



Chiropractic is one of the **BEST** ways to optimize the pregnancy process!

1. Intelligence and Connection

Chiropractic care ensures optimal connection between the brain and the body. Your brain regulates every process on the inside and outside and is especially important when it comes to adaptation and growth.

2. Pelvic Alignment and Easier Birth

Your pelvis will change a lot in the time when you are pregnant. Having a well aligned pelvis will help you through your pregnancy with more ease and allow for an easier labor and delivery.

3. The Womb

The broad ligaments of the womb attach to the pelvis. Very simply put, when your pelvis is rotated one way or the other, it causes a slight torsion and strain on your womb and makes it more uncomfortable for your baby to move. This means that your baby might end up in the much feared breech position, which makes the birth process much more complicated (but not impossible!).

Nothing is better than finding out a couple is expecting and then watching them go through the growth of their family and the meeting the whole new person that they have created!