



CHIROPRACTIC CARE FOR PEDIATRICS AND PREGNANCY

Healthy kids start with healthy moms.

Chiropractic Care Can Benefit Pregnancy

Chiropractic care is completely safe during pregnancy and can help reduce back pain related to weight gain and posture shifts that occur over time as women gain an average of 35 pounds over the course of their pregnancy. It's estimated that about 50 percent of pregnant women experience back pain - no surprise when you consider how their postures must change in order to accommodate a forward shift in weight.

But back pain isn't just "part of being pregnant." Gentle chiropractic adjustments throughout pregnancy can help alleviate pain, promote proper spinal joint function and even help prevent or treat nerve pressure and restore function.

The American Pregnancy Association

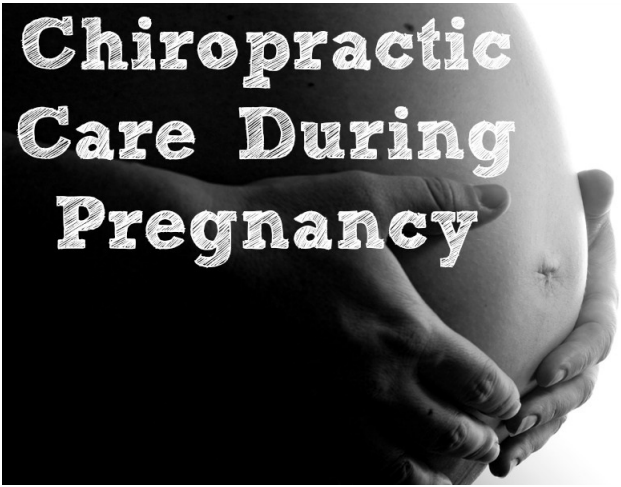
cites that chiropractic care during pregnancy:

- maintains a healthier pregnancy
- controls the symptoms of nausea
- reduces the time of labor and delivery

What are you waiting for?



During pregnancy, the body's skeletal system adjusts on a daily basis to the changes in posture and weight bearing stresses brought about by weight gain and redistribution of the weight. Most women will gain about 25-35 pounds or more during their pregnancy.



Chiropractic Care During Pregnancy

In addition to being heavier, the forward shift of the weight alters a woman's center of balance and impairs normal walking and other activities.

For some women it seems like everything becomes somewhat more difficult during pregnancy. However, gentle chiropractic care can make things a lot easier as the pregnancy goes along.

Chiropractic care has been helpful for decades in helping women adjust to their bodily changes during and after childbirth.