

CHIROPRACTIC CARE FOR EXPECTANT MOTHERS.

10 NATURAL WAYS YOUR CHIROPRACTOR CAN GIVE YOU AN EASIER PREGNANCY.

PREPARES BODY FOR BIRTH

Chiropractic care involves balancing the alignment of your bones, muscles, and ligaments and removing interference on your nervous system. Chiropractic adjustments facilitate free movement and reduces tension in parts of your body that aren't working properly.

OPENING OF THE BIRTH CANAL

It is known that when the opening of the birth canal is decreased it can create difficulty during delivery. The opening of the birth canal decreases if there is misalignment of your pelvic bones. This is most common due to trauma but can also happen over time due to bad habits, repetitive movements, or poor posture. Adjustments of the sacroiliac joints will help decrease pain and pressure, relax pelvic floor muscles, and increase the opening of the birth canal.

RELIEF FROM LOW BACK PAIN, SCIATICA, PUBIC BONE PAIN, TAILBONE PAIN, HEADACHES, NECK PAIN AND JOINT PAIN

Found in foods such as kale, spinach, leafy greens, collard greens, broccoli, sesame seeds, yogurt, sardines, calcium is beneficial for the development of bones in your baby. If you don't have enough calcium in your diet, the calcium from your own bones will go to your baby. Calcium citrate is the easiest form for your body to use.

GENTLE, SAFE, DRUG FREE WAY REDUCE PAIN

Your body can make most of the types of fats it needs from other fats or raw materials. That isn't the case for omega-3 fatty acids. Omega-3 fatty acids, a class of essential fatty acids, are for brain development and decreasing inflammation. Omega-3 fatty acids are also important for healing postpartum, and are found in cold water, fatty fish; salmon, mackerel, and sardines.

MORE COMFORTABLE SLEEP

Your expanding belly and increased pressure placed on your hips often makes it difficult to get into a comfortable sleeping position. Chiropractic adjustments realigns your pelvic bone and spine and reduces the pressure and pain.

A MORE COMFORTABLE PREGNANCY

Your changing hormone levels can cause reflux, nausea, heartburn, constipation, and fatigue. Regular chiropractic care can alleviate these secondary issues by removing interference with the nerves and allowing your body to function at its optimum level.

ALLOWS BABY TO GET INTO THE BEST POSITION FOR DELIVERY

Increased room in the pelvis from chiropractic adjustments gives the baby more room to grow and develop, as well as allowing the baby to get head down, the best possible position for birth. This is helpful for VBAC (Vaginal Birth After Cesarean Section) and in reducing the rate of c-sections because if the baby is head down you are less likely to need a c-section. If the baby is head down and in proper position it will stimulate the birth process (proper engagement into the pelvis and stimulation of the cervix) and there will be less need for interventions.

EASIER AND FASTER DELIVERY

There have been several studies that have shown chiropractic care during pregnancy may have a positive impact on the birthing process. It has been indicated that chiropractic care significantly reduces the average amount of time spent in labor. Research done by Joan Fallon, DC revealed a 30% reduction in the average labor time for those women giving birth who were receiving chiropractic care - 24% in first time moms, and up to 39% in women with one or more children.

LESS NEED FOR PAIN MEDICATION DURING DELIVERY

It's best to get Iron from your diet instead of supplementing unless you are anemic. Dark leafy greens, meat, fish and eggs all contain iron. You may not need any supplementation. Consult with your doctor.

EASIER RECOVERY

After delivery, chiropractic allows your pelvis to heal normally and recover appropriately. It can also help you adapt to your new lifestyle and the new discomforts you may experience from holding the baby, postural issues from nursing, and lugging around heavy baby carriers and diaper bags. You may decide to have your baby checked after birth to make sure they are developing appropriately and to help with latch while breastfeeding, colic, sleep, and immune function. Chiropractic care is beneficial before, during, and after pregnancy for both mom and the baby.

FOR MORE INFORMATION ABOUT:

An Easier Recovery

Recovering & Postpartum Health

Relief from Pregnancy Pains

And to create your personal plan for a comfortable pregnancy, safe delivery, and speedy recovery...

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The Use of the Patient-Reported Outcomes Measurement Information System and the RAND VSQ9 to Measure the Quality of Life and Visit-Specific Satisfaction of Pregnant Patients Under Chiropractic Care Utilizing the Webster Technique.

Journal of Alternative and Complementary Medicine. Alcantara, J, Nazarenko AL, Ohm, J, & Alcantara, J.

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Fallon, J. The Effect of Chiropractic Treatment on Pregnancy and Labor: A Comprehensive Study. Proceedings of the World Federation of Chiropractic. 1991: 24:31.

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