

One Stop for Natural Health Care • Chiropractic • Therapeutic Massage • Low Level Laser



The Experts® on Chiropractic Care:



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The Experts®
you need to know
on Chiropractic Care

Dr. April Ruzycki

Pregnancy can be a hectic and busy time as you prepare for baby – finishing projects at work, preparing your house with a nursery and buying all the necessary baby items. These responsibilities are on top of the important tasks a woman must do to ensure a healthy body, pregnancy and baby.

Birth preparation spans a significant period of time – pregnancy, birth and post-partum. Health during this time is of utmost importance and includes the necessities of knowledge and information gathering, wholesome nutrition, restorative rest, proper exercise, emotional well-being, and ensuring a balanced spine and pelvis.

Chiropractic adjustments during pregnancy play an integral role in maternity care for both mother and fetus. Women report a more enjoyable pregnancy with improvements in both physical and emotional health following regular chiropractic adjustments. Chiropractic can assist to eliminate or reduce unnecessary pain and increase comfort. Physically feeling better can positively affect the emotional health of the woman. For example, if a woman is experiencing debilitating pain which is decreasing her ability to move and function; this unrelenting pain can cause her to question her body's ability to carry the baby. This is not just physical stress, it is emotional stress as well.

Chiropractic care is focused around allowing the body to function and express its optimal potential. During birth preparation, this is paramount. Everything in our body is connected and during pregnancy this includes the fetus as well.

How the pregnant woman's body is functioning affects the baby's body - its growth and development.

Chiropractic goals during birth preparation include:

1. Removing interference in the nervous system through chiropractic adjustments so that the brain and body can talk to each other without interruption or disturbance.

- a) This is critical during pregnancy for growth and development by ensuring the proper and essential flow of nutrients and hormones
- b) As it allows for greater physiological function and performance during the birth process

2. Creating a balanced pelvis, spine, muscles and ligaments

- a) Allows the fetus as much unrestricted room as possible to grow while decreasing the generalized aches and pains of pregnancy the mother may experience.
- b) During the actual birthing process this is important to ensure the baby is in the optimal position for birth and the passage of the baby is unhindered.

We would be honoured to be part of your birth preparation team. If you have questions, please call or schedule a free consultation for more information.



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