

# CHIROPRACTIC & pregnancy

Chiropractic offers non-invasive and drug-free benefits for expecting mothers before, during and after the many changes of pregnancy.



## COMMON CHANGES DURING PREGNANCY

- **Growing** stress and fatigue
- **Discomfort** in hips, back and pelvis
- **Disturbance** of Immune response and digestion
- **Magnified** anxiety
- **Postural pain** from forward head position and tilted pelvis leading to headaches and neck, shoulder, carpal tunnel and sciatic pain

## ADJUSTMENT ADVANTAGES

- **Adjustments correct** spinal misalignments
- **Adjustments improve** posture
- **Adjustments relieve** pressure on the spine and nerves
- **Adjustments reduce** tension and pain
- **Adjustments promote** proper positioning for birth



## BENEFITS OF CHIROPRACTIC

- **Properly functioning nervous system** lessens stress and increases energy
- **Pressure relief** on the spine and nerves promotes healthy immune & digestive function
- **Promoting wellness** energizes, encourages and educates expecting moms for healthy pregnancy and delivery

