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Pregnancy



Your Body, Your Baby

If you are pregnant one of the best things you can do for yourself and your baby is see a doctor of chiropractic. Chiropractic care provides so many things a pregnant body needs: a flexible and balanced spine, hips and pelvis; internal organs without postural stress and freedom from nerve stress—all essential for a healthy pregnancy and delivery. In short—along with a better diet, exercise and avoiding drugs, alcohol and cigarettes—chiropractic care should be an essential part of a pregnant woman's health care regimen.

Pregnancy

Where did you come from, baby dear? Out of nowhere into here.
--Nursery Rhyme

What Does a Doctor of Chiropractic Do?

Carol Phillips, DC specializes in the care of pregnant and birthing mothers. According to Dr. Phillips, "So many women who received care during pregnancy say to us: 'How in the world do other women get through pregnancy without [chiropractic] adjustments?'" A pregnant woman needs to have her body as healthy and strong as possible in order to handle the rigors of pregnancy and childbirth. Chiropractic care will help ensure that all body systems, especially the reproductive system including the uterus, ovaries and related organs and structures so essential for a healthy pregnancy, function properly. If the body structure is causing the slightest nerve interference to these systems it could adversely affect the mother and the developing fetus.

How is this done?

Quite simply your chiropractor will examine your spinal column for spinal distortions or imbalances that cause nerve stress. These are known as vertebral subluxations. Subluxations can affect the function of your entire body. If your chiropractor finds subluxations in your body he/she will correct them with a chiropractic spinal adjustment.

Drugless Health Care

Another great reason for chiropractic care during pregnancy is that it is a drugless health care system. Drugs, whether prescription or over-the-counter, can harm the growing fetus. There is no such thing as a safe drug. Almost all types of drugs and medications have been linked



to fetal damage or malformations: It is... virtually impossible to specify any drug that will not result in an increased frequency of congenital malformations when administered, in a certain dose to a sufficiently large panel of different laboratory animals.

No drugs should be prescribed during pregnancy without weighing the maternal need against the risk of fetal damage. Some common substances which can damage the mother and fetus are antibiotics (including tetracycline), aspirin, alcohol, cigarettes, marijuana and cocaine. Even cough syrup and cold and flu medications have been linked to fetal damage and miscarriage.

Diagnostic Dangers

Invasive diagnostic procedures have the potential to cause damage and should be avoided if possible. No proper studies have been done to determine if ultrasound has adverse effects on growth and development of children exposed in utero. Ultrasound has also been associated with a symptom of possible neurological damage. In addition to the value of electronic fetal monitoring has been seriously questioned as to safety and efficacy.

Robert Mendelsohn, MD has stated pregnant women should "stay away from X-rays, diagnostic ultrasound, doctor-prescribed medication, and every other form of dangerous obstetrical intervention.

Can Chiropractic Help?

Many professionals have observed that chiropractic spinal care may help maintain pregnancy, control vomiting during pregnancy, deliver full-term infants with ease and produce healthier infants. Chiropractic has demonstrated success with back pain, premature contractions and back labor.

One case of a woman experiencing premature contractions (32 weeks) with severe endometriosis resulting inflammation of the ovaries was told she would never carry a baby to term. At the hospital she received spinal adjustments and the contractions stopped. After leaving the hospital, she continued care and had a normal labor and delivery at 40 weeks gestation.

Practitioners of spinal care have observed: Manipulation can be great value in normalizing the body functions of women with problems of pregnancy such as toxemia. And: Manipulative therapy...shortens labor by 50% to 60% and lessens medication requirement by at least 50%. Postpartum depression is a rarity in patients receiving...manipulative therapy.

Webster Breech Technique

Chiropractic pre-natal care has been able to correct breech presentations in which the baby isn't positioned properly for birth. Developed by the late Larry Webster, DC, the Webster Breech Technique relaxes the uterus, permitting the baby to turn naturally. It has been very successful in correcting a breech presentation. In a survey of 82 certified nurse-midwives, 93.9% reported that they recommended patients to alternative health care providers. 57.3% said they referred women to chiropractors.

FAQ Regarding Chiropractic & Pregnancy**Is chiropractic care safe in pregnancy?**

Yes. It's very safe and very sensible for both mother and baby. Chiropractors are trained in adjusting the spines of pregnant women and many chiropractic adjusting tables have special modifications for the pregnant woman.

How late in pregnancy is it possible to get an adjustment?

Patients have received adjustments even during labor. There are reported cases of a chiropractor called in to perform a spinal adjustment when labor had stopped. Immediately after the adjustment labor resumed normally.

Can spinal care help postpartum depression?

For years chiropractic's beneficial effects on emotional stress and personality have been noted. At least one journal has quoted a

doctor saying that "postpartum depression is a rarity in patients receiving...manipulative therapy.

Do I have to have a problem in pregnancy to see a chiropractor?

Not at all. Chiropractic should be used as preventive maintenance. Periodic spinal checkups during pregnancy should be as common as periodic weight checkups.

Can my baby receive chiropractic care?

Infants a few hours old have been given spinal checkups and adjustments (if needed)

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