

HEALTH REPORT

VOLUME 9

ISSUE 47

PREGNANT? CHIROPRACTIC AND ACUPUNCTURE OFFER MORE COMFORTABLE PREGNANCIES AND EASIER BIRTHS

There are many complaints that can occur during pregnancy and birth, and Chiropractic and Acupuncture offer solutions without the dangers that medications might bring.

A recent study published in the *British Medical Journal* described the benefit that Acupuncture offered 394 pregnant women in Sweden. All the women in the study complained of pain in the area of the pelvic girdle, the circle of bones including the pelvis and sacrum. Women in the study were separated into three groups and were given:

1. Standard treatment consisting of a supporting belt and home exercise program
2. Standard treatment plus Acupuncture
3. Standard treatment plus stabilizing exercises meant to improve mobility and strength.

The groups receiving Acupuncture and the stabilizing exercises experienced less pain in the morning and evening and the Acupuncture group reported the least discomfort overall.

And if a mother-to-be is told that she can expect a breech birth, she would be wise to head for a Chiropractor familiar with the Webster Breech Turning Technique. The late Dr. Larry Webster developed a Chiropractic technique that lessens stress in the pelvic area, permitting many babies to turn before birth. A survey of Chiropractors in the U.S. and Canada found that doctors had treated 112 mothers with breech babies with this technique resulting in 102 cases where the babies turned properly for birth.

SOURCE: <http://www.americanpregnancy.org/pregnancyhealth/chiropracticcare.html>;
http://www.chiropracticresearch.org/NEWS_chiropractic_technique_helps_tur.htm;
<http://www.forbes.com/lifestyle/health/feeds/hscout/2005/03/18/hscout524605.html>