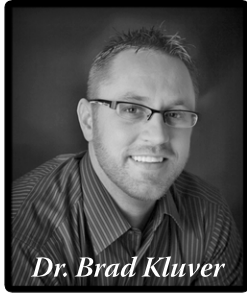


KIDS FIRST



Dr. Brad Kluver

Baby Talk - Part III

You may be surprised to learn that Chiropractic care is essential for pregnant moms. Aside from the relief it can offer from the discomforts sometimes associated with pregnancy, such as constipation, leg cramps, nausea, back and neck pain, etc., its main focus, however, is not pain.

Chiropractic is based on four very profound principles;

1. That the body is a self-healing and self-regulating mechanism; in other words, it is designed to heal itself.

- 2. That the nervous system is the master control system of the body**
- 3. Any interference in the function of the nervous system must then result in a malfunction in the body.**
- 4. My task is to eliminate that interference so that the body can function normally.**

Applied to pregnancy, this is of utmost importance to the developing fetus. I feel that in order to have a normal pregnancy, mom's nervous system must function with no interference; especially where it controls the uterus and placenta. This will reduce the risk of problems associated with pregnancy - miscarriage, placenta previa, etc. The biggest benefit of course, is having a healthy baby.

A pediatric chiropractor will also perform regular monthly pre-natal exams to monitor your pregnancy. This includes an examination and palpation (feeling) of the uterus in order to determine the presence of In-utero constraint and see if the baby is in a breech position. This is very important. In-utero

constraint occurs usually in the last trimester of pregnancy when "you're all baby." In other words, the baby has reached a size where movement is very restricted and it can get "stuck" in an awkward position in the uterus. This situation can not only create stress on the spine and nervous system but can lead to the creation of scoliosis (spinal curvatures), as well as other spinal abnormalities. All in all, a situation best avoided.

I invite you to have yourself checked. Chiropractic is very safe and effective. It is also the world's best kept secret.

Please call me today.

Kluver Chiropractic
Dr. Brad Kluver & Wellness

"My mission is to help as many people in my lifetime as I possibly can - especially kids!"

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