

# SHEPPARD CHIROPRACTIC

## PREGNANCY AND CHIROPRACTIC: YOUR BEST START

Congratulations, you are going to have a baby. Sheppard Chiropractic wants you to have a healthy pregnancy for both you and your child. Our office wants to inform new mothers of ways that they can have a better pregnancy.

One of the ways you can have a healthier pregnancy is to take care of your body. Women should eat a healthy diet both, before, during and after their pregnancy. Other things to consider are the side effects of smoking, alcohol consumption, and the use of medicine.

Mothers who smoked during their pregnancy increased the chances that their baby would likely suffer ADD later in life. Statistics have shown that these children were 3x as likely to develop ADD.

Since there are no known safe levels of alcohol, physicians advise pregnant women to abstain from consuming alcohol during the entire pregnancy.

Also, 10 to 20X the amount of any drug that a pregnant woman takes is passed on to the baby. One of the main ingredients in most cough and cold medicines is dextro-methorphan, which research studies have indicated may cause birth defects and miscarriages.

Another way to take care of yourself during your pregnancy is to exercise regularly. A daily exercise regiment is as important during pregnancy as it is before and afterwards. Exercise helps to make you feel your

best during your pregnancy. You should consult your doctor to determine what is best for you and your baby. These are a few of the known ways you can take care of your body during your pregnancy.



Another way to take care of you during pregnancy is through chiropractic care. Chiropractic is a holistic way to ensure that the body's nervous and reproductive systems are functioning properly. Chiropractors look for subluxations in your spine; misalignments of a bone in your spine that puts pressure on a nerve creating an interference or

dysfunction in your body. Since the body is ever changing during pregnancy it is important that the body maintains at its optimum level of efficiency and health. Chiropractic helps the body to maintain its optimum state.

Adjustments keep the segments of the pregnant woman's structure freely and normally movable and permit a constant free flow of all body fluids and a normal venous supply to control function. During the second 6 weeks of pregnancy the growing fetus and expanding uterus often settle in the hollow sacrum and relief of nausea may be achieved. Adjustments result in an easier pregnancy and delivery.

Chiropractic care during pregnancy resulted in 31 % decreased labor for the first child and 25% for subsequent children. Approximately 84% of patients receiving spinal

manipulative therapy reported relief of back pain during pregnancy. There was significantly less likelihood of back labor when spinal manipulative therapy was admitted during pregnancy.

The postpartum return of the mother to prepartum health is also expected by adjustments.

The Webster In-Utero Constraint (Breech Turning Technique), a chiropractic procedure, has been with high success (85%) to clinically correct or reduce in-utero constraint. These are a few of the many benefits of chiropractic care during pregnancy.

## **MOMS SPEAK OUT**

“With my first pregnancy, I had severe headaches and low back pain with 24 hours of labor and a c-section without chiropractic care. While under chiropractic care for my second and third children, I had minimal headaches and low back pain with an average of three hours of labor and two natural vaginal deliveries.”

S.S

“It is important for the nervous system to be functioning at 100% so that the mother and child have the opportunity for optimum health and development. When I got adjusted, there was always a sense of ease, knowing that my child was at ease also.”

M.S.

“My potential and your body’s potential as a mom-to-be is far greater with the full expression of a healthy nervous system. My best advice to you is to get adjustments before, during, and after the baby is born.”

T.C.

“Getting adjusted during my pregnancy gave me the chance to have a "normal" pregnancy and delivery. I was diagnosed as diabetic at the beginning of my pregnancy and was told that most diabetics have problems. The nurses told me the amount of insulin I would have to take would triple by the end of my pregnancy and that in all likelihood my baby’s birth weight would be in the 90% percentile at least 9 to 10 pounds. I ended up having a fairly easy pregnancy despite the daily shots and diet I had to follow. My baby was not quite 7 pounds. My doctors were amazed at how well my sugar levels, weight, and the pregnancy was in general. They acted as if I was an exception for all the diabetics that they delivered babies for. They also expected me to be insulin dependent afterwards. As of yet I only watch what I eat and do not need pills or shots.”

B.C.

***For more information contact  
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