



Rebekah Bruner, DC

Development optimized

Stimulates

- **"Rest and digest"** - the parasympathetic nervous system
- Calming effect to the sympathetic system - **"fight or flight"**
- Development of the pre-frontal cortex

Improvements Seen:

- **Neuro-regenerative sleep:** increasing deep (REM) sleep
- **Blood and oxygen circulation** to the **brain** and surrounding tissues
- Motor and sensory function, balance, and coordination
- Neurological input to digestive system, increased motility, function

Behavior Decreases:

- **Agitation and aggression behavior**
- **Pain**, resistance to specific movements, stimming, and posturing
- **Sensory agitation and aversions**

Suboptimal behaviors and signs of developmental stress:

Signs of discomfort:

- Holds/ rubs head frequently
- Refusing to walk/exercise
- Trouble sleeping
- Posturing
- Back or neck pain
- Easily agitated when touched
- Stimming, repetitive behavior

Signs of fight or flight:

- Enlarged pupils
- Sweats easily or often
- Often anxious or worried
- Frequent rosy cheeks/flushed
- Irritable or aggressive behavior
- Difficulty digesting foods

Optimized Living Insitute

1858 E. Keller Pkwy, Suite C Keller, TX 76248

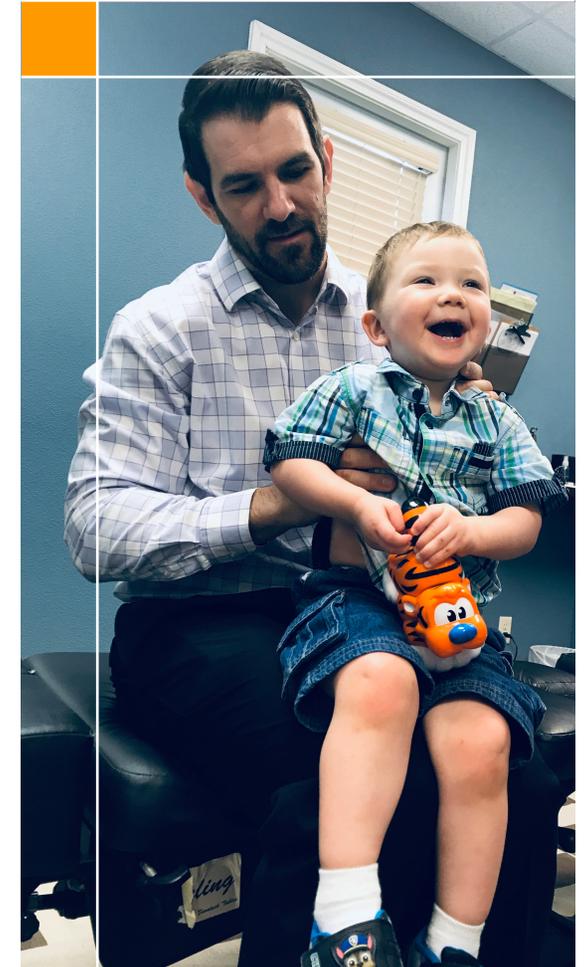
Call us: (817) 431-9911

www.OptimizedLivingInstitute.com

Instagram: @OLIhealth

Optimized Living Institute

optimal growth & development
focused chiropractic care





Additional training in pediatrics, functional medicine, & genetics:

- Medical Academy of Pediatric Special Needs (MAPS)
- International Chiropractic Pediatric Association (ICPA)
- Advanced Genetic Training with Kendal Stewart, MD
- Functional Medicine Training with Datis Kharrazian, PhD, DHSc, DC



Investing in a better tomorrow by your health today

Optimized Living Institute *motto*

Optimal Growth and Development:

Brain development in the first 2 years is extremely dynamic and likely plays an important role in neurodevelopmental disorders including autism, sensory processing disorder, and schizophrenia.

The structural underpinnings of cognitive and motor development in early childhood, as well as the potential pathogenesis of neurodevelopmental disorders cannot be overlooked.¹

Autism Spectrum Disorders (ASD) are diagnosed in approximately 1 out of 59 children in the United States, & given the increasing evidence that early intervention improves outcomes for children with ASD.

Earlier detection and intervention efforts are improving the **long-term functioning of children with ASD**. There is now clear evidence that **the first signs and symptoms of ASD** are evident for **most children by 12-18 months** of age.²

Misalignments of the spine or spinal dysfunction/stress (as opposed to disease) as being an altered state of mechanics demonstrating either an **incorrect motion, pain, or restricted movement** should be assessed.

Pain is presented as a misleading symptom that cannot be relied upon to monitor the results of treatment.³ **Structural stress** and compensation patterns affecting energy distribution, **neurological input, and fascial tension** should be assessed and corrected for optimal development.



Derek Bruner, DC

¹ Knickmeyer, et al. (2008). A Structural MRI Study of Human Brain Development from Birth to 2 Years. *The Journal of Neuroscience: The Official Journal of the Society for Neuroscience*, 28(47), 12176-12182. ² Martinez-Pedraza, et al. (2009). ASD in Young Children. *Child & Adolescent Psychiatric Clinics of North America*, 18(3), 645-663. ³ Stanley V. Paris; Mobilization of the Spine, Physical Therapy, Volume 59, Issue 8, 1 August 1979, Pages 988-995