

Meghan King Edmonds Claims Chiropractor Helped Correct Her 7-Month-Old Son's Vision Problems



Meghan King Edmonds Charles Sykes/Bravo/Getty Images

Meghan King Edmonds is opening up about the "miracle" that helped correct her 7-month-old son Hart's vision problems



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Meghan King Edmonds is opening up about the "miracle" that helped correct her 7-month-old son's vision problems.

In a series of Instagram Stories on Monday, the *Real Housewives of Orange County* alum revealed that Dr. Mackenzie McNamara at Gateways Chiropractic in St. Charles, Missouri, had given Hart craniosacral therapy, a bodywork procedure she said "completely cured" him of his far-sightedness.

"My story is truly a miracle story," explained King Edmonds, 34. "He's a new baby. It's completely mind-blowing. I can't say how happy I am about it."

The mother of three was prompted to seek help for Hart's vision problems when she noticed he was "struggling with seeing up close," she recalled. "He wasn't meeting certain milestones."

"He wasn't reaching for toys, he wasn't laughing on command like his brother was," King Edmonds explained of Hart and his twin, Hayes. "I just had this feeling inside me that he had some vision issues."



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After speaking to her pediatrician, she was recommended to visit a pediatric ophthalmologist. But before that appointment, Dr. McNamara told her about craniosacral therapy, which King Edmonds said was meant to “loosen the muscles that were making his eyes cross-eyed and were making it hard for him to see up close.”

“She did and you guys, I’m telling you, he went twice and he became a new baby,” King Edmonds said. “The pediatric ophthalmologist couldn’t believe it. He met all of his milestones within a week. Literally seven days. It was astounding. Even my pediatrician said she hasn’t seen anything like it. She’s completely mind blown.”

“I know you guys are a little apprehensive about chiropractors and do they really work,” she added, stressing that this was just her experience. “His eyes continue to improve every week we go.”

Chiropractic medicine is generally considered a form of alternative medicine, and is a divisive topic on mommy blogs, with some proponents praising it for its curative powers, while critics say the treatment is not effective and can lead to chiropractors influencing parents’ views on other topics, including vaccinations.

“There are times when integrative or complementary medicine can play a role in a person’s overall health, but we need to be especially cautious when it come to infants,” says PEOPLE’s Health Squad Pediatrician, Dr. Elizabeth Murray, who has not seen or treated King Edmond’s son.

“The thorough medical evaluation of an infant or child should never be delayed in favor of other therapies. Many medical problems discovered in infants can be easily fixed if treated early while a delay may have lasting consequences.”



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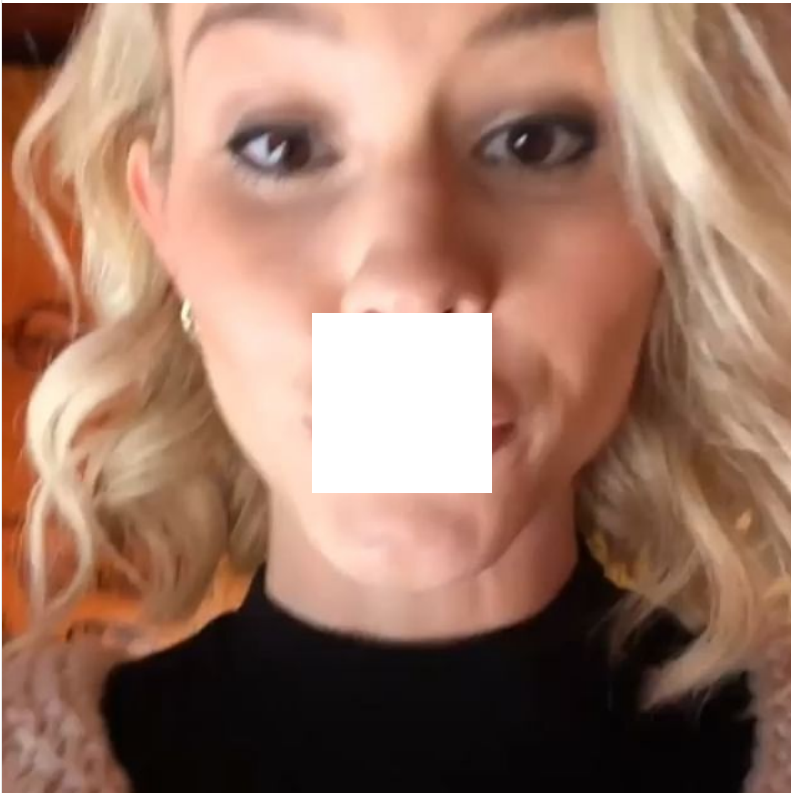
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Her videos, which were later shared to Dr. McNamara's own Instagram page, showed how the craniosacral therapy process worked. The alternative therapy procedure is administered through touch and manipulation, according to the Center for Integrative Medicine. ⓧ


Slight pressure is typically exerted on the sutures or connections between the cranial bones, and sometimes also on the neck and spine. “These adjustments are believed to restore balance to the nervous system and surrounding structures that support it,” the Center for Integrative Medicine says.

Asked about the procedure, King Edmonds tells PEOPLE, “It’s truly amazing. Not perfect, but it’s miraculous he’s come this far.”

The former reality star adds that she “will continue to follow up with our pediatric ophthalmologist in addition to our weekly craniosacral adjustments” while monitoring Hart moving forward.





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Hayes and Hart are 7 months! Hayes has two teeth, crawls everywhere, eats massive amounts of baby food (he's 3 lbs bigger than Hart) laughs all the time, and wants to chew on his brother. Hart has one tooth, likes to sleep with a lovey, lights up when Aspen plays with him, is incredibly patient, has "stranger danger", and instantly calms when he's with his brother. Hayes is a big burly football player like dad @jimedmonds15 and Hart is a tall skinny model like mom   #yinandyang #edmondstwins #7monthsold (click pic for tags to all the products)

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Meanwhile, Hart and his twin brother Hayes aren't the only children King Edmonds and her husband Jim Edmonds parent. The couple also have daughter Aspen, whom they welcomed on Thanksgiving Day 2016.





In January 2017, the mother of three announced that she was stepping away from *RHOC* after three seasons, explaining her "bittersweet" decision in

a lengthy blog post.

“I arrived at this multi-faceted decision after much thought, and then I thought some more,” she said. “As you might suspect filming this show takes a massive emotional toll: I’m literally filming my real life in real time and engaged in situations and circumstances which can be contentious.”

“Then, when the show airs, we relive some trying of the most trying moments in our lives and then endure the public’s reaction; we never come out as winners to every viewer,” King Edmonds continued.

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King Edmonds said the show took a "physical toll" on her as she underwent in vitro fertilization treatments in season 11, and experienced the busy life of a new mom after welcoming Aspen in season 12. She knew while filming the season 12 reunion at five weeks pregnant that she "was done."

"I knew that I was going to have a long pregnancy growing the twins and it would be next to impossible to film," the then-pregnant star said. "I could do it, but did I really want to?"

“Twin pregnancies must be treated more delicately than a singleton pregnancy and are high-risk by default, so I also wanted to have a peaceful pregnancy with positive influences,” King Edmonds explained. “Consistent positive influences are harder to find on *RHOC!*”

