

# Chiropractic and Pregnancy

Life is a miracle. Two cells become four and four become eight and so on until nine months later a perfect human enters the world. Their little hearts begin beating at 24 days. Their eyes form around 36 days. This miracle unfolds perfectly - unless there is ***interference***. This is why children can benefit from chiropractic before they are born by having a mother with a nervous system free from the interference of spinal subluxations.



During pregnancy many hormone changes occur, shifts in body weight and laxity of connective tissues. New stresses are experienced by the lower back and pelvis. Most pregnancies are accompanied by many aches and pains due to these changes.

Women report that their pregnancies were easier and the delivery time shorter when they received chiropractic care.

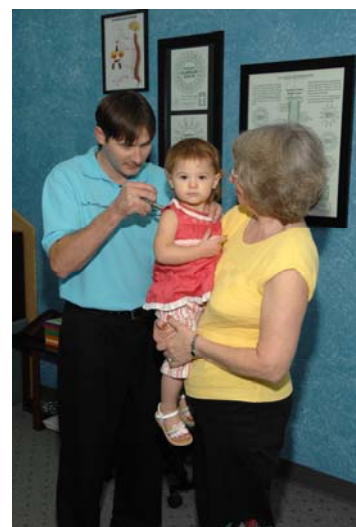
Not only do the pregnant mothers receive a decrease in discomfort and easier movements and continued flexibility throughout this difficult time. Chiropractic care also helps relieve stress and un-wanted emotional pressures brought on by these difficulties of pregnancy.

Knowing mothers, and there first concerns always being the health and safety of there baby, let me be the first to say ***“Chiropractic is extremely safe for the pregnant women, from the first trimester to the day you go into Labor.”*** Chiropractic has even been used to help women who have difficulty conceiving, or carrying pregnancies make it to term. Besides it allows the fetus a more nourishing environment to grow and develop.

At Argyle Family Chiropractic we address all these issues and more with the support of your OBGYN to help you get the best care possible during this life changing period. AFC is helping to support you through this to give you the most enjoyable experience possible during this difficult, but miraculous time.

# Chiropractic for Children

Newborns, infants and children can benefit too. Without the language to explain, many new borns experience colic, unexplained crying, lack of appetite, frequent ear infections or other signs of poor health. A chiropractic examination is essential to determine if birth trauma to the spine is involved. Then if indicated, a gentle adjustment is given. With no more pressure than you'd use to test the ripeness of a tomato, nerve-compromising subluxations can be reduced. Almost miraculously, many parents see instant improvements in the well-being of their child.



The birthing process may be the cause of our first subluxations! Then, learning to walk, ride a bike or play sports can produce so-called growing pains. Sadly, bedwetting and many childhood aches and pains are passed off as "growing pains" or "just the phase they're going through". **Careful!** Aches and pains at **any age** are a sign of something isn't right. Subluxations may be involved. In a word, these problems may worsen until they become more difficult to correct as an adult.

