

Baby Talk - (Part III)

You may be surprised to learn that Chiropractic care is essential for pregnant moms. Aside from the relief it can offer from the discomforts sometimes associated with pregnancy, such as constipation, leg cramps, nausea, back and neck pain, labour pain and duration, its main focus, however, is not pain.

Chiropractic is based on four very profound principles:

1. That the body is a self-healing and self-regulating mechanism; in other words it is designed to heal itself.
2. That the nervous system is the master control system of the body.

3. Any interference in the function of the nervous system must then result in a malfunction in the body.
4. Our task as chiropractors is to eliminate that interference so that the body can normally function.

Applied to pregnancy, this is of utmost importance to the developing fetus. We feel that in order to have a normal pregnancy, mom's nervous system must function with no interference, especially where it controls the uterus and placenta. This will reduce the risk of problems associated with pregnancy - miscarriage, placenta previa, in-utero constraint, etc. The biggest benefit of course, is having a healthy baby.

In-utero constraint occurs usually in the last trimester of pregnancy when you're all baby. In other words, the baby has reached a size where movement is very restricted and it can get stuck in an awkward position in the uterus. This situation cannot only create stress on the spine and nervous system but can lead to the creation of scoliosis (spinal curvatures), as well as other spinal abnormalities. All in all, a situation best avoided.

I invite you to have yourself checked. Chiropractic is very safe and effective. It is also the world's best kept secret. Please call our office today.

Dr. Liana Harper and Dr. Pierre Gaulin are in private practice in Coaldale, and are the proud parents of two healthy children. they can be reached at

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Disclaimer: The above represents the opinion of the authors, based on extensive research and years of clinical practice. It is not intended for self-diagnosis and treatment. Please consult a health care professional as your specific condition might require different recommendations.