

Pregnancy and birth need our respect—not intervention.

Chiropractic is a natural approach to health which helps the mother gain trust in her body's own ability to accomplish this incredible, innate experience.

- Chiropractic care throughout pregnancy can relieve and even prevent the common discomforts experienced in pregnancy.
- Doctors of Chiropractic work specifically with your pelvis throughout pregnancy, restoring a state of balance and creating an environment for an easier, quicker, safer delivery.
- Chiropractic adjustments reduce interference to the nerve system, allowing your uterus to function at its maximum potential.
- Chiropractic care has been shown to reduce the need for pain medication and promote an easier birth.

More and more mothers in our community are discovering the numerous benefits associated with chiropractic care throughout pregnancy. Supportive care providers, renewed trust in the body and the whole health benefits of chiropractic are being recognized as vital ingredients to a healthier pregnancy and an overall easier birth.

This information is provided compliments of:

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CHIROPRACTIC & PREGNANCY

*greater comfort,
safer births,
natural care*



NWO CHIROPRACTIC &
NUTRITION



Greater comfort, safer births, natural care



How can chiropractic care provide comfort?

Chiropractic care during pregnancy is an essential choice in your prenatal care. Preexisting but unnoticed imbalances in your spine become stressed during pregnancy. These pronounced discomforts make it difficult to perform routine daily activities.

A large percentage of all pregnant women experience back discomfort/ pain during pregnancy. This is due to the rapid growth of the baby and an interference to the body's normal structural adaptations to that growth.

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Comfort for your baby too

As your baby develops, your uterus enlarges to accommodate the rapid growth. When the pelvis is in a balanced state, the ligaments connected to the uterus maintain an equalized, supportive suspension for the uterus. If your pelvis is out of balance in any way, these ligaments become torqued and twisted, causing a condition known as intrauterine constraint. This constraint limits the space of the developing baby. Any compromised position for the baby throughout pregnancy will affect his or her optimal development. Conditions such as torticollis occur because a baby's space was cramped in utero.

Are you looking for supportive, natural care that trusts your body during pregnancy and childbirth? Do you want to have a comfortable birth? Chiropractic can help.

If there is intrauterine constraint as birth approaches, the baby is prevented from getting into the best possible position for birth. Even if the baby is in the desirable head-down position, oftentimes intrauterine constraint prevents the baby's head from moving into the ideal presentation for delivery.

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Preparing for a safer birth

Dystocia is defined as a difficult labor, and is something every woman wants to avoid. In addition to the pain and exhaustion caused by a long, difficult labor, dystocia can lead to multiple medical interventions such as the administering of pitocin, the use of epidurals, vacuum extraction, forceps and perhaps even a c-section.

Reviewing the obstetric texts reveals that the commonly reported reasons for dystocia are pelvic imbalance and its resulting effects on the uterus and the baby's position. Chiropractic care throughout pregnancy will restore balance to your pelvic muscles and ligaments, leading to a safer and easier delivery for you and your baby. Published studies have indicated that chiropractic care does in fact reduce labor time.

We offer specific analysis and care for your special needs in pregnancy. You and your baby's continued safety and comfort are foremost in our care.

This pregnancy, offer yourself the best!

Include the many benefits chiropractic provides in your prenatal care choices. Call for your personal consultation today. Give yourself and your baby the opportunity for a more comfortable pregnancy and a safer, easier birth!

We also offer nutritional care during pregnancy as well as preconception nutrition to ensure both mom and baby's nutritional needs are met.



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