

# Chiropractic Care During Pregnancy



## Pregnancy and Childbirth is A Miracle

From conception to birth, the changes that your baby undergoes are nothing short of miraculous. Two cells combine to form one. This divides to form two identical cells, then four, sixteen, thirty two and so on, until you have a mass of identical cells. Then these cells begin to change and specialize. The first system to form is the nerve system, Then the heart, lungs, skin, muscles and all the organs. By 11 weeks, everything is already in place, it just needs to grow and develop until the baby can live on its own.



While all of this is going on you, the mom has little knowledge of the major developments happening. You probably didn't find out you were pregnant until you were 6 or more weeks along. Unless you experienced some "morning sickness" nothing much seems different to you for quite some time.

As time progresses your body changes more and more and the baby grows and changes as well. Through all of this, nature is in charge and runs the show. We know how to get the process started, but the innate intelligence of your body and the baby's body take over and do what is necessary, with very little help from us.

We just need to stay out of the way.

### Nature Needs No Help....Just No Interference

The intelligence in your body and in the baby's body will work perfectly every time, given that there is not interference to the process. That's why it's so important to give your body (and thus the baby) what is necessary to be healthy throughout the pregnancy.

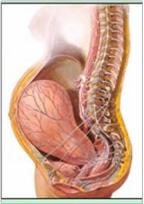
Just what is it that you both need during this time?

- Healthy, whole foods. You literally are what you eat and so is the baby. (Supplementing with a good pre-natal vitamin is crucial as well, since we might not always get what we need from our food).
- Exercise and body movement. You don't need to run marathons, but you do need to move your body for it to be health and for you to be in ready for an easy labor and delivery.

· Plenty of rest. It's while we rest that our body has time to repair and grow. Keeping rested will ease some of the strain of being pregnant. If it's later in your pregnancy and difficult to sleep, take plenty of naps.

· A healthy spine and nerve system. The nerve system is the master control system of the body and is responsible for all of our body functions. It is housed in and protected by your spine. Keeping your spine working properly will not only help you have a more comfortable pregnancy, it will ensure a healthier pregnancy and an easier delivery.

## The Importance of Chiropractic Care During Pregnancy



· Increased comfort. As the baby grows, spinal posture changes and there is more pressure on the lower back, but also the neck and shoulders which shift to accommodate the changes.

· Baby more likely to attain its best position for birth—When the spine (especially the pelvis and the base of the spine) is twisted, it can stress the uterus. This gives the baby less room to move and get into the best position for birth. Chiropractic has been shown to help relieve the stress on the base of the spine and supporting ligaments.

· Decreased delivery time, decreased need for pain meds & a better chance of a natural delivery—When your spine and nerve system are functioning properly, labor and delivery will be much easier. Women who have had other pregnancies prior to beginning care consistently find that getting adjusted during their pregnancy results in an easier quicker delivery. The quicker you progress in labor, the more likely you will be able to deliver naturally.

For most women, Chiropractic adjustments can be safely and comfortably received throughout the entire course of your pregnancy. We have years of experience caring for pregnant women, are certified in Webster technique, and have taken many hours of post graduate education in the care of pregnant women. Call the office to schedule a consultation to see how Chiropractic care can benefit you!



**Drs. Greg & Kim Stetzel**  
10 Newton Ave  
Branchville, NJ 07826  
(973)948-5556  
[www.bfchiro.info](http://www.bfchiro.info)