

# The Rohlfesen Family Secret

You may be curious why we are sharing a picture of my family with all of you. The best way to answer the question is by telling you our story. First of all, let me introduce myself...I am Dr. Chad J. Rohlfesen and this is my family. My wife Stephanie and my children. Claire who is nine, Cameron who is seven and Ayden who is four and Renn who is one. I like to call them my little petri dish. Would you like to know why? Well for the simple fact they are a perfect scientific case study. Why, you may be asking? Well, they are perfectly healthy children. They have never had any medications of any kind their entire lives. Basically it's because they have never needed it. You may be thinking we are awfully lucky. But in my experience this is simply not the case.

Let me begin from the beginning. My wife Stephanie who happens to be a nurse with her four year degree from the U of I, has worked for one of the major hospitals in the Des Moines metro area for the past decade. When she was pregnant with our first, 11 of her coworkers were pregnant at the same time. In fact they were all due within 4 months of each other. I felt so sorry for the nurse manager. Can you imagine a dozen employees going on maternity leave all within a 4 month period?! Well that was the reality.

If you know anything about nurses, you should know they have the best available to them when it comes to the world of medical care. They know which doctors to go to and which to stay away from. They share their information and experiences like no other when it comes to the health of their own families. Thus, they should have the best that medicine has to offer.

Well, let's just see if that's the case. Claire who is now the 9 year old is the only child out of the first dozen who has not had any medications of any kind. In fact she's the only child who has not had multiple round of antibiotics for ear infections. 75% of those dozen children had ear tubes by their second birthday! Claire never had an ear infection. She had only a few little fevers which resolved within an 8-12 hour period with no medications of any kind. What was so different you may be asking? Well, she was the only child who regularly received regular chiropractic care. My wife started seeing the



differences when she would regularly hear her coworkers complain about their constantly sick kids. My wife could not relate to her peers. Our kids are rarely ever sick and when they did have health challenges, a conservative approach proves to be superior.

My wife's inability to share sick kid stories didn't go unnoticed. Her coworkers probed and finally got her to admit her secret. Her big secret was that her kids as well as herself were under regular chiropractic care. Because of this we didn't need to give our kids unnecessary medications for runny noses fevers, ear infections, coughs or colds that rarely ever show up. A bottle of pain killers in my house always has to be thrown out because 98% are unused past the expiration date. (We don't have the "normal" back and neck pains in our family that seem to be so popular with everyone else.) Her coworkers dismissed her reasons and concluded that our small family just fell into the "damned" lucky category.

As a chiropractor this tended to annoy me a bit. You see, the general consensus of many medical professionals when it comes to chiropractic care is less than enthusiastic to say the least. They tend to compare chiropractic success to coincidence and down right luck even though every study comparing medical intervention to conservative chiropractic care tend to tilt the same way with chiropractic consistently achieving 92-95% satisfaction rates. Go figure! Sounds awfully darn lucky to me.

The only thing the nurses didn't realize is there would be another round of pregnancies. In fact 9 of my wife's coworkers were pregnant once again! After 9 years, it's the exact same story. Pretty good luck eh? But wait, that's not all. When she was pregnant with Ayden & Renn, you guessed it, 5 of her coworkers were expecting both times. You guessed it, same story.

This is why my children are so different than so many other children growing up today. It's not a new concept to me, because I grew up the same way. My wife couldn't be happier with the result. She's totally fine with being the odd ball at work if it means she can enjoy her children's as well as her own healthy lifestyle.

Can chiropractic have the same impact on your family? Sure, it can benefit just about anyone with a spine just like a dentist can benefit anyone with teeth. (Although the chiropractic experience tends to be quite a bit more pleasant). Just think, you wouldn't have to hear your spouse complaining of their aches and pains anymore! As well as having the peace of mind that your children are receiving the safest form of contemporary health care available today.

Chiropractic has changed our lives and has helped my family in so many ways. Let me help show you a more common sense way to live.

Yours in good health,

Dr. Chad J. Rohlfesen  
Family Chiropractor  
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The Spinal Tuning Center is located at:  
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