

Looking For a More Comfortable Pregnancy and Birth?

Today's woman constantly juggles an incredible number of responsibilities: jobs, children, friendships, marriages, errands, appointments - the list is endless! You've got to be healthy just to keep up. Women have special health concerns during every phase of their lives; pregnancy is certainly one of the most important and complex phases. Although the changes women experience from pregnancy are natural, a little extra help is sometimes needed to cope with the dramatic changes in their bodies.



In addition to the noticeable changes pregnancy causes in a woman's body, pregnancy can cause subtle changes in the musculoskeletal system; changes your chiropractor is able to detect and correct. Because the baby lies forward in the woman's body during pregnancy, her center of gravity shifts and the spine alters itself to accommodate this change. As a result, many expectant mothers may experience low back and pelvic pain. These stresses and strains can be relieved with regular chiropractic care.

Dr. Christie Hafer will use special, modified techniques during your pregnancy to make your spinal adjustments easy and comfortable. Many chiropractic patients report that their deliveries were faster and more comfortable than deliveries prior to chiropractic care.

Gift Certificate
FREE Chiropractic Pregnancy Assessment
At Purpose Driven Chiropractic
\$55 Value!



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