

MOM, BABY CAN BENEFIT FROM CHIROPRACTIC CARE

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When you think of chiropractic and pregnancy, the first thing that comes to mind is low back pain.

The hormones, such as relaxin, begin to increase the laxity of the pelvic area (medical professionals call it the sacro-iliac joint) increasing pressure on the low back. The mother's body is an amazing source of support the fetus's growth. The first system to develop in the fetus is the nervous system. Is it important to help the body function? Absolutely!

The nervous system communicates with every organ, cell and muscle in the body. Sometimes this communication can be interfered with, causing problems. Examples include constipation and/or urinary tract infections, both common in pregnancy. Here's how chiropractic can help: adjustments help reduce this interference, thus allowing the nervous system to communicate effectively. When this occurs, the mother's body is functioning the way it's supposed to.

The adjustment simply allows her body to heal itself. Let me repeat that: the mother's body does the healing; the adjustment(s) facilitate the process by removing nerve interference. Addressing this nerve inference, which causes the constipation and urinary tract infections, allows her body to concentrate on the growing fetus. As a result, both the mother and future baby benefit from chiropractic care.

Each pregnant patient is treated with special consideration. Thorough examinations and precautions are made depending on the mom's individual needs and trimester. Each adjustment is safe and specific to the area of the body that needs special attention. Dr. Jennifer Oliver [Liming] is a chiropractor in Asheville at Blue Ridge Wellness Center. She can be reached at 252-7553 or drjenn@blueridgechirowellness.com.

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