

Dr. Nancy: I'm Dr. Nancy Elwartowski, and I'm coming to you for my weekly Live with Dr. Nancy. Our goal with these broadcasts is to kind of help moms, you know show them some resources around town, or in the country as we expand, how to raise your kids more naturally. Or seek alternatives besides, like I told Amy, always having to reach for the medicine cabinet.

Dr. Nancy: Amy Spillman in one of our patients. She came into us while she was pregnant, and then we saw her baby afterwards. And Amy, it's okay if we talk about your patient?

Amy S.: Yep.

Dr. Nancy: And your baby?

Amy S.: Yeah.

Dr. Nancy: Okay, just want to make sure we have your permission. She wanted to share with us. We did a call out to see if anybody had an experience here they wanted to share. Amy was gracious enough to want to share her story with us today. So, I'm going to let Amy share about her experience and what brought her in and kind of go from there. So, welcome, Amy.

Amy S.: Thank you.

Dr. Nancy: Your welcome.

Amy S.: I had two babies in a short amount of time, within 18 months. So it was kind of a big strain on my body. With my second pregnancy, I had a lot more early on set ligament pain, and just some back pain, and some stretching things that were not feeling so great. I was a regular chiropractic care person before. I actually saw a different chiropractor, but he at the time when I was pregnant was encouraging me to come see you, because he had heard great things about you with pregnancy, and with post partum too. So, he referred my and I came to see you guys. It was a complete night and day difference for me. It made a huge impact.

Amy S.: My biggest probably complaint was that I had this really, really sore inner thigh situation going on. Where my muscles were really challenged there. You did some great adjustments, and then you also offered the belt. It was like a support belt that I can wear, which was really helpful in kind of keeping my hips aligned, and my legs supported. And giving me a little extra belly support too. So that I wasn't feeling this ... it was almost like a dead leg feeling, where I couldn't get my legs to move like they used to. It was pretty early onset in the pregnancy, and I felt this is going to be a really long road if I don't get this worked out, you know first. So, I was pretty grateful for that.

Dr. Nancy: Yeah. The belt's she's talking about is called a SI belt. It's only about this wide, and it keeps the hips stabilized. Sometimes, when we're pregnant, well definitely when we're pregnant, our ligaments get looser. If you have any under lying issues with your pelvis, it

can become too moveable. So those belts kind of help stabilize. Then you get, helps kind of hold you in, so you don't feel like what you were feeling in there.

Amy S.: It made a huge difference for when I wasn't seeing you every day. I always wore the belt when I was at home or at work, and it always made a tremendous impact.

Dr. Nancy: That's great. And then you ended up with a healthy baby girl.

Amy S.: I did, yeah, and so that was the other really great thing. So I had a c-section with my first one, and I was really unhappy with that birth experience. So I had a really strong desire to have an unmedicated V-back that second time, and I was really committed to keeping up with my chiropractic care so that I was positioning myself in the best possible way to do that. Luckily, thankfully, I did. I pulled it off. It was great. You know, beautiful baby girl, and she actually started coming to see you too, after I had her. She was a little refluxy, she had a little digestion stuff going on, but she did so well with all of her adjustments. We always laughed because, I don't know if you remember this, when she was so tiny she ... when Dr. Nancy would adjust her, these tiny, tiny little movements, she would lay back and her little arms would go up next to her head. She would just totally chill out, and loved it. So much comfort. She slept better those nights, and her diapers were better situations. She wasn't nearly as fussy. We saw great improvement with that too.

Dr. Nancy: So, were you... I know a lot of moms are nervous when they're bringing their children here. Were you nervous at all to bring her here?

Amy S.: No. I was a little... the first time you do anything with your kids, you're always a little apprehensive, but especially after the first time you saw the adjustments. There so tiny, it doesn't even look like you're doing anything.

Dr. Nancy: Yeah.

Amy S.: They're laying in this little comfortable bed thing that is set up in the office. They're not like stretched out on the table, there's no boards involved there's nothing. It's just like a little tiny baby adjustments. They're so small, it doesn't even look like anything. She never was upset about it. That just may be my experience, but she never cried, you know she didn't have like any ... there was no discomfort or anything, she just felt good afterward.

Dr. Nancy: And not all babies react that way, sometimes they'll cry. Which is one of the reasons I like to keep my adjustments a little shorter. Sometimes when people do bodywork they do like longer sessions, but you know and they, they cry the whole time. So I like to keep them short, because I want the baby to be comfortable when they're here. There's probably, I'd say 90 percent of them are comfortable, but there are some that cry when I work on them, just because there might be a little more distressed, but you were fortunate with her that she reacted that way.

Amy S.: She loved it, it was like a baby vacation every time she came.

Dr. Nancy: I know some of the parents are in the corner, going to sleep. It's like a little spa.

Amy S.: Yeah.

Dr. Nancy: Baby spa day. Are you planning on having more kids?

Amy S.: Oh, gosh. That's too soon, Nancy, too soon. Don't ask me that question right now.

Dr. Nancy: Alright, just checking.

Amy S.: It's an option, for sure. It's certainly something that we've considered and I would a hundred percent recommend it. I would come back time and time again. I have lots of friends that have had kids recently, I've referred lots of them to you, and they've all been there, and everyone feels the same. They've had really great positive outcomes. So that makes you feel good when you're sending somebody that they're getting the same result too.

Dr. Nancy: Right. It's nice too, that we don't really do any medicine, we don't poke them. Poke them with anything, too.

Amy S.: Right. There's nothing to it. I think that tends to be sort of what the options are given to them. Like if you have pain or whatever, a lot of times they just are like, well you can take a Tylenol. That's all they can really recommend at the doc office. They don't have always a lot of great alternatives so.

Dr. Nancy: Right. Right. Well, Amy, is there anything else you want to share? Or any tid bits you want to tell our moms before we sign off today.

Amy S.: Well, no, I would just encourage you to try it. I know there's a lot of school's of thought. Especially when you've got pregnancy that you want to be very cautious with your baby and with your own health and then especially when the baby is there, you want to be very cautious. I'm sure I'm not the minority that would agree that there's just amazing tremendous benefit from it, and positive outcome. Your office, just in general, it's a great environment. Every time I'm there it's lots of families, lots of kids. You're not the unusual person that's bringing your tiny baby in. There's lots of babies, and lots of families there. I think that speaks for itself.

Dr. Nancy: Yeah. Yeah. So you don't feel alone when you walk in here. There's usually all the families-

Amy S.: No, there's lots of families.

Dr. Nancy: We have little play dates in the playroom, too, with the little toddlers. It's so cute.

Amy S.: And extra diapers in the bathroom, which has [crosstalk 00:08:16] issue. So that's pretty good, too.

Dr. Nancy: Yeah. That's right. Well, I thank you so much for coming out today. I know it's hard to get on these Facebook lives and talk, but I really appreciate you sharing your story with everybody. And-

Amy S.: Well, I want to thank you, for saving the day. So thank you.

Dr. Nancy: Oh, no problem. And if you know a mom, anybody watching this, if you know a mom that might be considering bring their child to a chiropractor, not even me, but anybody, just share this with them. It's always nice to hear other moms experiences. That's what I encourage moms to do, is share your stories with other moms, because there's children suffering out there that could benefit from chiropractic. They're afraid, you know, so stories like yours really help other moms out. So, I really appreciate you coming out.

Amy S.: Yeah. Absolutely. No problem. My pleasure.

Dr. Nancy: Alright, have a great rest of your day.

Amy S.: Thanks you too. Bye.

Dr. Nancy: Bye.