

## **Pointers** **For Parents-To-Be**

### **Improving Pregnancy Care**

(NAPS)—A key part of maintaining a healthy pregnancy may be to baby your back and joints.

Pregnant women tend to experience added stress on their lower back and pelvic joints, which can result in pain and—in certain cases—prenatal complications.

According to Jason Rexroth, M.D., an OB-GYN specialist and supporter of the Foundation for Chiropractic Progress, chiro-



**Chiropractic pregnancy care could help keep mom and baby healthy.**

practic pregnancy care is the best solution. “It treats ailments but also significantly reduces reliance on pain and narcotic medications,” he explains.

This isn’t exactly some “new-wave” idea. Women have relied on chiropractic care during pregnancy since as far back as the early 1900s.

Doctors say its use may also help encourage healthy fetus development, as well as make the delivery process easier by maintaining proper pelvic balance and eliminating nervous system disturbances.

“A healthy nervous system is essential in the development of a healthy baby,” says Dr. Rexroth.

For more information, please contact your local chiropractor or visit [www.yes2chiropractic.com](http://www.yes2chiropractic.com).

### **Did You Know?**

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