

# **CHIROPRACTIC CARE FOR MOM AND BABY**

## **A Mom's Guide to Chiropractic**

by Dr. Jackie St.Cyr, Chiropractor

Integrated health care is more in demand today than ever before. With this increasing demand, the search for professional natural health care options for families has become common place. However, with the majority of births happening in hospitals and in the care of allopathic medical physicians, when a mother or child experience health challenges, it is easy to reach back into the medical profession for answers. Unfortunately many frustrated families are not finding the answers or results they seek. A growing population of millennials are discovering the amazing benefits of natural chiropractic care starting at birth for their babies.

This article is intended to be a guide to open up your options to natural, gentle and highly effective health care for you and your infant.

### **Chiropractic Care for Moms**

A mom's body goes through numerous awe inspiring changes during pregnancy, delivery and post childbirth with millions of different hormonal changes, chemical reactions and developmental changes happening to her nervous system, muscular and skeletal systems. Now, more than ever, a mother's body needs to be vitally healthy to respond immediately and accurately to all these demands. The highly effective care of Network Spinal Analysis (Gentle Chiropractic) addresses and provides immediate results for mom and her developing baby.

This is a list of some of the most common ailments moms seek care for during and post their pregnancy:

- Low back and hip pain
- Low energy / lethargy / fog brain
- Immune system dysfunction
- Post Partum Depression
- Anxiety and irritability
- Stress reduction
- Headaches
- Morning sickness/ nausea
- and more

### **Chiropractic Care for Baby**

Even though the birth process is ultimately beautiful, it is traumatic and stressful for a newborn. Many newborns can benefit from the gentle examination from a skilled chiropractor who works with the delicate new baby. Chiropractic is safe for all ages. In fact, the pressure and stress placed on a baby's spine, and entire body, in utero and during the birth process is much greater than what they receive during a chiropractic adjustment.

When parents call our offices, they have a number of questions. Rightfully so, all parents need to be fully educated about the chiropractic care their infant will experience in our offices.

*Does my child need to be a certain age, weight or height before they see a chiropractor?*

Chiropractic is safe for newborns at any age, weight or height, even preemies. It is highly recommended that parents have their newborn checked by a chiropractor to correct any subluxations, strains of their spine, or stresses in their nervous system that may have occurred during the pregnancy or birth. As the child develops, regular check-ups by their chiropractor insure proper development and thriving of all their body systems.

*Can chiropractic adjustments on a baby damage their development?*

No. Just the opposite. Research shows that chiropractic adjustments benefit the healthy development of all infants and insure their proper, most healthy growth and vitality without the use of drugs or surgery.

*What exactly is it you do?*

We bring the infant's spine into more alignment and ease to allow for greater flow of life force and proper functioning of the nervous system which in turn influence all other systems of the body. We do this through a gentle touch examination of the baby's spine, responsiveness and posture. Our adjustments for a newborn are light and of less impact to the child than that of the birth process. The amount of pressure required is equivalent or less than the pressure you would feel comfortable placing on your own eyelid.

This is a list of some of the most common ailments parents seek care for in their infant or child:

- Fussiness
- Feeding and breastfeeding/ latching issues
- Colic
- Ear infections and ear aches
- Allergies/ eczema
- Acid Reflux
- Torticollis
- Development issues and issues thriving
- Sleep regulation problems
- Breathing problems
- Digestive issues
- Children with special needs and behavior concerns

Ultimately, the purpose of Chiropractic is to remove interferences to the natural innate healing power running through the nervous system. When that power is unleashed the healing that results is profound.

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Our offices at Innate Chiropractic Healing Arts Center receive calls from Moms who have tried everything and are now facing surgery or yet another round of antibiotics for their baby. They hear of our services through a friend, an article, or an online video and reach out in a desperate act of wanting their child to be happy and healthy. Now that you have this guide we invite you to pass it along to someone you know who is expecting, or has been gifted with a new child in their family. Maybe you know of a Mom who has "tried everything". When they give chiropractic a chance they learn that Network Spinal Analysis Chiropractic is exactly what they had always searched for.

Email our offices at [frontdesk@n8chiro.com](mailto:frontdesk@n8chiro.com) to receive a free gift of "A Parent's Guide to Today's Chiropractic" mailed to your home. You can also visit our website for many articles and resources, and stories of how Dr. Jackie has helped moms, babies and the whole family.

For additional information regarding the importance, safety and validity of chiropractic care during pregnancy, visit Dr. Jackie St.Cyr at the Innate Chiropractic Healing Arts Center, 230 Westcott St, Suite 220, Houston, TX 77007.

To schedule a **complimentary consultation** with Dr. St.Cyr, a chiropractic doctor who can address any questions or concerns you might have, call 713-521-2104 or visit [www.n8chiro.com](http://www.n8chiro.com)

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*Dr. Jackie St.Cyr graduated from the Parker College of Chiropractic, Parker University in 1995 and holds a Doctor of Chiropractic degree and a Bachelor of Science in Anatomy. With postgraduate education and advanced certification in Network Chiropractic / Network Spinal Analysis, she continues to study Network Spinal Care at the Mastery Level.  
([full bio here](#))*

*The Innate Chiropractic Healing Arts Center is located at 230 Westcott St., Suite 220 in Central Houston. For more information please call [713-521-2104](tel:713-521-2104) or visit the center online at [www.n8chiro.com](http://www.n8chiro.com)*

