

Therapist seeks prenatal care:

Fine-tuning the body for motherhood

Things are starting to be a bit more exciting for Kristen Gaertner.

And reflective of her personality, she is preparing for the October arrival of a new addition to the family, the first for Kristen and her husband, Mark.

Kristen has a keen understanding of the tremendous changes to the human body that carrying a baby brings.

The 33-year-old massage therapist is an eyewitness to the workings of the human body under the conditions of everyday life as well as during the extraordinary event she is going through.

She already practices proactive and preventative health care, which brought her to Cianci Chiropractic in Easton. Now her health care has taken on new importance, setting the groundwork for not only herself, but her baby's wellbeing.

"I wanted to be established with Dr. Cianci before my pregnancy because I knew all of the changes my body was going to go through," Kristen said. "I wanted to make sure I was already on a path to correcting any spinal issues before I conceived."

"I think it's important for everybody to establish a wellness program before they hit crisis mode, and before their body is speaking to them through pain. We only have one body and it's really important for all of us to take care of it in every way possible, which is what brought me here."

Kristen already leads an active lifestyle, living on a farm, doing yardwork, biking and doing yoga as part of her normal routine.

Dr. Cianci has been working to keep her healthy as she enjoys that lifestyle, along with prolonging that exuberance.

"It is exciting to work with progressive parents and parents-to-be," said Dr. Cianci. "At no time in a woman's life will her body change



The Cianci Chronicles

Dr. Christopher Cianci
Licensed chiropractor,
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(Authored by Bruce Bennett)

more quickly than it does during the nine months that she's pregnant. Any structural issues will become magnified during pregnancy.

"A number of our pregnant patients feel that, after delivery, they are better able to adapt to the fast pace required of a mother with a newborn, especially if they have other small children at home to care for.

"Kristen was smart to seek our assistance early, and not wait until she was totally debilitated by pain and the restriction of activities. Changes happen quickly, and our goal is to minimize the disruption to both the body and the lifestyle of the patient."

Now that the Trappe native has added a little passenger to her busy life, Dr. Cianci remains an important link in her busy week.

"It's more of a holistic approach, which is very much in tune with the way I view the body and how wellness should be treated," said Kristen. "Dr. Cianci works with the body and deals with the body as a whole system, instead of an assortment of separate parts needing separate treatments."

Dr. Cianci and the entire staff

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at Cianci Chiropractic are quite excited to be at the start of Kristen and Mark's family. It's a personal relationship; not a patient number on a file folder.

"Our families, directly and indirectly, influence the way we think about healthcare," said Dr. Cianci. "After 26 years in Easton we are now seeing multiple generations of patients. It's rewarding to see how families share their natural philosophy regarding health care. Seeing these enhanced health behaviors appear in younger patients is especially satisfying because we know some information we relay has influence on thought patterns across the Shore. It is gratifying to know that, in some small way, we are helping to guide future generations to live long, healthy lives naturally."

That is the type of complex relationship Kristen wants as she walks down the path to motherhood, knowing that Cianci Chiropractic is invested in her wellbeing, and that of the growing child within her.

"It's very warm and welcoming at this office," Kristen said. "Our daily lives are always going to pull our bodies out of balance and even though you've gotten to the point where you aren't in pain, and feeling good, you can't just stop and walk away from it. That's not the answer."

"I don't want to feel my age as I get older, I want to feel healthy, and feel well and be able to be active. I'm going to have a baby running around, and picking him up means something's probably going to happen."

(Cianci Chiropractic, located at 8737 Brooks Drive in the Easton Industrial Park can help keep you on a healthy path. Schedule a private meeting with the doctor or attend the free bi-monthly Wednesday evening health seminar. Contact Cianci Chiropractic at 410-820-4070. You can also find Cianci Chiropractic online at www.drcianci.com.)