,

like if someone's going in and
doing a high velocity chiropractic,

Someone wants his mama.

It doesn't make sense for
the way kiddos' bodies are built.

Those adjustments aren't for them.

They're for adults.

And so with kids,

the risk is just incredibly low.

And if someone wants evidence for that,

look at our malpractice insurance.

It's insanely low compared

to a medical doctor.

So insurance companies

realize chiropractors are

not hurting people

They're not creating

liability that we have to pay for.

So our insurance is insanely low.

And I feel like that's a very good...

piece of evidence for the

safety of our work.

Yeah.

I'm so impressed with you right now,

focusing with your little

guy crying back there.

Yeah.

Can I go get him?

Go get him.

Absolutely.

Oh my goodness.

He's so adorable.

So I'll just keep talking.

I just want to say that I've

had so many benefits from

working with Dr. Kaufman

and I've been blessed to

be around her office and see

the families that come in,

the parents that trust her

and the children that

joyfully come in and joyfully go out.

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

any picky eating.

And that is probably a strong opinion.

And it's, it's not,

I'm not saying that's easy.

But even like,

even a lot of picky eating comes down to

not being adaptable and like

it's sensory problems and

things like that.

Right.

So if we're addressing,

we can address picky eating

with chiropractic care, right.

By,

by helping them adapt to different

sensations of textures and

tastes and smells and that kind of thing.

So appropriate nutrition, right.

We can't be living off of junk food,

fast food.

That's not helping.

That's not helping the situation.

And then screen time is huge

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.

So that's a big conversation, though.

But I have those conversations.

I think I can have those

conversations a lot easier

once I've gained the parents trust.

Okay, look, we're in adaptable state here.

This is how we take it to the next level.

Yes, yes.

I love that.

That is so that is so, so good.

Really, really good.

Yeah.

Um, wow.

I know we could,

that could be a whole nother topic,

but I think you said it very well.

And some, you know,

summed it up just because

those are the struggles

that I experienced in the

education of teaching where

you're doing all this great

stuff and all these

different therapies with children,

but they're addicted to the

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

because that's what's

easiest and that's what

makes them happy now.

But those of us who have

kids who aren't on these spectrums,

they're typical.

We don't settle for that.

We're not settling for our

children's instant gratification.

what makes them happy now.

So, you know, it's okay to do hard things.

This is like more parenting philosophy,

I guess, but I love it.

I love it.

Yeah.

Yeah.

From my kids,

we're going to do hard things

and we're going to do

things that you don't want to do.

We're going to not do things

that you want to do because we're

I care about who you're

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,

right?

Just dripping education of,

How often is chiropractic the last resort,

right?

And that's fine, right?

Try everything else.

And a lot of it's not going to work,

right?

So let's educate on how

we're addressing the root cause.

And then I feel like it's

such an easy step of like,

just come get scanned.

Just come get the objective data.

Right.

Go from there, right?

Right.

Because if we scan your

kiddo and their nervous system is, like,

right in the middle, adaptable,

high energy reserves, okay.

Yeah.

That's still information.

But I would put a lot of money on it.

That kiddo's not in an adaptable state.

Right.

Right.

Just, like,

informing and educating these parents.

Yeah.

of options, introducing them to podcasts,

right?

That's something that you

don't have to commit to this,

just listen to it.

And like for you, right?

It's like, this is all making sense,

right?

We've tried all these other things.

Yeah, they're not sticking.

This story lines up,

the story tracks with my kids story.

And then

Like, I'm not making this up.

I'm not successful because

I'm lying to everyone, right?

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.

And then following these people,
looking at their websites,
their Instagrams,
and seeing what kind of
kids they're working with,
what kind of results they're seeing,
and that's gonna build rapport, right?

Before the parent even

contacts that doctor

They're going to see, okay,

they're going to be

educated and understand

this is what they can

provide for my kiddo and

come into the office ready to go.

So that sounds amazing.

Thank you so much.

Is there anything else you'd

like to share that maybe we didn't cover?

I didn't ask you.

I don't think so.

Okay.

We covered lots of stuff.

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.

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