

PREGNANCY CHIROPRACTIC

Women who receive regular chiropractic care during pregnancy often report healthier pregnancies and a better quality of labor and delivery. Your Doctor of Chiropractic has trained to evaluate and care for you during this important time adapting their technique to meet your specific needs. Not only do you benefit, but so does your developing baby.

A Wellness Environment

Few of our efforts have such consequences as bringing a new life into the world. It changes the world we live in and it begins a lifetime of joy, worry and responsibility. Your responsibility begins long before you buy your baby's first toy or choose their name. It even starts before conception by preparing a healthy environment, free of interferences from drugs, chemicals or avoidable stress. With this awareness you have the best chance of fulfilling every parent's greatest wish, having a healthy baby.

ADJUSTMENT SCHEDULE

For optimum health it is recommended to get adjusted at least once a month during the first trimester of pregnancy and at least once every two weeks in the second and third trimester.

The Most Precious Cargo

During your child's first nine months, they will undergo tremendous growth and development as they prepare to enter this world. Your baby's brain and nervous system are the first to develop following conception. The spine and skull, which is the housing that protects this vital master controller, develops later. The choices you make before conception and during each stage of your pregnancy will be a factor in your baby's wellness. During your pregnancy the lack of interference to the baby's development gives them an opportunity for their inborn intelligence to develop their physical, emotional and spiritual nature.

A Wellness Mom

Even more than just good nutrition and less stress, the well-being of your spine and nervous system influences the development of your baby. Preconception and prenatal chiropractic care for you can mean less morning sickness, less low back pain and an improved quality labor and delivery. But more than that, it supports

the integrity of your pelvic function, which includes the uterus, the muscles and ligaments, and the interfacing of the nervous and hormonal system with fetal development and preparing for a healthy delivery.

Interferences to Wellness

Even before conception or during pregnancy a woman's pelvic bones may lose their normal position or ability to move causing interference to their nervous system (pelvic subluxation). It is this mechanical stress that affects the uterus and muscles and ligaments, which may in the last trimester, lead to your baby being in the wrong position for a natural delivery (in-utero constraint). Dr. Kara Davidson specializes in the Webster technique, a safe and gentle technique used to help babies naturally move into the optimum birth position.

Preconception Advice

If you're thinking about becoming pregnant, your Doctor of Chiropractic would encourage you to begin the dialogue six months to even a year before you are ready to have a family. Physical, chemical and emotional stressors can affect the quality of your pregnancy and a Family Wellness Chiropractor is as much an educator as they are a healthcare provider.

Resources: Anrig C, Plaughter G. *Pediatric Chiropractic*, Lippincott, Williams & Wilkins, 2012
International Chiropractic Pediatric Association
2012© Dr. Claudia Arnig ---Picture courtesy of David Castillo Dominici / FreeDigitalPhotos.net

