



Wellness News Network™

Your Source for Health & Wellness Information

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OH BABY! How Chiropractic care makes for a better pregnancy

Presented by:

A pregnancy full of pain, nausea and discomfort is not a foregone conclusion. Decrease yours by adding a chiropractor to your prenatal care team. According to the American Pregnancy Association, chiropractic care can help maintain an overall healthier pregnancy and even prevent cesarean deliveries.

Here are five reasons why you should be seeing a chiropractor during your pregnancy:

1. Fresh Start For Mom and Baby

When you first become pregnant, your body isn't quite sure what is happening. Think of how it reacts when you start to get a cold! This is why many women complain of nausea and discomfort in the first few weeks of pregnancy. But women already under chiropractic care tend to experience fewer of these negative symptoms. Why? Their immune systems function at an optimal level, which allows for the body's natural changes during early pregnancy.

Chiropractic care has been shown to increase the body's natural functions, improves digestion and ensures proper nutrition for a growing fetus.

2. Natural Pain Relief

What pregnant woman doesn't talk about discomfort? Your body is going through many changes which can lead to minor aches and pain. Those changes cause inflammation and pressure on the spine that can create muscle tightness, spasms and cramping. Many women also



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3. Shorter Delivery Time
4. Less Chance of Breech Positioning
5. Promotes Healing After Delivery

experience sciatic discomfort during pregnancy. This is the ideal time to increase nervous system function.

3. Shorter Delivery Time

First time moms are almost always worried about the delivery process. They've heard all of the horror stories from friends and family and brace themselves for the inevitability of a multi-day experience. With regular chiropractic adjustments, patients may experience shorter deliveries because the body is calmer and more in tune with the natural process of delivery.

4. Less Chance of Breech Positioning

Proper positioning of the baby contributes to shorter delivery. If your baby is in "breech" position, or feet first, your doctor may even insist on a cesarean delivery. In a 2002 study published in the Journal of Manipulative and Physiological Therapeutics, chiropractic care was found to be highly successful in preventing and repositioning babies from breech position before birth.

5. Promotes Healing After Delivery

Once your baby is born, getting to the business of being a new mom depends upon recovery time. It's recommended to get an adjustment within a day after delivery to promote healing and reduce pain and inflammation, to help the body calm down after the birth experience.

Whether you're pregnant or are just in the planning stages, chiropractic care can help make pregnancy one of the best experiences of your life.



Quote to Inspire

"Usually the biggest demon is not out there. It's what's inside your head."

Rick Hansen

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