

# INVICTUS INQUIRER

Transforming the health of our community by empowering them with information, connection, and chiropractic care.



## FROM BUMP, TO BABY, & BEYOND

God's design for women to carry, nurture, and bring life earthside is remarkable, but the increasing demands on a woman's body do not come without challenge. We're here to support you in your journey to and through motherhood--to remove subluxation and allow your body to function naturally, without intervention just as God intended.

Early on, adjustments remove stress from the neuro-spinal system to help mother's body adapt to hormonal fluctuations that impact the flow of all systems especially digestion that tends to slow in the first trimester and that of the circulatory system that is now prioritizing resources to baby and uterus. Energy levels may ebb and flow, but ensuring proper alignment keeps mama active and helps her rest well. As baby and belly grow, our doctors utilize Webster technique to maximize comfortable and allow for optimal positioning of baby.

Webster technique is a chiropractic analysis of subluxation and SI joint dysfunction to ensure neurobiomechanical function of the sacrum and pelvis. To provide such specialized care, both Dr. Jordan and Dr. Anna are Webster Technique certified through the International Pediatric Chiropractic Association who aim to equip practitioners with the expertise to serve "Families seeking... a more comfortable, safer, and easier birth." Learn more about prenatal chiropractic care and Webster Technique from Dr. Anna [here!](#)

During the postpartum season, our goals remain: maximize neurobiomechanical function as the body heals and recovers, optimize quality rest, and assist mom in adapting to the increasing demands on her body in this season of motherhood that may include excessive bending and lifting, carrying, nursing, intermittent sleep, and more.

Dr. Jordan heard his calling to create a space intentionally designed to meet the needs of our community's growing families years ago. Today at Invictus, we have the great privilege of sharing in the celebration of women entering and navigating early seasons of motherhood--from preconception to bump, baby, and beyond.



**Kat, Care Advocate**

During my second pregnancy, chiropractic care addressed my round ligament and hip pain; adjustments ensured the sciatic pain I experienced with my first baby remained a thing of the past. I've got a 6-year-old at home who keeps me active, and our baby is becoming more mobile with every passing week. Chiropractic helps me run around with both of my babies!



**Nicky, Care Advocate**

I sought chiropractic care to address round ligament pain during pregnancy. Now, I am adjusted for wellness purposes to give me the energy to keep up with and care for my babies and to rest well so that I can be my best self for them each day!



**Caity, Office Manager**

Chiropractic care helped regulate my menstrual cycles prior to pregnancy. I was adjusted during pregnancy to stabilize my low back and keep me active, during labor to optimize positioning of baby, and postpartum to aid in my healing and help me adapt to tension in my neck and mid-back from nursing. Dr. Jordan and I are excited to welcome another little one come October!

# MODERN-DAY MEDICINE: MOVEMENT FOR LIFE

*"90% of the stimulation and nutrition to the brain is generated by movement of the spine."*

Dr. Roger Sperry  
Nobel Prize recipient in  
Physiology and Medicine



Think of your nervous system as a smooth super-highway; there are hundreds of thousands of neuro pathways allowing your brain to communicate with every single muscle, cell, tissue, and organ in your body. Subluxations cause those roads to be bumpy and rough; messages from the brain to the body (and vice versa) simply don't reach their final destination on time if at all. A fixation in the neuro-spinal system creates a standstill, but we're not just talking about decreased range of motion, more often than not, the bigger issue is happening deep within the body.

Across fields, practitioners understand that a lack of movement in the body can negatively impact the musculoskeletal, nervous, or lymphatic systems due to inhibited flow of fluids--lymphatic, respiratory, digestive, cerebral spinal fluid, etc. Chiropractic focuses on the movement of your neuro-spinal system as your body's primary system controlling and coordinating all else. We examine both how your body perceives information through your senses and the way your brain guides your body in response.

Our brains absorb information through our senses of which most people can name five: sight, hearing, touch, taste, and smell. Did you know we actually have seven senses though? The less well known senses include proprioception and vestibular function: both help our body move. Proprioception is our internal knowledge of where our body parts are in space while vestibular senses help us maintain balance while moving.

Interruptions to the overall function and efficiency of your neuro-spinal system due to subluxation can impact any one of these seven senses. As a result, you may experience heightened sensations and feel things too strongly or innately seek more input stemming from a lack of sensation altogether. A need for more input--more movement--may look like restlessness, poor balance or coordination, or stimming behaviors such as chewing your fingernails, jiggling your feet, drumming your fingers, swaying or rocking, etc. On the other hand, kiddos who feel things strongly may have eyes sensitive to light or demonstrate an inability to filter noise or demonstrate attention deficits (think of a kiddo who cannot ignore their pencil-tapping neighbor long enough to hear directions from the teacher).

Some believe that children simply grow out of sensory processing issues; however, what we know to be true is they actually grow into them--they learn to compensate using excessive energy and often exhibit signs of exhaustion as adults riddled with anxiety who become easily overstimulated or emotionally dysregulated.

Our nervous system works endlessly picking-up bits and pieces of sensory information at a rate of millions per second; thus, it is imperative that we eliminate traffic to our neuro-superhighway of communication. Every chiropractic adjustment increases movement in the neuro-spinal system to enhance signaling between your brain and body so that you may absorb your environment through all senses and experience life to the fullest.



*"There is a vast difference between treating the effects and adjusting the cause."*

D.D. Palmer  
Founder of Chiropractic

Learn more:



Hear from Dr. Jordan.  
Check out this video.