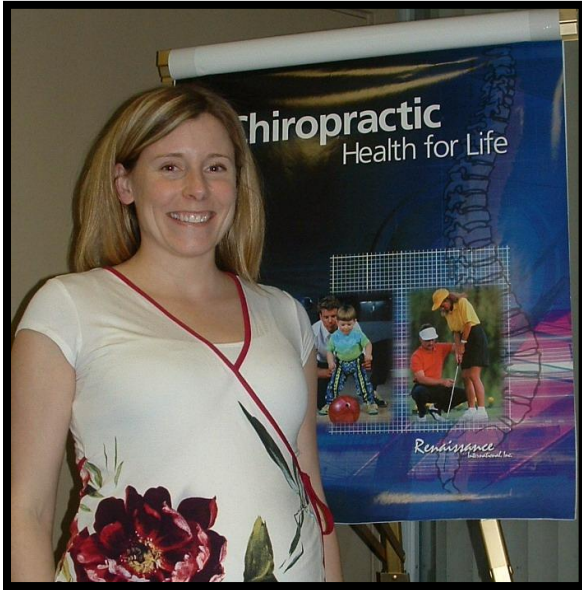


# Pregnancy

*“I went to Dr. Pat when I was overdue to see if he could help convince the baby that it was time to come out. After a gentle adjustment I left the office and was in labour 4 hours later. You can't beat that!”*



When I was 5 months pregnant I suddenly had back issues and pain that radiated in the front of my ribs. It was difficult to concentrate at work and my doctor couldn't offer me any suggestions on how to alleviate this pain. I decided to try chiropractic care and from my first adjustment with Dr. Pat, the pain was gone- I was hooked. I went regularly to Dr. Pat and it was one of the best things I did for myself during my pregnancy. I felt totally at ease with Dr. Pat as he takes his time to explain what he is doing and is very knowledgeable about pregnancy. Even if I don't have back issues next pregnancy I will return to Dr. Pat as I saw the benefits of taking care of my back and spine during pregnancy. I always recommend Dr. Pat to both my pregnant and non-pregnant friends.

I went to Dr. Pat when I was overdue to see if he could help convince the baby that it was time to come out. After a gentle adjustment I left the office and was in labour 4 hours later. You can't beat that!

-Emily G.

