

# #315 Pregnancy Transcript

## Pregnancy Brochure

Header: Pregnancy  
Subhead: And the Chiropractic Lifestyle  
Photo: Mom holding infant

Photo: Cute newborn baby  
Caption: Regular chiropractic checkups, along with other healthy habits, create the best opportunity for a healthy, happy baby.

FOR PREGNANT MOMS WHO CARE.

Women who give up smoking, eat healthy foods, and avoid alcohol during their pregnancies are to be congratulated. Those receiving prenatal chiropractic checkups, demonstrate even more concern for their still developing babies.

Chiropractic care can be quite helpful during all stages of pregnancy.

PAMPER YOURSELF WITH REGULAR CHIROPRACTIC CHECKUPS

This period of rapid development, hormonal changes, the laxity of connective ligaments, and shifting of weight-bearing structures, may cause many pregnant women to experience low back pain.

Chiropractic care can be quite helpful.

Besides helping to relieve the discomfort many expectant mothers experience, chiropractic care helps normalize nervous system function. This is an important component of overall good health.

The benefits of chiropractic care may also be noticed during delivery. Many chiropractic patients report that their deliveries were faster and more comfortable than deliveries previous to chiropractic care!

Your Doctor of Chiropractic will take special precautions with you during your pregnancy.

Modifications to the table or adjusting techniques are made during each stage of pregnancy. Pamper yourself and your baby with regular chiropractic checkups.

Photo: Pregnant mom and dad touching stomach  
Caption: As the center of gravity changes, so does the stress to the spine.

Photo: Pregnant mom resting after exercise  
Caption: Many women find their labor shorter and experience less discomfort if they've received chiropractic care.

Photo: Pregnant mom getting adjusted  
Caption: Modified approaches can make chiropractic adjustments for pregnant moms easy and comfortable.

THE CHIROPRACTIC LIFESTYLE

A continuing schedule of regular chiropractic checkups can help detect, correct, and maintain optimum spinal and nervous system function. Find out how chiropractic care, combined with proper diet, exercise, and other aspects of good health and personal hygiene can enhance your well-being and help you enjoy life to the fullest. Ask your Doctor of Chiropractic for a care program designed for your age, condition, and lifestyle.

References