

# Begin or continue healthy habits.

Women who exercise moderately, quit smoking, eat healthy foods, and avoid alcohol during their pregnancies are to be congratulated. Those receiving prenatal chiropractic checkups can increase their nervous system capacity to function at its very best. This is an important element in creating a healthy foundation for developing babies.

Constant structural changes, physical and emotional stresses provide the opportunity for beneficial chiropractic care during all stages of pregnancy.

Regular chiropractic checkups, along with other healthy habits, create the best opportunity for a healthy, happy baby.

## THE CHIROPRACTIC LIFESTYLE

Chiropractors are experts in the care of the bones, nerves, muscles and connective tissues that make up about 60% of your body. All of the joints in your body are part of this musculo-skeletal system and its optimal function is necessary for overall good health. Ask your Doctor of Chiropractic for more information about a care program that may include specific spinal adjustments, exercise recommendations, nutritional advice or other conservative methods of care based on your health history, age, current condition and lifestyle.

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# Pregnancy

## AND THE CHIROPRACTIC LIFESTYLE



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SHARE WITH YOUR FRIENDS AND FAMILY

# Pamper yourself with regular chiropractic care.

Many women find their labor shorter and experience less discomfort if they've received chiropractic care.



Modified approaches can make chiropractic adjustments for pregnant moms easy and more comfortable.



As the center of gravity changes, so does the stress to the spine.

This period of rapid development, hormonal changes, the laxity of connective ligaments, and shifting of weight-bearing structures, may cause many pregnant women to experience low back pain.

### **Chiropractic care can be quite helpful.**

Besides helping to relieve the discomfort many expectant mothers experience, chiropractic care helps normalize nervous system function. This is an important component of overall good health.

The benefits of chiropractic care may also be noticed during delivery. Many chiropractic patients report that their deliveries were faster and more comfortable than their deliveries prior to chiropractic care!

Your Doctor of Chiropractic will take special precautions with you during your pregnancy.

Modifications to the table or adjusting techniques are made during each stage of pregnancy. Your chiropractor is a specialist in the location, reduction and stabilization of the vertebral subluxation complex, which can be related to many of the uncomfortable symptoms associated with pregnancy and labor. Pamper yourself and your baby with regular chiropractic checkups.