CHIROPRACTIC & pregnancy

Chiropractic offers non-invasive and drug-free benefits for expecting mothers before, during and after the many changes of pregnancy.

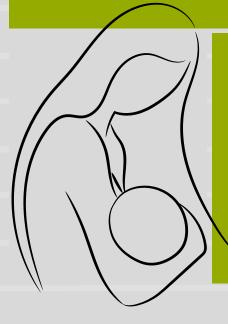


COMMON CHANGES DURING PREGNANCY

- **Growing** stress and fatigue
- Discomfort in hips, back and pelvis
- *Disturbance* of Immune response and digestion
- **Magnified** anxiety
- Postrural pain from forward head position and tilted pelvis leading to headaches and neck, shoulder, carpal tunnel and sciatic pain



- Adjustments correct spinal misalignments
- Adjustments improve posture
- *Adjustments relieve* pressure on the spine and nerves
- Adjustments reduce tension and pain
- Adjustments promote proper positioning for birth



BENEFITS OF CHIROPRACTIC

- **Properly functioning nervous system** lessens stress and increases energy
- **Pressure relief** on the spine and nerves promotes healthy immune & digestive function
- **Promoting wellness** energizes, encourages and educates expecting moms for healthy pregnancy and delivery

www.RootedChiropractic.com Call or Text (909) 375-6757



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