



Chiropractic Newsletter

Discover Chiropractic

Finding Peace

Our son, Calvin, was born full-term via vaginal delivery, but he was in the occiput posterior (OP) position. This made labor and delivery far more physically intense for both of us than we anticipated. While we were thrilled to finally meet him, the first few months of his life proved to be far more challenging than we ever expected.

From early on, Calvin showed signs of discomfort— frequent crying spells, excessive gas, arching his back, difficulty feeding, and extremely disrupted sleep. It was heartbreaking and exhausting. We were told it might just be colic and that he would eventually “grow out of it,” but deep down, I knew something more was going on.

We tried everything—gas drops, gripe water, different bottles, upright feeding, cutting potential irritants from my diet (as I was nursing), and even changing our sleep routines. Nothing brought him lasting relief.

That’s when our healthcare provider suggested chiropractic care. I was



skeptical—honestly, I had never heard of taking a newborn to a chiropractor—but I was also desperate for answers and willing to try anything that might help. That’s how we found Dr. Dana.

From our very first appointment, I was struck by Dr. Dana’s depth of knowledge and compassion. She took her time assessing Calvin, and as she explained what she found, I immediately felt seen and validated. Finally, someone could not only understand what we were experiencing but also offer a path forward.

Calvin had come into the clinic squirming and crying so loudly that it was difficult to even give a history. His stomach was distended, and his body was very rigid.

The exam revealed he had too much tone, significant restrictions in his upper cervical spine, an elongated head, and many cranial restrictions.

Not long after, we received a formal diagnosis of silent reflux, which helped make more sense of his symptoms. But even before that, we had already started seeing changes from the gentle chiropractic care he was receiving. He began to settle more easily after feeds, his digestion improved, he was less fussy, and gradually, he began sleeping better.

What I had initially been nervous about quickly became something I deeply valued. Dr. Dana's care was always gentle, informed, and compassionate—not just toward Calvin, but also toward us as overwhelmed new parents. Her support gave us hope at a time when we needed it most.

Now, at six months old, Calvin's head is no longer elongated, his muscle tone has normalized, and he is a happy, content little boy. He giggles and smiles during his

adjustments and is no longer on reflux medication. He's thriving and hitting all his developmental milestones.

Looking back, I'm beyond grateful we followed that recommendation. Chiropractic care has been a crucial part of Calvin's healing journey—and Dr. Dana gave us not only results but also reassurance, understanding, and a renewed sense of peace in those early, difficult days.

-Dana Gueldner, DC

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