



Chiropractic Newsletter

Discover Chiropractic

Nurture the Nervous System, Nourish the Baby

We all know the benefits of breastfeeding for a newborn, but we also must not underestimate the joy and emotional well-being that follow when a mother is able to feed her infant as planned and find empowerment through her own natural ability. Yet far too many women suffer from unexplained pain, latch problems and even infection when they attempt to breastfeed, one of the most natural things in the world. This overwhelming pain and trouble can cause the early cessation of the nursing relationship and considerable emotional turmoil. This not only results in disappointment for the mom, but also affects an infant who misses out on the very best in early nutrition.

Inability to latch, refusal to nurse on one side, pain, and fussiness on the part of the baby are often the beginning of the end when it comes to breastfeeding. The answer to these problems is generally misunderstood by medicine. Yet, chiropractic adjustment of the infant and mother has been found to be an effective, painless, relatively inexpensive, quick, and safe solution to many common

breastfeeding problems. Not only does a proper adjustment of the newborn by a well-trained, ICPA-certified chiropractor often alleviate these problems, but relief is frequently found after just one visit.

Breastfeeding Success

What do mothers say who have found success because of chiropractic? Theryssa Gossman, a mother of two and a Birth Boot Camp childbirth educator in Memphis, had this to say about chiropractic:

My newborn daughter wouldn't nurse on the right side and I developed mastitis before I knew what the problem was.



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I took her to get adjusted and they told me she was out of alignment and it was causing her discomfort to lie on her left side. Our chiropractor adjusted her and she started nursing like a champ... for 32 months!

Just one adjustment enabled her child to empty the breast properly so that she could get adequate nutrition for her growth and development.

Suzanne Brown reports very typical nursing problems in her story:

My daughter wouldn't nurse at all after she was born. She would latch, suck maybe three or four times, and then stop, and wouldn't try again for several hours. A chiropractor came to our house when she was about 24 hours old to adjust her, and she immediately began nursing normally. She is still happily nursing at 22 months old!

While Suzanne's issues (ineffective and brief sucking that won't empty the breast or fill the newborn) are sadly very common, her answer in chiropractic is one that far too many women never find. Instead, "bad latch" and "insufficient supply" are given as common scapegoats without looking

deeper at the cause of the problem.

Taylor Barnes, another nursing mother and childbirth educator, reported similar outstanding results:

My newborn was not able to nurse on the left side. After a suggestion from my midwife, I took him to a chiropractor. He was able to nurse normally on both sides immediately afterward in the chiropractor's office!

Many mothers have found that chiropractic adjustment of their newborns not only improved their nursing relationship, but made it possible at all. Chiropractic is a powerful tool in achieving a happy and healthy breastfeeding relationship.

By Sarah Clark PW #46

