

Maximizing Your Prenatal Care

Chiropractic Part of Balanced Healthcare

Pregnancy

A healthy lifestyle has been proven to have lasting benefits for both you and your baby. Moderate exercise, a nutritional diet and avoiding stress, tobacco & alcohol are recommended for prenatal care.

Adding or maintaining chiropractic care during this phase of your life, can help maximize your nervous system's ability to provide a healthy foundation for your baby's development.

Make chiropractic part of your prenatal care.

Chiropractic care focuses on maximizing the body's incredible potential for self-healing by detecting, correcting and preventing interferences in your nervous system. It may include spinal adjustments, stretches, exercises or other healthy lifestyle recommendations.

Chiropractic can change your life!

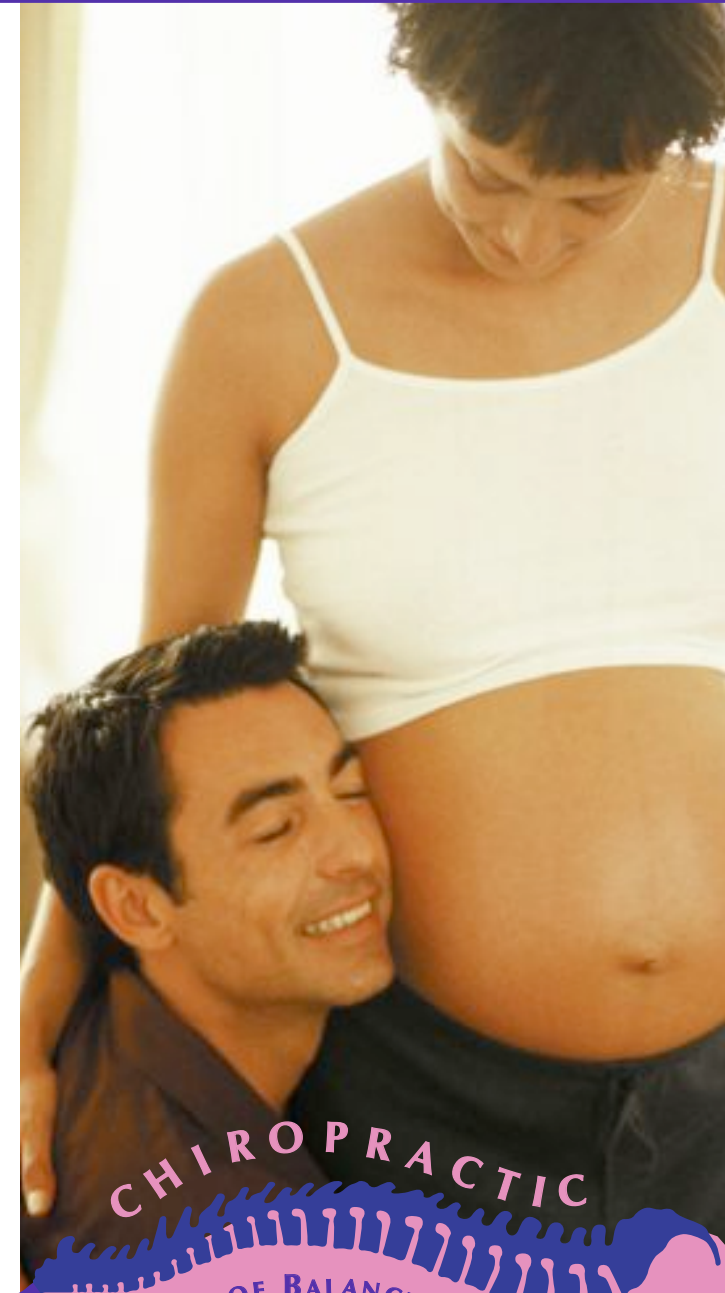


**Regular
Chiropractic
checkups help
create a healthy
foundation for
your developing
baby.**

REFERENCES

Foti T., Davids J.R., Bagley A., A biomechanical analysis of gait during pregnancy. *Journal of Bone Joint Surgery*, 2000

Wisborg K., Kesmodel U., et al., Maternal consumption of coffee during pregnancy and stillbirth and infant death in first year of life: Prospective study. *British Medical Journal*, 2003



CHIROPRACTIC
PART OF BALANCED HEALTHCARE

Is Chiropractic Care Safe During Pregnancy?

Yes! It is safe and beneficial. Chiropractic treatment is based on locating and eliminating spinal dysfunction. Your doctor can help optimize the function of your spine and nervous system to provide a sound foundation for a healthy pregnancy.

Chiropractors are uniquely trained to adjust you during pregnancy. They will alter their treatment techniques to maximize your comfort and suit your growing body. Chiropractic care offers a drug free alternative for pain management and overall health.



Chiropractic care can provide safe & effective healthcare during your pregnancy.

Why is Chiropractic Care Important During Pregnancy?

Chiropractic care will benefit you at any stage of life, however, it is particularly beneficial to an expectant mother and her unborn child.

During pregnancy your center of gravity changes due to the increased physical weight you are carrying. This adds stress to the spine. In addition, your spinal structure becomes more flexible because hormonal changes are relaxing the ligaments in the pelvis in preparation for childbirth.

Regular Chiropractic care can help relieve discomfort as well as help normalize the body functions for overall good health.



As your weight increases during pregnancy, so does the stress on your spine.

Are there Any Other Benefits?

Yes. It has been noted that Chiropractic care may help:

- provide pain relief
- control morning sickness
- shorten & ease deliveries.

Your Chiropractor is specially trained to adjust you comfortably & safely during your pregnancy.

When should I stop my Chiropractic care?

How long you benefit from chiropractic care is always up to you. Chiropractic care can safely continue throughout your entire pregnancy. In fact, the benefits are even greater later in your pregnancy when your spine is under even greater stress and your weight maximizes.