



# **PREGNANCY & CHIROPRACTIC: FOR HEALTHIER PREGNANCIES & SAFER BIRTHS**

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During pregnancy, a women's body undergoes many changes preparing for labor & a sweet baby. These changes can cause damage to your spine. In this eBook we will discuss ways to naturally lessen the impact of pregnancy on the body and spine through chiropractic care.

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**BY DR. JOSIAH FITZSIMMONS**

## THE FACTS

*Approximately 50% of all pregnant women experience back pain during their pregnancy and 50% to 75% of women experience back pain during labor.*

*Chiropractors have reported that 72% of women who sought chiropractic care benefited from relief for their pain and discomfort and/or labor preparation.<sup>1</sup>*

### INTRODUCTION

The physical stress of pregnancy can lead to a great deal of discomfort. It's common for women to seek regular chiropractic care during pregnancy for low back pain, as well as other related issues such as sciatica, leg cramps and constipation. This can lead to difficulty performing daily tasks as well as difficulties in labor.

Chiropractic during pregnancy can be an outstanding source of relief for back pain. Many women also comment that the birthing process was easier after having undergone regular chiropractic treatments. The following eBook takes a more in-depth look at the discomforts caused by pregnancy and will explain exactly how chiropractic treatment can help.

# PRENATAL CHIROPRACTIC:

During pregnancy, a woman's body is undergoing a number of different changes to accommodate the growing baby. As the baby grows, a mother's center of gravity shifts to the front of her pelvis, resulting in added stress and discomfort in the lower back and the various joints of the pelvis. At the peak of pregnancy (as a result from the associated weight gain) the curve in the lower back (lordotic curve) can increase to the point of causing serious impact on the vertebral joints, the sacrum, and the hip joints.

The nerves that travel to all other parts of the body have their origin in the spine. When the spine is compressed, these nerves can become irritated causing the pain to radiate to other areas of the body. Sciatica is a condition commonly stimulated by pregnancy, involving pain that radiates from the lower back all the way down the legs.

If a previous issue exists with the alignment of the spine, and there has been a history of lower back problems, pregnancy will often aggravate the condition. Pregnancy can cause the spine to become misaligned to the point that it does not simply go back into place once the pregnancy is complete. This can make the tasks that become necessary once the child is born, such as carrying a baby on your front or back, breast-feeding, and bending over to lift and pick things up, painfully difficult.

**I give birth with faith and trust.**

**God is with me every step of the way. Praise the Lord, He will never leave me nor forsake me.**

**I love myself and my body. I am fearfully and wonderfully made.**

**My mind is relaxed. My body is relaxed.**

**I trust God for a smooth, easy birth.**

**I FULLY RELAX AND TURN MY BIRTHING OVER TO MY BABY, MY BODY, AND MY GOD.**

# HOW CHIROPRACTIC CARE MAKES FOR A BETTER PREGNANCY

## For The Mother

- Prepares for an easier pregnancy and birth by creating a state of balance.
- Removes tension on the ligaments that support the uterus, thus reducing torsion to the uterus.
- Removes interference to her vital nervous system, which controls and coordinates all of her systems and body functions.
- Allows for a safe and efficient birth by decreasing the potential for interventions.

## For The Baby

- Removes nerve interference, allowing for better fetal development.
- Allows room to grow without restrictions to the forming cranium, spine, and other skeletal structures.
- Offers room to move into the best position for birth.
- With proper fetal positioning, there is a significant decrease in birthing difficulties and the resulting birth trauma caused by intervention (c-section, forceps, vacuum extraction).



*"The pain that you've been feeling can't compare to the Joy that's coming."*

- Romans 8:18 -

# BENEFITS

## OF CHIROPRACTIC CARE DURING PREGNANCY

Chiropractic care during pregnancy can have many benefits. Chiropractic practitioners can provide safe and effective personalized care throughout your pregnancy and in the postpartum period.

A thorough examination will determine the best treatment to address your discomfort and prepare the body for the peak of pregnancy and childbirth.

There are specialized adjustment methods to accommodate pregnancy. These treatments may reduce the need for pain medications throughout the delivery as well as help to reduce labor time.

Follow up treatments can assist in realigning the body after the pregnancy and speed up the transition to a healthy post-pregnancy body.

