

Chiropractic and pregnancy – great partners

Question: Why do so many pregnant women go to chiropractors?

Answer: If you are pregnant, one of the best things you can do is see a doctor of chiropractic. Chiropractic care provides many things a pregnant body needs: a flexible and balanced spine, hips and pelvis; internal organs without postural stress; and freedom from nerve stress, all essential for a healthy pregnancy and delivery.

Combining a healthy diet, exercise and avoiding drugs, alcohol, and cigarettes, chiropractic care should be an essential part of a pregnant woman's health-care regimen.

A pregnant woman needs to have her body as healthy and strong as possible in order to handle the rigors of pregnancy and childbirth. Chiropractic care will help all body systems function properly especially the reproductive system including the uterus, ovaries, and related organs and structures so essential for a healthy pregnancy. If the body structure is causing the slightest nerve interference to these systems it could adversely affect the mother and the developing fetus.

Chiropractic is safe for adjusting pregnant women and should be performed as early into the pregnancy as possible and throughout labor and delivery. Periodic checkups are important even in a healthy natural pregnancy.

Another condition that women can consult chiropractors for is postpartum depression. For years chiropractic's beneficial effects on emotional stress and personality have been noted.

Gentle chiropractic adjustments can be of great value in normalizing the body functions of women with problems during pregnancy such as toxemia, back pain, and

depression. Adjustments have clinically proven to shorten labor by 50 to 60 percent and reduce the requirement of medication by 50 percent.

As many of my pregnant patients have said, “How in the world do other women get through pregnancy without chiropractic adjustments?”

Quote of the week: *“If you don’t invest very much, then defeat doesn’t hurt very much, and winning is not very exciting.”* – Dick Veroneil