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LAKELAND
CHIROPRACTIC

YOUR INNATE POTENTIAL

Happy Mother's Day!

— Dr. Dirk Dulmes & Staff

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THE IMPORTANCE OF CHIROPRACTIC CARE BEFORE, DURING & AFTER PREGNANCY

During pregnancy, there are several physiological and endocrinological changes that occur in preparation for creating the environment for the developing baby. The following changes could result in a misaligned spine or joints:

- Protruding abdomen and increased back curve
- Pelvic changes
- Postural adaptations

Chiropractic care during pregnancy can provide benefits for women who are pregnant. Potential benefits of chiropractic care during pregnancy include:

- Maintaining a healthier pregnancy
- Controlling symptoms of nausea
- Reducing the time of labor and delivery
- Relieving back, neck or joint pain
- Prevent a potential cesarean delivery

Currently, the International Chiropractic Pediatric Association (ICPA) recommends that women receive chiropractic care throughout pregnancy to establish pelvic balance and optimize the room a baby has for development throughout pregnancy.

— American Pregnancy Association, www.americanpregnancy.org

Many pregnant women have found that chiropractic adjustments provide relief from the increased low-back pain brought on by pregnancy. Chiropractic manipulation is safe for the pregnant woman and her baby and **can be especially attractive to those who are trying to avoid medications in treating their back pain.** Doctors of chiropractic can also offer nutrition, ergonomic, and exercise advice to help a woman enjoy a healthy pregnancy.

Chiropractic care can also help after childbirth. In the eight weeks following labor and delivery, the ligaments that loosened during pregnancy begin to tighten up again. Ideally, joint problems brought on during pregnancy from improper lifting or reaching should be treated before the ligaments return to their pre-pregnancy state-to prevent muscle tension, headaches, rib discomfort, and shoulder problems.

— American Chiropractic Association, www.acatoday.org

Lakeland Moms & Kids



My son Jonah was a very fussy baby. He had a few times throughout the day where he was just so uncomfortable that nothing helped. After going to the chiropractor, he was able to relax and be more comfortable. I am very pleased with the job that has been done and would recommend it to all moms. — **Allison**



I started bringing my daughter to see Dr. Dirk once she was a year old because she was having some constipation issues after switching from breastfeeding to a solid food diet. After the first adjustment we immediately saw results (within 20 minutes of returning home!) Within a week of my 2nd child's birth I plan to have both her and myself adjusted by Dr. Dirk since the entire birthing process can be traumatic on both mom and newborn. — **Angela**



While under chiropractic care during & after my third pregnancy, I was able to successfully breastfeed our baby. I never made enough milk with our other 2 children. I do not believe this is a coincidence. Dr. Dirk has helped me and my family so many times over the last 3 years. — **Lisa**



During my first pregnancy, I can honestly say that I didn't have back pain, wasn't sick and slept great at night. My labor & delivery of my baby girl was just as perfect. I believe that my positive experience during pregnancy & labor are definitely a result of my chiropractic care. — **Tanya**



I was a desperate mother of a 3-month old who cried non-stop from birth. I was told he was just colicky and would outgrow it. I started taking my son to see Dr. Dirk and noticed a vast improvement. I also started taking my two older children regularly. Dr. Dirk is gentle, patient and has a good rapport with kids. — **Tina**

Half Hour to Your Health (with Dr. Dirk Dulmes)

Wed. May 15th • Cracked Shoe Coffeehouse • 221 South Main Street • Cedar Grove

6:30 – 7pm: \$5 soup & sandwich buffet

7 – 7:30pm: Join us for the opportunity to learn about a natural approach to health & vitalistic living in a relaxed, informal setting. Dr. Dirk will speak & answer questions about the basic principles of raising your and your family's health potential. Learn why a natural approach to living might be a perfect fit for you - whether you want to maintain great health or seek a better way to address a specific health concern.