

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 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

References and Sources:

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