



LAKELAND CHIROPRACTIC

▪ LIFETIME FAMILY WELLNESS ▪

Chiropractic and Pregnancy

Two news stories chronicled chiropractic helping pregnant women during their times of physical change. One of the stories appeared on the website of the St. Louis Post-Dispatch on July 2, 2007 and followed a second time mother who was suffering from lower back pain caused by her pregnancy. The second story was from the May 22, 2007 Asheville Citizen-Times and reported on a four time mother who had been under chiropractic care regularly to help prevent problems and make the experience healthier.

The St. Louis story followed the plight of Tykita Bethley who was suffering from what she referred to as usual aches and pains during her first pregnancy four years ago. She stated, "My back hurt, and then once I had my daughter, it hurt even more, especially on the right side." Then during her second pregnancy she added, "My back hurt like crazy then, too, but I had accepted my back pain for the longest time."

Tykita went to the Pregnancy Clinic at Barnes-Jewish Hospital, a facility that is set up to help study the effect of chiropractic care and exercise on pregnant women. She started care at week 27 and continued throughout the remainder of her pregnancy. She received stretching exercises and chiropractic adjustments. The result was that she became nearly pain free. I can't tell you," Tykita stated, "I feel so much better.

In the second story out of Asheville, NC, Wendi Lonabaugh is an ongoing chiropractic patient who was under care to prevent the problems she had with previous pregnancies. She noted that chiropractic made a difference and unlike her previous pregnancies, she did not have any sciatic pain this time, she commented, "It makes sense when you think about it.

The Asheville Citizen-Times also reported that according to the N.C. Chiropractic Association, more than 25 million people visited chiropractors last year. They noted that the number of people receiving chiropractic services has doubled in the past 20 years, and they estimate that the number will double again by 2010.

The article also reported on cyclist Patricia Pinner, who uses chiropractic to help improve her performance. The article reports that Pinner estimates that 90 percent of the women on the Asheville Women's Cycling team see a chiropractor. "The whole keeping your spine in alignment is necessary for total health," she said. "When you are trying to compete, total health needs to be as good as it can be.

** Who do you know that could benefit from Chiropractic Care? **

SHARE WITH FRIENDS, FAMILY, AND CO-WORKERS

▪ LAKELAND CHIROPRACTIC IS DEDICATED TO SERVING THE COMMUNITY THROUGH CONSERVATIVE CARE AND PATIENT EDUCATION ▪

220 South Business Park Drive Unit A-4 Oostburg, WI 53070 **phone** 920.564.6061 **fax** 920.564.6081