

Chiro for Moms

In the several months leading up to birth, you'll experience many physical and hormonal changes. These changes allow for your baby to have the space and means necessary to grow and be welcomed to the world with the least resistance possible. However, many of your body's adaptations will cause postural changes that lead to misalignment and discomfort. Receiving regular adjustments during pregnancy helps make sure that your spine and pelvis are aligned, so you and your baby are as healthy and comfortable as possible during pregnancy, delivery, and your next chapter in motherhood.



Benefits of Chiropractic During Pregnancy

We can help your body adapt to changes during pregnancy to relieve uncomfortable pressure, and prepare you and your baby for a healthy pregnancy and smooth delivery!

- **Lessens Tri 1 Symptoms & Helps Balance Hormones**
- **Ease Morning Sickness, Fatigue, & Heartburn**
- **Helps with Frequent Urination & Constipation**
- **Supports Immune System**
- **Increases Mobility**
- **Lessen Discomforts & Pain**
- **Helps Prepare Your Body for Delivery**
- **Boosts Overall Health & Wellness**

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