

# Achieving Wellness

**Victoria Family Chiropractic**

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## Pregnancy & Chiropractic

During the course of pregnancy, a woman's body goes through amazing changes. Ideally she gains 30 to 40 pounds, hormones change, weight shifts, ligaments relax, and mentally, she prepares for an event that will change her world forever.

However, pregnancy is tough on a woman's body. Many of the stresses encountered during pregnancy can cause vertebral subluxation. For instance, weight shifts to the abdomen putting stress on the spine. Ligaments attaching to the pelvis pull, increasing stress on the lower back. A hormone called relaxin loosens ligaments and causes joints to slip out more easily. The mental stress of preparing for a child can be overwhelming as well. Finally, the delivery

process can leave a woman with weakened core muscles (muscles that stabilize the body providing strength).

Many wonder if chiropractic is safe for pregnant women. The answer is not only yes, but here are some of the benefits:

- Allows full nerve flow via gentle spinal adjustments
- Alignment of pelvic bones not only decreases pain and allows proper length of the many muscles attached to the pelvis, but also allows a quicker, easier delivery.

Many myths exist regarding chiropractic care. If you have any questions or concerns about chiropractic care make sure you ask Dr. Copeland, Debbie, or Nancy!

## DID YOU KNOW?

We have talked about the importance of living a lifestyle low in physical, chemical, and emotional stress. Obviously it's impossible to eliminate stress, but we can decrease it and increase our body's ability to adapt to it with certain lifestyle choices and with removal of nervous system interference.

Research from the *Neuroreport* on Nov. 28, 2005 used MRI scans to analyze brains of people who meditate versus people who don't. The scans showed that the meditation group had significantly thicker brain tissue in the areas of sight, hearing, emotional processing, and cognitive function (ability to think) compared to the control group. The thickness was greater in people more experienced in meditation.

Make sure you adopt some sort of emotional exercise, whether it is visualization, meditation, prayer, gratitude, laughter, or positive thought.

February is "**Friend and Family Month.**" We encourage you to invite friends, family or loved ones to come in for an examination and report of findings. You could literally save their lives!

**The Orthotic Group** is offering a 15% discount on orthotics this month. This means for this month orthotics are 299.00 (normally \$350).

HEALTH  
IS NOT A  
CHANCE,  
IT'S A  
CHOICE



**Our mission is to educate that a properly functioning nervous system and healthy lifestyle are vital to achieving wellness. Encourage someone you care about to get their spines checked today!**