

## Chiropractic Care for Pregnancy



"Pregnancy Today" magazine describes themselves as "The journal for parents to be". On June 13, 2004 they ran a story written by Patti Larson a mother and author, about her experiences while being pregnant and the help she received with Chiropractic care. She began the story by explaining the emotions she and her husband experienced when she found out for sure she was pregnant.

As a woman in her mid-30s having her first baby, she described her concerns and questions by asking, "When will morning sickness start? How long will I be able to work? Will I make it through delivery with little pain and swearing?" She also noted that her diet and sleep habits were good, but although she had great intentions, her exercise regime was less than desirable.

She did however, mention the one thing she saw as a big factor in helping her. "What ultimately saved me from suffering undue tiredness, aches and stress from my ballooning body shape and shifting hormones was chiropractic care." She continued, "I already made regular visits to my chiropractor prior to pregnancy, so it seemed natural to continue. My chiropractor recommended I continue with weekly visits, adding that I should come in more often if I felt I needed it."

Dr. Jeff Ptak, her chiropractor in Santa Monica, Calif., explained why chiropractic care made such a positive difference, during her pregnancy. "Chiropractic care addresses the functioning nervous system," he said. "When the nervous system is not unduly stressed from environmental factors – physical, emotional or chemical stress – the body will work according to its unique genetic plan. A stressful birth will stress all parties involved and remain until the nervous system stress is cleared. Chiropractic, by allowing the body to handle stress, helps expecting mothers, new mothers and their newborn children handle life with greater ease."

Leslie Stewart, a certified nurse-midwife also agrees. "Chiropractic care can actually help with labor. Some women who run past their due date have used treatment to help start labor, rather than having a hospital induce them."



The article author, Patti Larson, noted that she not only continued care through her pregnancy, but also after the birth of her daughter Madeline. She concluded the article by saying, "Madeline received regular adjustments her second week after entering the world. She never had colic, ear infections, colds or any symptoms of sickness throughout her first 12 months of life when children are often most susceptible. Some people cringe when I tell them she sees a chiropractor, yet everyone agrees that she is one of the most alert, active babies they have ever seen. Some say I'm lucky, but I tell them it's really very simple – just stay well adjusted!"