

# Pregnancy



At first glance, most people don't see the connection between chiropractic and pregnancy. However, there are four stages in which having an optimal working nervous system can help both mother and child.

## Pre Conception

Chiropractic care prepares the body to be as strong, supple and balanced as possible to carry the pregnancy.

## Pregnancy

Regular chiropractic care during pregnancy appeals to mothers who seek a natural approach to better health.

## Labor and Birth

Many rely on chiropractic care to help assure optimum biomechanics of the hips and spine in the hopes of reducing the need for interventions during the birth process.

## After Birth

Even natural births can stress a baby's spine. Breastfeeding problems can arise if the baby has a subluxation and is unable to comfortably turn its head to one side.

**Chiropractic adjustment are safe for the whole family...**