



CLEAR CONNECTIONS
— CHIROPRACTIC —

10 Ways Chiropractic Care Can Support a Healthy Pregnancy & Easier Birth

A Gentle, Natural Guide
for Expecting Mothers



Dear Expecting Mama,

First of all, congratulations! This is a beautiful and transformative time in your life.

But let's be honest, it can also be physically demanding. As your body works its miracle, you might be experiencing back pain, pelvic pressure, sciatica, and general discomfort. You may also be thinking about the big day ahead and wondering how you can prepare your body for the journey of birth.

The good news is, you don't have to just survive, you can thrive. Chiropractic care during pregnancy offers a safe, gentle, and drug-free way to support your body's innate wisdom.

This guide will walk you through 10 key ways that prenatal chiropractic care can help you have a more comfortable pregnancy and empower you for a potentially easier, healthier birth.

You deserve to feel your best during this special time.

Sincerely,

Dr. Krystal & Dr. Sean
Clear Connections Chiropractic





Why We Do What We Do ❤️

We met and began our chiropractic journey together while attending school in Georgia. After a challenging 4 years, long days and nights studying together, and creating lasting friendships and memories, we graduated together from Life University ready for new adventures and to begin the next chapter.

In 2011, we moved back to Michigan and opened Clear Connections with nothing but ambition, drive, and a mission to create a better, healthier community. In the midst of a new practice, a wedding, and a new house, the determination to surpass our goals was great. However, nothing could have been more fulfilling than the arrival of our son in 2019.

We continue to strive for excellence and love caring for families, children, and expectant mothers. Our continued education is highly focused on keeping our skills sharp, learning everything we can concerning pediatric care, pregnancy, and what it takes to provide the best care and service to our practice members!

Love,
Dr. Krystal & Dr. Sean

10 Benefits of Chiropractic Care During Pregnancy

01 —

Ease Back Pain & Discomfort

Your growing belly shifts your center of gravity, placing immense strain on your lower back. Gentle chiropractic adjustments restore proper alignment to your spine and pelvis, relieving pressure on strained muscles and joints. This is one of the most direct ways to find relief from that nagging backache.

02 —

Balance Your Pelvis for Optimal Baby Positioning

A misaligned pelvis is like a tilted hammock. When it's uneven, your baby naturally slides to one side and can't settle comfortably. The Webster Technique, a specific chiropractic analysis and adjustment, helps to balance the pelvic muscles and ligaments, "leveling the hammock" so your baby has the space and symmetry needed to move into the ideal head-down, anterior position for birth.

03 —

Reduce Pelvic Girdle Pain (PGP) & Sciatica

Hormones like relaxin loosen your ligaments, which can cause instability in the pelvic joints. This often leads to sharp pain in the pubic bone, hips, and even shooting pain down the leg (sciatica). Precise chiropractic care helps stabilize these joints, reducing inflammation and nerve irritation for significant relief.

04 —

Create More Space for Your Growing Baby

As your uterus expands, it needs all the room it can get! Spinal misalignments can cause tension and reduce the available space in your abdominal cavity. By ensuring your spine and pelvis are properly aligned, we help create an optimal, spacious environment for your baby to grow and thrive.

05 —

Support Proper Nerve Function for a Healthy Pregnancy

Your nervous system is the master control system for your entire body, and your pregnancy! Misalignments (subluxations) can interfere with the nerve signals that control your uterus and surrounding organs. Gentle adjustments remove this interference, promoting better communication between your brain and your body.

06 —

Improve Posture & Body Mechanics

From the "pregnancy waddle" to hunching over a desk, your posture changes dramatically. We don't just adjust you; we provide practical advice on posture, sleeping positions, and ergonomics to help you move better and reduce strain throughout your day.

07 —

Help Manage Nausea & Morning Sickness

While not a direct cure, misalignments in the upper neck can affect the nerve complex that influences nausea. Adjustments in this area have helped many pregnant women experience a significant reduction in the severity and frequency of morning sickness.

08 —

Prepare Your Body for a More Efficient Labor

A balanced pelvis and properly functioning nervous system allow your uterine muscles to work more effectively during labor. Many mothers who receive chiropractic care report shorter labor times and more effective contractions because their body isn't fighting against structural imbalances.

09 —

Promote a Drug-Free Approach to Wellness

Pregnancy often comes with a long list of medications to avoid. Chiropractic care offers a natural, evidence-based path to pain relief and wellness, aligning with the desires of many mothers to have a low-intervention, drug-free pregnancy and birth.

10 —

Support Your Overall Well-Being & Reduce Stress

Carrying a child is a physical and emotional marathon. The relief from pain, combined with the supportive, caring environment of our clinic, can significantly lower your stress levels. When your body feels better, your mind can relax, allowing you to fully enjoy this incredible journey into motherhood.



You Have a Choice in Your Pregnancy Journey

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Your body is designed to do this, but it deserves all the support it can get. If you're ready to experience a more comfortable pregnancy and prepare for a confident birth, we are here to help.

Ready to See if Chiropractic Care is Right for You?

Experience a comprehensive Neurological Evaluation and Consultation for only \$75 (regularly \$135).

Together, we'll uncover what's really going on beneath the surface and create a plan tailored to your needs.

Schedule Your Consultation Today!

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We are dedicated to providing the most comfortable, specific care for moms-to-be.



CLEAR CONNECTIONS
— CHIROPRACTIC —

Because Every Mom-to-Be
**Deserves Comfort, Balance,
and Ease**



Clear Connections Chiropractic

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