



## Fertility & Pre-Pregnancy Care

*The postnatal period is a critical phase in the lives of mothers and newborn babies. Yet, this is the most neglected period for the provision of quality care. By focusing on postnatal care of mom and baby, the benefits will affect the health of the whole family.*

### Chiropractic Care

Benefits both mom and baby | Mom can get post-birthing corrective care | Adjustments are highly effective for newborns and babies. (Gentle vibration techniques are used) | With relaxing still present in mom's body, chiropractic can help correct long standing injuries and/or dysfunction | Re-balances the body's nervous system and overall function

### Naturopathic Medicine

Gets you back on track with physical, mental and emotional health | Strengthens the immune system, supporting sleep and a healthy mood | Corrects physical effects of the birthing process (i.e. muscle tension, posture, etc) through manual therapy | Supports healthy breastfeeding

### Registered Acupuncture

Helps with healing and regaining strength & vitality | Addresses pain, fatigue & postpartum depression

### Registered Massage Therapy

Helps correct postural concerns associated with breastfeeding & pregnancy | Relieves muscle tension in neck and shoulders | Reduces fluid retention | Promotes a more restful sleep | Reduces anxiety and stress from sleep deprivation | Relieves general muscle tension and aches

### Reiki & Reflexology

Improves circulation | Reduces fatigue | Reduces stress | Balances the body's energy flow | Increases relaxation | Boosts energy levels



## Your Pregnancy & Prenatal Care

*Prenatal care: During prenatal care visits, your practitioners will make sure you and your developing fetus are healthy and strong. Remember - the key to having a healthy baby is taking good care of your own health*

### Chiropractic Care

Works with your changing posture | Gets your body in better alignment for a more manageable birthing experience | Reduces digestive discomforts, headaches, general aches and pain | Helps relax muscles and ligaments in the pelvis | Reduces overall stress

### Naturopathic Medicine

Helps manage pregnancy-related symptoms (i.e nausea, fatigue, digestive issues, physical discomforts, blood sugar control) | Helps with birth plan & finding specific resources (i.e midwife, doula, etc.)

### Registered Acupuncture

Helps prepare your body to meet the unique challenges of pregnancy, ensuring optimal health for you and baby in a safe and natural way | Addresses specific concerns such as morning sickness, anxiety, heartburn, fatigue, back pain and sciatica | Labour induction—if your due date has passed

### Registered Massage Therapy

Reduces stress and anxiety | Decreases physical discomforts & pain (i.e back/hip pain, sciatica) | Reduces calf cramps, and swelling/stiffness in the feet | Relieves carpal tunnel symptoms and swelling in hands | Promotes more restful sleep and reduces pregnancy induced insomnia

### Reiki & Reflexology

Calm atmosphere for birth | Connects mother and baby | Reduces pain | Balances out pregnancy hormones | Improves circulation

# Pre & Postnatal Care



## Postnatal Care

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### Reiki & Reflexology

Balances out post-birth hormones | Reduces anxiety & stress from a new lifestyle for mother and baby | Improves the speed of healing | Improves postpartum moods



## Postpartum Support

*Most people have no idea how important postpartum care is. Once the baby arrives, mom's attention is focused on caring for the newborn, often to her detriment.*

### Physically

After delivery, the hormone relaxin keeps making ligaments soft for 6 months which increases vulnerability to lower back and pelvic joint misalignment and pain. In addition, baby-holding and breastfeeding put tremendous stress on the neck, upper back, shoulders and arms. Because postpartum care for mom is often neglected, many new moms suffer from headaches, neck and shoulder aches as well as wrist and forearm problems. The good news about the postpartum time period is that since relaxin is still softening mom's ligaments, correcting musculoskeletal problems with postpartum care is easily accomplished due to the body's increased pliability. Because of this, receiving postpartum care is an excellent opportunity to attend to long-standing issues that have built-up scar tissue.

### Emotionally

Having a baby is an emotional roller-coaster. The demands a newborn has on mom (and dad) are constant and exhausting. It may seem impossible, but taking regular time-outs are essential. Mini-breaks help create balance in the development of healthy relationships.

### Mentally

A growing family means constant change for everyone involved. Being able to step back and see the big picture is more feasible when you have someone to talk to. Mom and dad will be healthier, more relaxed, effective and efficient if they can get some much needed TLC themselves!