



## **AdvaCare Clinics: Enhanced Pregnancy Health with Chiropractic Care**

Pregnancy is a beautiful, natural process, nothing short of amazing. During pregnancy, millions of different hormonal changes and chemical reactions are occurring both in the mother and the developing baby, all of which are controlled and coordinated through the nervous system.

If you are pregnant, one of the best things you can do is see a doctor of chiropractic. Chiropractors can provide guidance, resources, symptom relief and health optimizing care in this exciting time when you want to be your best.

While it's always good to have an optimally functioning nervous system, it's especially helpful now. Having an optimally working nervous system can help both mother and child.

### **Chiropractic Care Before Pregnancy**

- A more regular menstrual cycle and optimal uterine function.
- It prepares the body to be strong, supple, and balanced as possible to carry the pregnancy.
- Restoring proper nerve supply to reproductive organs has helped many couples who thought they were infertile.

### **Chiropractic Care During Pregnancy**

Chiropractic is not only safe when you are pregnant, pregnancy may be one of the best times to receive chiropractic care!

Chiropractic care during the actual labor and birth process itself has been found in studies to shorten labor time by 25 to 60 percent, reduce the amount of pain medication required, and help make the whole delivery process more comfortable.

### **Biochemical Changes During Pregnancy**

During pregnancy, most women experience a number of neuromuscular and biochemical problems which respond favorably to gentle, safe, noninvasive chiropractic care. Many rely on chiropractic care to help assure optimum biomechanics of the hips and spine in the hopes of reducing the need for interventions during the birth process.

### **Other potential benefits of chiropractic care during pregnancy include:**

- Maintaining the pregnancy
- Controlling vomiting
- Increased likelihood of full-term delivery

- Significantly less likelihood of back labor (contractions and sharp pain felt in the lower back during labor).
- Prevent a potential cesarean section or vaginal breech delivery
- Significantly reduced utilization of epidurals, forceps, vacuum extraction, episiotomies, and Cesarean sections.
- Reduced likelihood of postpartum depression.

### **After Birth Baby Chiropractic Adjustments**

Even relatively easy deliveries can stress a baby's spine, resulting in subluxations. Breastfeeding problems can arise if the baby has a subluxation and is unable to comfortably turn its head to one side.

Relax. We use special approaches to make our adjustments safe and comfortable for you and your child. Rest assured that chiropractic adjustments to your new born use no more pressure than you'd need to test the ripeness of a tomato. Adjustments to newborns contain only ounces of force.

This is why every woman needs Chiropractic through pregnancy-so that the arrival of their baby is a "wonderful experience". There is no better way to get a head start in life. Chiropractors can provide guidance, resources, symptom relief and health optimizing care in this exciting time when you want to be your best.

Contact AdvaCare Clinic to schedule an appointment at 952-835-6653. If you are going through the wonderful miracle of pregnancy, give yourself and the baby the best chance at a healthy delivery.