



# Chiropractic care during **pregnancy**

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*Healthy Mom, Healthy Baby*

Getting regular adjustments during pregnancy is incredibly important for a variety of reasons. Moms-to-be are more susceptible to stress, injury, and reduced immunity because of the structural and hormonal changes they are going through. Using medications is ill advised during pregnancy as they can affect the natural growth and development of that precious baby. Pregnant women should also try to decrease their stress load during pregnancy, as chemicals released by their bodies can have a negative impact on the baby. Chiropractic adjustments during pregnancy are a wonderful way to keep the body aligned, reduce stress, boost immunity and prepare the moms body for the baby's delivery.

### **Did you know?**

Many women seek chiropractic care to relieve neck or back pain that can result from weight gain and altered biomechanics during pregnancy, but regular chiropractic care provides much more than just pain relief. Not only will it improve the balance and alignment of the spine and pelvis, it will also allow a more comfortable pregnancy and delivery for both mother and baby. How? It stimulates the nervous system to enable proper functioning of your reproductive and other organs, thus supporting the needs of your baby throughout pregnancy and during delivery.



***People will lead a longer, healthier and happier life with a fully charged and perfectly balanced nervous system.***

***Chiropractic adds years to your life and life to your years!***