

# PREGNANCY

## Pregnancy

Chiropractic care meets the needs of the unborn child, the mom, and her baby after birth. Dr. Shaw is certified in the Webster Technique. The Webster Technique is defined as a specific chiropractic analysis and adjustment that reduces interference to the nerve system and facilitates biomechanical balance in pelvic structures, muscles and ligaments. This has been shown to reduce the effects of intrauterine constraint, allowing the baby to get into the best possible position for birth.

It is strongly recommended by the ICPA instructors of this technique that this specific analysis and adjustment of the sacrum be used throughout pregnancy, to detect imbalance and optimize pelvic biomechanics in preparation for safer, easier births. Because of the effect the chiropractic adjustment has on all body functions by reducing nerve system stress, pregnant mothers should have their spines checked regularly throughout pregnancy, optimizing health benefits for both the mother and baby.

Benefits of chiropractic care for the unborn child:

- Removes interference to the mother's nerve system
- Permits unobstructed development of the baby
- Gives the baby the room to develop without restrictions to its forming skeletal structures and move into the best possible position for birth.
- Reduces potential birth trauma caused by emergency intervention if labor is difficult or prolonged.



*“It is essential that an expectant mother receive chiropractic and nutritional care throughout her pregnancy to optimize the growth and development of her baby and decrease the necessity for labor intervention.”*

*—Dr. Jill Balla Shaw*



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Benefits of chiropractic care for the pregnant mother:

- Creates balance in pelvic bony structures, muscles and ligaments which prepares the pelvis for an easier pregnancy and birth
- Relieves back and neck discomfort/pain during pregnancy
- Reduces interference to the mother's vital nerve system which controls and coordinates all of her systems and functions.
- With proper fetal positioning, there is significant decrease in difficult labor (dystocia)
- Allows for a safer, easier labor and delivery for both mother and child
- Decreases the need for medical intervention during childbirth
- Reduces the length of labor

## NUTRITIONAL THERAPY

Nutritional therapy is essential for both mom and baby. Dr. Shaw believes that prenatal, pregnancy and postpartum supplementation must be of the highest quality and most appropriate for the woman's individual needs to optimize her health and that of her growing baby. JBS Wellness uses organic whole food supplements, herbal and homeopathic remedies to meet the needs of both mother and baby. Each protocol is specific to each woman's needs and is adjusted as the pregnancy progresses including preparing the uterus for labor. Post-partum support is also very important to prevent mom from being depleted of nutrients, give baby a strong immune system and vital gut flora from mom's breast milk and balance hormonal disruptions that can lead to post-partum depression.

