

The Many
Benefits of Our
Chiropractic Care
During
Pregnancy



Pregnancy is a special time in a woman's life. It's filled with a great joy and anticipation that only a mother will know.

Pregnancy is also a period of dramatic change for the mother's body. Some women adapt to the emotional and physical changes associated with pregnancy, while other mothers-to-be suffer pain, discomfort and anxiety.

(Q): As an expectant mother, what steps can you take to make sure your pregnancy is a pleasant experience for both you and your baby?

(A): Incorporate chiropractic care before, during and after your pregnancy.



At Baker Chiropractic and Wellness, we've played an integral part in the health care of pregnant women and their unborn children for nearly 20 years. Here are Three (3) Steps to our prenatal care that show how:

Step 1: Spine and Nervous System

During pregnancy, expectant mothers undergo many physical changes within their bodies in preparation for carrying a child and giving birth. The spine is one of the primary areas where these



changes are felt the most and where a majority of problems start as **subluxations**.

Chiropractors are specially trained physicians who keep the spine and nervous system healthy and free from subluxations.

Most people don't realize how the spine and nervous system control all parts of the human body. But your developing unborn child certainly does.

When a mother's egg is fertilized and pregnancy begins, cells start to multiply and divide. The first things these cells create are the brain and spinal cord. From the spinal cord, little branches of nerves begin to spread outward. The combination of the brain, spinal cord and nerves becomes the central nervous system. Once the central nervous system is in place, "buds" will form at the end of nerves. These

buds are the beginning of all the vital organs such as the heart, liver and kidneys.

The brain and central nervous system literally are the origin of life and control every cell within the body. These cells form tissue, tissue forms organs and organs form systems. Put all these systems together and a human body is created.

The human brain controls every microscopic cell within the body and the brain communicates with each of the millions of cells via the nervous system. This is how the brain delivers the necessary energy and instructions to every part of your body to make it function.

There are many situations where the energy sent by your brain through your nervous system becomes filtered and distorted. This interference is known as a **subluxation**.

Bones or joints may become misaligned and nerves can become irritated, pinched, stretched or compressed which all causes inference in the flow of energy from the brain. When this energy is distorted or blocked, a variety of symptoms will surface including pain.

As a baby starts to develop and continues to grow, an expectant mother is experiencing 9 months of increasing stress on her bones, muscles and joints which can create **subluxations**.

Chiropractors keep mother's-to-be free from subluxations and the pain and discomfort that are caused by these subluxations.

Routine chiropractic care help prevent such common health conditions experienced during pregnancy as:

- **Back Aches / Back Pain**
- **Indigestion**
- **Insomnia**
- **Constipation**
- **Headaches**

Step 2: Nutrition and Diet

As outlined above, a healthy spine and nervous system are essential elements of a pleasant, problem-free pregnancy. Another crucial part is proper diet and nutrition.



A mother and her unborn child are dependent upon receiving the correct nutrition for proper development. What mom chooses to eat during pregnancy has an impact on her child receiving the correct nutrition.

At Baker Chiropractic and Wellness, we provide our expectant mothers who are patients with important guidance on diet and nutrition during pregnancy so they can make the right food choices for themselves and their baby.

Step 3: Exercise

The third step to a pleasant pregnancy is getting the correct amount of exercise. We work with expectant mothers to develop a customized exercise program that keeps them fit, prepares them for birth and helps them continue to look great after giving birth.



Preparation for Birth

The combination of Steps 1, 2 and 3 outlined above are all elements of our comprehensive chiropractic care that provide numerous benefits to expectant mothers and increase their probability of having an enjoyable pregnancy. The advantages of following our chiropractic care during pregnancy culminate at the birth of the child.

Our comprehensive chiropractic care prepares mom and baby for birth. Certain chiropractic techniques relieve stress on the pelvis and uterus which helps the unborn child properly turn and position for a healthy birth.

Webster Technique for Breech Births

Dr. Larry Webster, a chiropractor and founder of the International Chiropractic Pediatric Association developed the Webster Technique as a safe means to restore proper pelvic balance and function. It was developed to restore normal function of the mother and improve her comfort throughout pregnancy in preparation for a safer, easier birth.

Dr. Webster reported that in women who presented with a breech baby, the results of the adjustment appeared to normalize pelvic biomechanics and facilitate optimal fetal positioning. As Dr. Webster taught other doctors of chiropractic this adjustment, they too reported positive changes in baby positioning.



At Baker Chiropractic and Wellness we have been utilizing the Webster Technique throughout our 20 year history and have seen the benefits of this technique for preventing breech births and facilitating safe and easy births for our patients.

We can help you experience a healthy, safe and enjoyable pregnancy too!

Schedule an Appointment at Baker
Chiropractic and Wellness by calling
(513) 561-2273 or visit our website at
www.bakerchiropractic.org

You Will Be Glad You Did!



L-R: Dr. Eric Mersch, Dr. Ryan Berlin, Dr. Patrick Baker, Dr. Paul Baker, Dr. Matt Finke



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