

Family Chiropractic

*Courtesy of Harbourfront Family Chiropractic
by Dr. Warren Gage*



Pregnancy

At first glance, most people don't see the connection between chiropractic and pregnancy. However, there are four stages in which having an optimally working nervous system will help both mother and child.

Pre-conception

Chiropractic care prior to conception helps the nerves controlling all of the reproductive organs to function free of interference, promoting a more regular menstrual cycle, and optimal uterine function. It also prepares the body to be as strong, supple and balanced as possible to cope with a pregnancy.

Pregnancy

Regular chiropractic care helps maintain uterine ligament flexibility and proper spinal balance. When the growing baby is comfortable, it can assume the optimal birthing position.

Labor and birth

Our moms often report shorter, less traumatic deliveries when they receive chiropractic care during their pregnancy. When the mother's pelvic joints remain supple, the baby can pass more easily through the birth canal.

After birth

Even natural births can stress a baby's spine. Breastfeeding problems can arise if the baby has a subluxation and is unable to comfortably turn its head to one side. Spinal adjustments are safe and comfortable for you and your child.

Having a more normally working nervous system, especially when you're pregnant, creates the optimal environment for your baby to realize his or her fullest potential.