

## Coughs and Colds



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**A**s seasons change some children appear to have an endless number of coughs, colds and runny noses. These are often explained as a normal part of growing up. But are these constant infections “normal”?

To understand why young children get recurrent colds (respiratory tract infection), it is important to understand how we come in contact with the organisms that cause infection and how our bodies protect us.

### What causes a cold?

The organisms that cause coughs, colds and runny noses are found in the air (they are air borne). These organisms enter our bodies through our noses and mouths. This is why it is important to teach children to cover their face and mouth when they cough or sneeze.

When a child who is infected coughs or sneezes millions of tiny organisms are propelled into the air. If breathed in by other people they also may become infected, and so it spreads. How many times have you had a cold and said “Oh the kids brought it home from kindergarten or school”?

So do we “catch a cold” or is the truth really something different?

If we simply “catch a cold” from being around others who have one, why do some children have more colds than others? Everyday we are all exposed to organisms in the air that can make us sick. Our body is designed in a way that may protect us from many potential illnesses, if it is functioning properly.

### Bodies Protection System

Our first line of protection against organisms that cause infections is in our nose and mouth. The nose has lots of very fine hair which “filters” the air we breathe and offers us protection against air borne organisms. In the mouth, we have tonsils which help filter air before it reaches our lungs.

Once an organism enters our body the immune system produces ‘good’ organism to fight off the infection. The immune system is where the problem may lie. If our immune system is not functioning at full capacity our body cannot fight off the organisms and an infection has the opportunity to set in.

### Chiropractic

Chiropractic care is directed at ensuring the nervous system is balanced and operating effectively, which in turn may have a significant effect on how well our immune system is working.

If a child’s immune system is fully functioning they have a better chance of fighting off colds and infections.

If your child suffer from constant coughs, colds and sore throats see your chiropractor. It may reduce the number of colds your child has. With less days off school and reduced costs in medication it may be well worth it.