

PREGNANCY, CHILDREN AND CHIROPRACTIC

By Dr. Derek Conte

Recently, a long-standing patient of mine asked if she needed to temporarily discontinue her chiropractic care. She said, "Dr. Conte, I just found out I'm pregnant. Is it safe for me to get adjusted? Will it hurt the baby?" I love this question because it gives me the chance to talk about the workings of the body and chiropractic's role in helping the body work at its very best.

"Yes, it is safe, Coleen," I said, "It's perfectly safe and beneficial to be under care at this time. Of course, pregnant moms, infants and children are adjusted differently, using gentle, low-force techniques. With infants, for example, very gentle pressure is applied with the index finger."

I told her of another pregnant patient suffering with a lot of back pain. She started getting adjusted regularly and was essentially pain-free throughout the rest of her pregnancy and even asked to be adjusted the day before she delivered her child. A week later she brought her new son to be checked, being well aware of the twisting and pulling of the infant's head and neck during delivery.

I explained that this woman had three very painful pregnancies before

discovering chiropractic and had since had three painless pregnancies and uncomplicated deliveries. She and her children remain under care to this day. This was only one of many examples I could have mentioned to Coleen. Coleen realizes this now as well and is feeling great through the first half of her pregnancy.

Why is it good for expectant moms and children to get good chiropractic care? For the very same reasons anyone gets adjusted regularly. Better overall health and many fewer nagging problems. By keeping the spine well-aligned and free-moving we maximize the communication between the brain and the body and ensure the body's victory over sickness and disease. Can you imagine how your child's development and performance can be optimized by proper care of the musculoskeletal and nervous systems? What an advantage, what a gift to give to your child - Forever.



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Dr. Derek Conte is a founding member of Marietta Chiropractic Specialists and is available to speak to your group, school or club, free of charge. Any questions? Call: 404-784-6008.