

Bonus Supplement!

ATTENTION!

★ Do you know why so many women are seeking chiropractic care during their pregnancy?

Dear Patient,

Welcome to this special **Bonus Supplement** included with our monthly newsletter. On the bonus insert I will focus on a little-known benefit of chiropractic. This month it's about... **pregnancy and chiropractic!**

Pregnancy is a special time in a woman's life. A common experience for numerous women is... back pain, induced by carrying the extra weight, changes in posture, etc. Are you (or someone you know) pregnant and having a really hard time with backache? Maybe this is the first time you have ever felt back pain. Chiropractic truly can be a life saver for pregnant women who are experiencing discomfort. Did you know that chiropractic can potentially relieve much of the aches, pains, and general discomfort you're experiencing? Consider that chiropractic is **all-natural** and is safe for your child, with no side effects and no potentially harmful drugs entering the bodies system.

If you're experiencing discomfort during your pregnancy, you're not alone! It is estimated that **2/3 of American women will experience lower back pain** by the 36th week of pregnancy. Many women are told by their physician that they simply need to wait until after birth to be alleviated from their pain. This is not true. Chiropractic care can treat lower back pain and often leads to a **faster & less painful labor process.**

Why is low back pain prevalent amongst pregnant women? (1) Women experience significant weight gain that adds stress to the lower back, (2) their center of gravity changes during pregnancy which causes muscular imbalances and muscle fatiguing and (3) they experience hormonal surges which cause joint laxity and decreased joint support.

Chiropractic care can & should be considered throughout the whole pregnancy process. Before a woman becomes pregnant, a proper examination can reveal imbalances in the spine or pelvis that can lead to lower back pain during pregnancy and neuromusculoskeletal problems after birth. After pregnancy, many women still experience lower back pain due to stretching of the ligaments. Treatment for this should be done before the ligaments return to their pre-pregnancy state. Chiropractic is safe, has no side effects & is all natural. If you'd like to see how chiropractic care might ease the pains of discomfort, please call me if you have any further questions!

Interested in learning more about how chiropractic can help ease the aches and pains of pregnancy? Call (801) 569-1141 today. We're here to help!