

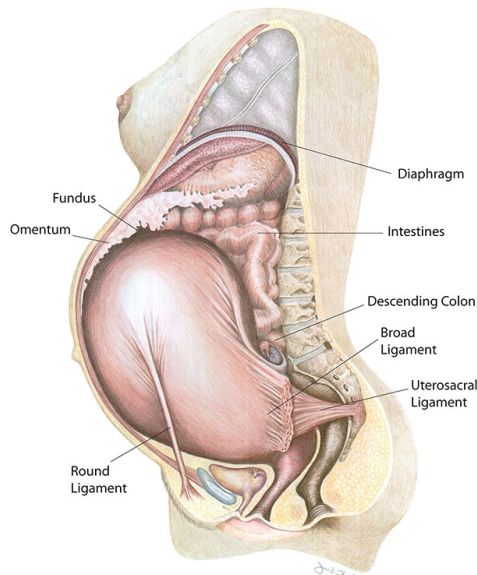
Chiropractic Care for Pregnancy: Benefits for Mama & Baby

Chiropractors work with the body's *ability to adapt* and function the way it is designed to.

Chiropractic care in pregnancy is **vital** to the normal physiological function of both the mother and baby in pregnancy and birth.

Here are the potential benefits...

Benefits Especially for Mama:



Benefit #1: Prepares the pelvis for an **easier pregnancy and birth** by creating a **state of balance** in (1) pelvic bony structures (2) muscles (3) ligaments

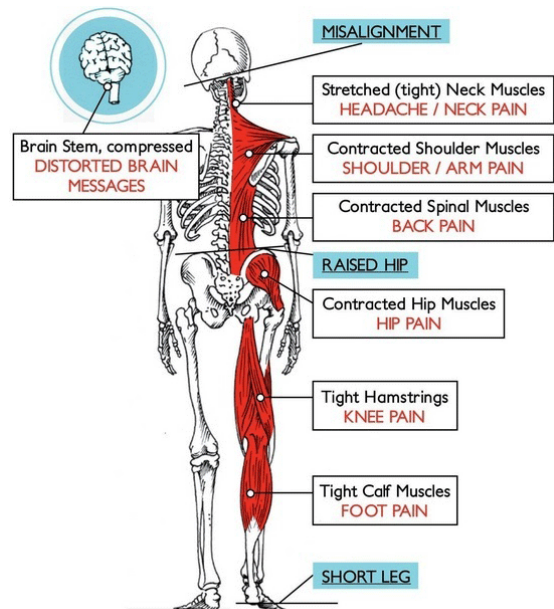
Benefit #2: Removes torsion of the **ligaments** that support the uterus thus potentially reducing aberrant tension to the woman's uterus.

Benefit #3: Reduces interference to the **mother's vital nerve system** which controls and *co-ordinates all of her systems and functions*.

Benefit #4: Reduces muscle imbalances and localized inflammation to remove or decrease conditions such as **carpal tunnel syndrome** and **sciatica**.

Benefit #5: By *decreasing spinal misalignments*, as well as muscle and ligament tension the lymphatic system functions optimally for **improved immune system function**.

Benefit #6: By **improving maternal function** we are decreasing the potential for *unnecessary intervention*.



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Benefits Especially for Baby:

Benefit #7: Physical stressors such as muscle spasms or spinal misalignments can impact the mother's vital organs and endocrine system for **better baby development.**

Benefit #8: Pelvic balance allows the baby greater room to develop without restrictions to its forming (1) *cranium* (2) *spine* (3) *other fetal structures.*

Benefit #9: Offers the baby the room to move into the **best possible position for birth.**

Benefit #10: With **proper fetal positioning**, there is a *significant decrease in dystocia*, and the resulting birth trauma caused by intervention.

Benefit #11: With vaginal birth, **significantly enhances immune function of baby**, with *decreased likelihood of allergies, diabetes, autoimmune disease, etc.*

Benefit #12: Through proper neck and upper back range of motion, the baby is able to breastfeed bilaterally, **improving baby's immunity** and proper nutrition creating the **optimal conditions for baby to thrive.**



Resources:

The International Chiropractic Pediatric Association, "Perinatal Care" by: Jeanne Ohm, D.C., F.I.C.P.A.

Medical Terminology: A Living Language, 5th edition

Birth, Distress and Disease: Placental-Brain Interactions Michael L. Power, Jay Schulkin Pg. 18

"Mothers facing C-sections look to vaginal 'seeding' to boost their babies' health" Aimee Molloy. The Guardian. 2015.

"I had the bacteria in my gut analysed. And this may be the future of medicine" Andrew Anthony The Guardian. 2014.

Cesarean versus Vaginal Delivery: Long term infant outcomes and the Hygiene Hypothesis Josef Neu, MDa,b,a,b and Jona Rushing, MDc,c