

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

When we see the swollen belly of a pregnant woman so often we speak of the miracle of life and the miracle of children – truly it is a miracle of conception, multiplication, sequential processes, growth and development. How the female body develops, alters and undergoes thousands of changes to accommodate the infant, is in itself a miracle. It is tremendous to watch a woman move through her pregnancy with the incredible capacity to create a human being in such a short period of time.

The woman's body creates an environment for the fertilized egg to implant, then it develops and nurtures a connection from mother to fetus allowing for the exchange of information and nutrient delivery. Her body adapts to allow the growth of the fetus by temporarily modifying blood volumes, respiration and physical characteristics among millions of other processes. As her body changes with the growing fetus, it begins to prepare to produce food for this tiny being once it is physically detached from her.

With all these changes occurring at a wondrous rate, pregnant women often report pain and discomfort. The quick weight gain pregnant women experience results in significant spinal and musculature changes and stresses. While it is 'common' during pregnancy for woman to suffer stiffness, pain, discomfort,

numbness and tingling, among other symptoms, it is not necessarily 'normal'.

Chiropractic care during pregnancy is safe for both mother and fetus, providing effective natural pain relief. Positioning of the pregnant patient during an adjustment can be slightly altered to ensure comfort of the mother and protection of the fetus. There are additional specific chiropractic adjustments, within the Webster's Technique, tailored for the pregnant female that aid in aligning the pelvis and lumbar spine. Chiropractic adjustments, along with other therapies such as massage, can significantly aid in the reduction of pain and improve ranges of motion.

Having the pelvis and lumbar spine aligned not only helps to decrease the discomfort, but it creates an environment that allows the fetus an unrestricted area to grow within. This proper pelvic alignment is vital in the birthing process allowing the pelvis the opportunity to freely move and adapt as the infant is delivered.

Pregnancy is an exciting journey of growth and development with the female body changing daily as it adapts to the growing fetus and prepares for the birth. Receiving chiropractic adjustments during this period removes interference and stress on the nervous system decreasing pain and discomfort, allowing the body to functional at its optimal potential.



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