

Safe and Natural



Chiropractic is a team approach to better health. As you enjoy results, tell those you love. Explain how millions enjoy relief and better health by restoring the integrity of their spines and nervous systems with safe and natural chiropractic care.



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pregnancy



WHAT PATIENTS WANT TO KNOW ABOUT PREGNANCY

Including chiropractic care, along with other wellness habits, as part of your prenatal care creates an optimum environment for your baby to realize his or her full potential.



At first glance, most people don't see the connection between chiropractic care and pregnancy. However, there are four stages in which having an optimally working nervous system and structural support help both mother and child.

Why do Mothers-to-be Rave About Chiropractic?

Take a Proactive Approach to Your Pregnancy.

More and more new parents are trusting the innate wisdom of the body. They're looking for a professional who can partner with them, supply information, coach, encourage and use natural approaches that honor mother and baby.

We'd like to be that resource for you.

Pre-Conception

Chiropractic care prior to conception promotes a more regular menstrual cycle and optimal uterine function. It prepares the body to be strong, supple and as balanced as possible to carry the pregnancy. Some couples who thought they were infertile have been helped by restoring proper nerve supply to reproductive organs.



Rest assured that chiropractic adjustments to your newborn use no more pressure than you'd need to test the ripeness of a tomato.



More and more knowledgeable couples are choosing home births, assisted by experienced midwives.

Pregnancy

Regular chiropractic care during pregnancy helps maintain balance, alignment and flexibility. Many report less morning sickness. When the baby is comfortable, he or she can assume the optimal birthing position.

Labor and Birth

Mothers who get adjusted seem to require less high-tech intervention. Many report shorter, less traumatic births. With proper nerve supply, well-timed contractions help move the baby more easily through the birth canal.



Nursing irregularities often suggest that birth trauma has caused a subluxation, making it uncomfortable for the baby to turn its head.

Post Delivery

Even natural births can stress a baby's spine. Breastfeeding problems can arise if the baby is unable to comfortably turn its head. Schedule a chiropractic checkup for your newborn as soon as possible.

You can relax knowing we use a light touch to make our adjustments safe, comfortable and effective.

Pregnancy is natural. Why is chiropractic necessary?

Being born is a natural process. It's what we've done to the birth process that has become increasingly suspect. In hospitals, a severe drop in temperature, loud noises, suction extraction and other insensitivities often accompany a newborn's introduction to the world. The administration of drugs and anesthesia can have unfortunate effects too.



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Will my medical doctor approve?

You don't need anyone's approval to seek a chiropractic opinion about health issues affecting you and your child. Consulting another health care expert is always helpful in the decision-making process. We work closely with other practitioners who keep up with the latest research and understand the value of this natural, drug-free approach to better health.



Will adjustments hurt my baby?

Of course not. An infant's spine rarely has the long-standing muscle tightness seen in adults. So the energy needed to adjust a child's spine considerably less than what's needed to adjust you. This is a common concern among parents who mistakenly think their child will receive the same kind of adjustments they receive.

