

7 ways Chiropractic can help your pregnancy and birth:

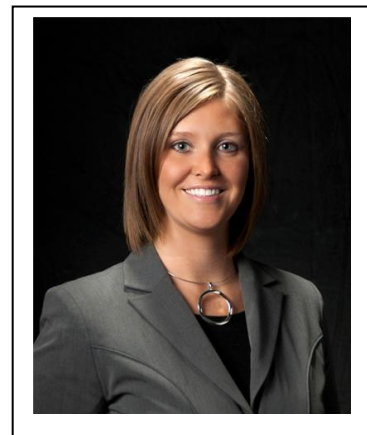
- *29% decrease in labor time (34% with twins)
- * Decrease intrauterine constraint
- *Relieving malpostition/malpresentation babies and optimizing birth position
- *Decrease in everyday aches and pains
- * Relief from Low Back Pain
- * Decrease in frequency and intensity of morning sickness
- *Decrease in headaches in chronic headache sufferers

I'm Doctor Christie Hafer and I emphasize in Pregnancy Chiropractic. The technique I use with my expectant mothers is called Webster's Technique; it is an extremely effective low-force pelvic-optimizing technique. I work with the joint, ligament, and muscle structures of the pelvis to optimize the pelvic inlet and outlet, which decreases intrauterine constraint, eases the everyday discomforts of pregnancy, as well as increases the efficiency and effectiveness of the birth process. Research has revealed women under chiropractic care have experienced many of the benefits mentioned above.

Sincerely,

Dr. Christie Hafer, DC

Purpose Driven Chiropractic



The chiropractic care of pregnant patients: a practice-based observational study. Accepted for poster presentation at the March 2009 [ACC/ RAC Conference](#). Joel Alcantara, Linda Mullin, Jeanne Ohm, Derek Kunz

Alcantara, J, Ohm, J, "The Webster Technique: Results from a chiropractic practice-based research program"; has been accepted for poster presentation at the [ACNM](#) annual meeting in Boston, May 2008.

Alcantara J, Cossette M. Intractable migraine headaches during pregnancy under chiropractic care. Complementary Therapies in Clinical Practice [Accepted for Publication]

Alcantara, J Hammel, I, The chiropractic care of a gravid patient with a history of multiple Caesarean births. Accepted for Publication March 2008