- Research proves it can speed up labor and delivery times up to 60%
- Helps align the pelvis, which helps the baby get in the proper position for the birth process
- Helps maintain a healthier pregnancy
- Helps control symptoms of nausea
- Relieves low back, neck, joint, and sciatica pain during pregnancy

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**I love myself & my body.  
I am fearfully & wonderfully made.**

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## THE SOLUTION: VERO CHIROPRACTIC

**CHIROPRACTIC CARE IS A NATURAL AND EFFECTIVE METHOD FOR TREATING THE SYMPTOMS EXPERIENCED DURING PREGNANCY.**

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Chiropractic care is a natural and effective method for treating many conditions, especially throughout your pregnancy. Studies are finding that seeking prenatal chiropractic care can help significantly with symptoms of pregnancy and even positively impacting labor and delivery.

At Vero Chiropractic, we focus on the master control system of the body in a practice called neurologically-based chiropractic care. Utilizing state-of-the-art technology to pinpoint and locate the root cause of your health concerns, we are able to isolate the cause of the nerve interference.

**The Lord is near.  
Do not be anxious  
about anything but  
in every situation, by  
prayers and petition,  
with thanksgiving,  
present your requests  
to God.**

**- *Philippians 4:6* -**

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# ABOUT OUR PROCESS, YOUR HEALTH & YOUR BODY

**Vero Chiropractic is unlike traditional chiropractic offices, in that we address the master control system of the body, the nervous system. We get an exact assessment of your overall health by performing a full neurological and structural analysis, the results of which are utilized in helping you reach optimal health.**

- Your brain controls every function of the body. It tells your heart to beat, your lungs to breathe and your stomach to digest. All of this communication takes place through the spinal cord and nerves, which serve as the pathways for your brain to communicate with your body.
- Have you ever heard of the term subluxation? Subluxation is when one or more bones shift out of proper alignment, putting pressure (or stress) on the nerves. This can cause irritation and inflammation of those nerves, which leads to aches, pains and dysfunction (even more stress).
- Of all the nerves that exit the spine, only 8% are pain nerves. The pain that you are experiencing is a warning sign, but it doesn't tell the whole story. It is our job as a Chiropractor to figure out how the remaining 92% of your nervous system, that you can't feel, is functioning.
- In our office, we use four technologies to assess your body for stress and correct it, allowing your body to heal from the inside out, naturally.
  - The first is a neurological evaluation of your entire spine. We use thermal-infrared technology to see exactly where any nerve interference is occurring, which is causing miscommunication between your brain and your body.
  - The second is a muscle assessment. We use surface electromyography or sEMG, which is the exact same technology as an EKG for your heart, only for your muscles. This allows us to see how your muscles are responding and reacting along your spine.
  - The third evaluation is a full spinal examination. This is where the doctor will assess your entire spine to see where structural shifts and subluxations have occurred.
  - The fourth assessment is using our state-of-the-art digital x-ray system. This allows us to see problem areas only visible on x-ray, such as the exact structure of your spine, degeneration or loss of disc space. Prior to receiving care, we will perform a complimentary benefits check of your insurance, so that we can let you know of any additional costs for x-rays before proceeding. We also take part in a federal discount program that can help decrease costs if insurance coverage is not optimal.
- Utilizing these four technologies, we can locate where each and every one of these misalignments or subluxations are located. This allows us to administer a very gentle, specific, chiropractic adjustment realigning those bones back into proper position, taking pressure off the nerves, and restoring the communication from your brain to your body.
- The results of our specific treatment will provide more than just symptom relief, but optimal health over time.
- Giving the body time and repetition, we will see you reach your health goals, reduce stress and allow your body to heal from the INSIDE OUT.

# ABOUT.

VERO CHIROPRACTIC



## Dr. Branden Miller, Dr. Josiah Fitzsimmons & Dr. Sean Ellingworth

### About Vero Chiropractic

While traditional chiropractic focuses on the muscles and bones, Vero Chiropractic takes a unique approach by addressing the master control system of the body, the nervous system. Vero Chiropractic gets an exact assessment of your overall health by performing a full neurological and structural analysis which are utilized in helping you reach your optimal health.

We offer the most advanced and researched chiropractic corrective care through a customized health plan. Our goal is not just to provide you with short term relief but true long term correction. We at Vero Chiropractic are on a mission to help create one of the healthiest communities in the world right here in central Iowa.



**VERO**  
CHIROPRACTIC

**LET US HELP YOU  
& YOUR GROWING  
FAMILY LIVE  
HAPPY & HEALTHY!**

Call (515) 422-9552 today to  
take the next step towards  
optimal health!

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**[VEROCHIROPRACTIC.COM](http://VEROCHIROPRACTIC.COM)**