

PREGNANCY AND CHIROPRACTIC

A Winning Combination!

by Dr. Jackie St.Cyr, Chiropractor

Are you pregnant? Have you been experiencing *low back pain, headaches, nausea, insomnia, or other symptoms*? Chiropractic care may be able to help you and your baby achieve a happier and healthier pregnancy and delivery.

Upon discovering they are pregnant, many women become conscious of eating healthy foods, avoiding alcohol and cigarettes, exercising, and getting proper sleep; however, they are *unaware* of the importance of having their prenatal chiropractic checkups.

Pregnancy is a special time in a woman's life. It is a period of rapid development with many physiological and endocrinological changes taking place. Chiropractic care helps to *normalize* nervous system function for mother and baby and allows for the best pregnancy possible.



Fifty percent of all women complain of low back pain during pregnancy partially due to ligament laxity and the protruding abdomen. By relieving the discomfort many women experience during pregnancy, Chiropractic becomes an important component of prenatal care and can make both your pregnancy and delivery easier.

Clinical studies have shown the benefits of Chiropractic care during pregnancy. Irvin Henderson, MD, a member of the AMA board of trustees, conducted one study. The study concluded that women who received chiropractic care during their third trimester of pregnancy were able to carry and deliver with more comfort.

The many benefits that result from Chiropractic care during pregnancy are also especially wonderful during delivery. Patients often report that their deliveries, while under chiropractic care, are faster and more comfortable than they were in previous pregnancies. Dr. Per Freitag, MD, a well-known orthopedist, conducted a

hospital study that incorporated chiropractic adjustments during the patients' pregnancy. The study concluded that the need for painkillers during delivery in these patients was reduced by half.

Your doctor of Chiropractic will keep your special needs in mind during this important time. Chiropractic care can be started at any time during your pregnancy; it's never too early or too late. For these reasons and more, your chiropractor is the one doctor you should remember to call.



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

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** or visit the center online at www.n8chiro.com*

