

# Keeping Kids Healthy *this Summer*

CJ Puotinen  
for Carol Wilcock, RN  
Dynamic Health Technologies



Summer brings more than an exciting change of pace and opportunities for adventure. “It can also be a time of set-back for children,” says Carol Wilcock, RN. “They can lose ground academically because of excessive ‘screen time’ spent with games and other devices, too much TV, and other distractions. Outdoor play is great but parents can also use summer as a time to boost energy, increase brain activity, support immune function, and really understand their child’s unique triggers for adverse behavior.”

Wilcock is CEO of Dynamic Health Technologies in Helena, Montana. The clinic offers a variety of health-improving techniques for adults and children. “For example,” she says, “our biofeedback system provides a detailed scan that can help identify what is stressing your child specifically. Imbalances in the body can stress the mind and imbalances in the mind can stress the body. Exposures to toxins like metals from dental work, lead from imported toys, and aluminum from foils and cans can all slow the learning process. Exposure to food dyes, radiation, asbestos in blankets, food additives like MSG, and artificial sweeteners can all be harmful to children and each child metabolizes or processes them differently.”

Indigo Biofeedback, which is a Class II medical device approved by the FDA for stress reduction,

relaxation, and muscle re-education for pain management, was developed by a medical doctor to measure the body’s physiological parameters. In an Indigo Biofeedback session, sensor straps are placed around the client’s wrists, head, and ankles. The straps are attached to cords that send that person’s voltage, amperage, resistance, hydration, oxygen, and proton and electron pressure (VARHOPE) scores to a computer.

“I like to tell people that Indigo Biofeedback is a computerized health analysis,” says Diana Pearson at Dynamic Health Technologies. “It’s going to scan the body for over 11,000 health-related frequencies. How you respond to those frequencies determines what’s causing stress in your body.”

Then there’s the important role that nutrition plays in the lives of

growing children. “Nutritional excess or deficiency can have a huge impact on your child,” says Wilcock. “The ‘gut’ is often referred to as the ‘Second Brain’ because most of our neurotransmitters (nerve communicators) are controlled in the digestive tract.

A common problem is a parasite infection that produces mild digestive symptoms, which doesn’t sound serious, but, parasites absorb serotonin (the neurotransmitter that helps you feel secure and loved) in the large intestine. This can leave an infected child deprived of serotonin. The result is that no matter how much talk therapy, gifts, time, and attention you provide, that child doesn’t have the chem-



**INDIGO**  
Quantum Biofeedback System

**Biofeedback identifies imbalances & restores homeostasis.**

**Helps to reeducate muscles, Reduce stress & manage pain.**



## HYPERBARIC OXYGEN THERAPY (HBOT)

**FDA approved medical device used to manage neuromuscular conditions, enhance healing of diabetic wounds & promote healing after trauma or stroke. (Vitaeris, soft chamber)**

istry needed to feel happy. Past and present traumas can also create weaknesses in organ systems that can last a lifetime unless corrected.”

Hyperbaric oxygen therapy, the exotic sounding treatment that involves lying in a pressurized chamber filled with air and supplemental oxygen, was developed to treat decompression sickness, the illness that results when deep sea divers return to the surface too quickly. Then the treatment was found to help patients with other conditions.

At the Jupiter Medical Center in Jupiter, Florida, Director Barry Miskin, MD, became personally involved with hyperbaric oxygen therapy when prior to her birth his daughter, Talya, suffered a stroke and was born with a seizure disorder. The hyperbaric oxygen treatments she received at a local hospital helped her recover and Dr. Miskin installed a hyperbaric chamber in his home to continue the treatments. “I believe that after injury, there are areas of the brain that aren’t functioning, and the oxygen wakes up those areas,” he says.

Carol Wilcock agrees. “Physical traumas like concussions or even mild concussion can cause chronic headaches, learning disabilities, and changes in behavior,” she says. “There is excellent new supportive research on Mild Hyperbaric Oxygen Therapy for these and other neurological conditions such as autism. Mild chambers are safe and tolerated very well by children. Our chambers are large enough for an adult and child to be in the chamber together.”

Mild Hyperbaric Oxygen Therapy is used for stroke recovery, Parkinson’s disease, arthritis, inflammatory bowel disease, and other challenges. Professional athletes use oxygen chambers to speed

recovery from injury and promote peak performance.

“At Dynamic Health Technologies,” says Wilcock, “we focus on becoming aware of your child’s stressors and finding the tools they need, either through treatments we provide or by referring to the appropriate professionals, to become balanced, healthy, and happy. Of course, this helps parents’ stress levels, too. Also, we can do multiple technologies at once so you can give yourself a break by enjoying a treatment while your child is receiving the benefits of our therapies.” ■

*For information about Dynamic Health Technologies at 900 North Montana Avenue, Suite B9, Helena MT 59601, visit [UniversalHealthConnections.com](http://UniversalHealthConnections.com) or call 406-431-7332.*



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