

Chiropractic and Prenatal Care

Prenatal Changes

A woman adapts greatly during the prenatal period; the new mother-to-be faces profound changes during these approximately 270 days. Physically and emotionally, she must prepare for the responsibility of sustaining, nurturing and delivering a new life. Every aspect of her life is changing; nearly every function of her body, even the structure of it, will alter to accommodate the growing embryo.

Nature and the Prenatal Period

The body of the healthy mother-to-be accommodates the growing infant naturally. Her body processes increase, decrease or stop automatically as required until her baby is born.

For example, her appetite increases to supply proper nutrition to both mother and child; the demands of pregnancy on her kidneys are met by a built-in reserve; her pelvis stretches to allow greater capacity; her lower back muscles and the ligaments adapt to the strain caused by her additional body weight.

When Nature Needs Help

The nervous system is the key to good health. Vital energy is transmitted by a network of nerves from the brain, through the spinal column, to all parts of the body. This energy must flow freely.

Restriction of this flow allows nerve pressure to build. Such interference might cause the expectant mother to lose her appetite, experience kidney difficulties, severe lower back pain, pain in her hips and legs or pelvic discomfort.

Include Chiropractic in Prenatal Health Program

Consult your chiropractor early; it is a good idea to see him when pregnancy is indicated. Spinal adjustments help the body adapt to these increasing demands. Your chiropractor's advice and attention will help make this phase of your life as healthy and fulfilling as nature intended.

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The chiropractor is a specialist, trained to detect interference of nerve impulse transmission. He corrects such interference with spinal adjustments, which restore good health.

Chiropractic can solve many prenatal health problems. Loss of appetite, lower back pain (often complicated by hip and leg pain), anxiety, and even morning sickness is often avoided by regular prenatal chiropractic care.

Best of all, regular chiropractic care may reduce the severity of labor pains, increase the possibility of an uncomplicated delivery and ensure faster postnatal recovery.

Your Doctor of Chiropractic is a representative of the world's largest drugless healing profession, and a healing science most modern in concept.

Rather than administering drugs, your chiropractor determines if neurological complications are at the root of the problem; then he works to eliminate this basic cause, thus restoring and maintaining health.

Keeping your health is better than waiting for sickness to strike. It is to your great advantage to visit your doctor of chiropractic on a regular basis.