



BEE STRESS FREE THIS PREGNANCY

From Pre-Conception
to Postpartum &
BEEyond

www.beewellak.com





WELCOME

Pregnancy and giving birth is a sacred time for women. It is filled with a lot of joy and anticipation. However, with that, you will likely experience a lot of changes and stresses that you haven't previously navigated. Feeling anxious or stressed during your pregnancy is totally normal. Your body, hormones, and life are changing before your eyes so getting the support you need is essential. Seeking help from the first trimester right through to the last (and beyond, right into postpartum) is exceptionally beneficial for you as you become a new mother or give birth for the second, third, fourth (or more) time. By caring for yourself, you are caring for your baby, as well as your family unit as a whole. We aim to help moms achieve the birth of their dreams!

Regular chiropractic care during pregnancy help a mom's nervous system to operate at its fullest potential - which works to reduce your stress levels,

increase sleep, increase energy, and increase positivity throughout your pregnancy. Studies show when your nervous system function optimally, birth can be easier and safer with shorter labor times, setting the tone for a healthier, happier baby. On top of that, your child has the best chance of developing exactly as they should.

No matter what, at Bee Well Chiropractic, Dr. Josh and his team are trained and ready to support you and your family before, during and after your pregnancy journey. We help you reduce stress throughout your entire being. We do everything we can to make sure that your adjustments are comfortable for your growing tummy and after birth. Let us help your body decrease stress, improve function and pave the way for a bright future for your new bundle of joy. Throughout this guide, we will take you through some of the ways you can support yourself through the stresses and changes of pregnancy with the help of regular chiropractic care.

1 PHYSICAL STRESS

During pregnancy, your body undergoes great changes to accommodate the baby growing within. Your body needs to adapt to new shapes, movements, and pressures. All these changes can cause significant physical stress. While medical practitioners consider pregnancy a medical condition instead of a natural process, we believe that your body is designed to manage this special, wonderful time. Difficulties generally only arise if a mom can't function at 100%. We help to make your body function to the best of its ability from conception right through to motherhood.



WHAT PHYSICAL STRESS SHOULD I EXPECT TO GO THROUGH?

As your baby grows, your center of gravity changes. It will now sit at the front of your pelvis, a place where it wasn't before. This will increase discomfort to your lower back and your joints linked to your pelvic area.

On top of that, the added weight and pressure on your back will affect your spine. Your spine will likely curve to support your body, the baby, and learn how to balance you steadily. The pregnancy pressure will impact your vertebral joints, sacrum, and hip joints as your body changes throughout the nine months.

While your spine will be one of the main places to feel affected, that pain and discomfort can radiate to other locations in your body. Your spine helps to transmit nerves to other parts of your body. Once your spine is compressed and stressed, you run the risk of irritating these nerves, which will result in pain being felt elsewhere. In essence, physical stress on your body can take many forms. Not all will make sense at the time. However, understanding and dealing with that is key.

HOW CAN CHIROPRACTIC CARE HELP ME?

No matter where you are at in your journey of pregnancy, trying to conceive or currently expecting, having a neuro-spinal system that is clear and connected creates the optimal environment for a comfortable and healthy pregnancy!

By integrating chiropractic care into your routine, you will be able to support your nervous system (which controls every cell, tissue and organ in your body), in turn supporting the rest of your body through the changes it will experience as your body grows, adapts, and changes throughout the nine months - focused and clear at all times.

IS IT SAFE?

Absolutely. Chiropractic care for pregnancy is not only safe, but it is effective and beneficial for your overall health and well-being from pre-conception to postpartum. If you have any specific questions, then do not hesitate to contact us (907) 745-2430, will walk you through the ways we can support you on your journey and we are happy to answer any questions you may have.



WHAT TECHNIQUES CAN I EXPECT WHEN I ATTEND YOUR PRACTICE DURING MY PREGNANCY?

Dr. Josh offers several highly-effective adjusting techniques depending on body type and chief concerns. Specifically for pregnancy, he utilizes the Webster Technique and is the only chiropractor in Palmer, Alaska certified in this technique by the International Chiropractic Pediatric Association. This certification allows the doctor to provide advanced techniques and evidence-based care to their perinatal patients. Webster's is growing in popularity in the medical world because of its safety and effectiveness. More and more women have been recommended to seek this type of care throughout pregnancy.

In essence, the Webster Technique helps release stress on the pelvis, relaxing surrounding ligaments and reducing the sacral misalignment, or subluxation, to help restore normal function. Sacral misalignments may cause the tightening and twisting of pelvic muscles and ligaments, constraining the uterus. The goal of the adjustment is to reduce the effects of misalignment and the associated dysfunction of the joint. The result is an improved function in the sacral/pelvic region, allowing your baby to assume an optimal position for delivery. This will decrease your chances of going through difficult labor or other additional complications during your delivery - great news! The Webster Technique is gentle, and it is a safe adjustment throughout pregnancy. It provides optimal space for your baby to move and grow before and during the birthing process - causing minimal stress for both you and the baby.



WHEN SHOULD I START WITH THE WEBSTER TECHNIQUE DURING MY PREGNANCY?

Many women wait until it's a little late in their pregnancy. Frequently it is when a mal-position is diagnosed, and they have been advised to seek chiropractic care. While this is okay, it's not the best option for you to reduce your stress throughout your pregnancy. It is best to be used throughout your pregnancy, no matter the position of your baby. If you can, choose to go earlier rather than later to access the greatest support from start to finish.

POSTPARTUM SUPPORT

Chiropractic support postpartum is equally as important as throughout your pregnancy. We can assist with stress points like holding your baby, learning to nurse, posture changes and healing from labor and delivery.



CHIROPRACTIC CARE IN PREGNANCY IS VITAL TO THE NORMAL PHYSIOLOGICAL FUNCTION OF BOTH THE MOTHER AND BABY IN PREGNANCY AND BIRTH.

Jeanne Ohm, D.C.



2 CHEMICAL STRESS

As you experience a variety of new stresses throughout your pregnancy, the chemical stress within your body will increase. Regular chiropractic care plays an integral part in helping you adapt to stress and change helping you to have the best pregnancy experience possible.

INCREASED CORTISOL

When you feel stress, hormones are released from your brain to your body. When cortisol is in your system, your pulse quickens, and your breathing increases. You are probably familiar with the sensation - everyone experiences it from time to time and is associated with feeling nervous and stressed. It's basically your body preparing for a crisis and activating what it needs to help you respond accordingly. It is normal, yet it's not good news. Your body is going through heightened wear and tear - matching that with pregnancy is a very high level of stress for your body to experience.

When you're pregnant (moving into postpartum), an increased level of chemical stress may negatively affect you and your baby - it is associated with postpartum anxiety and postpartum depression. As well as that, an increased level of cortisol decreases your natural supply when you begin breastfeeding.

The thing is, while you would think your body would work with you to help prevent cortisol throughout pregnancy and beyond, it does quite the opposite. When you're not pregnant, hormones are secreted from your brain. When you're pregnant, certain hormones, including those associated with stress, are secreted from the placenta connecting you and your baby. The increased cortisol is thought to increase maternal instincts and be beneficial for other aspects of your pregnancy and motherhood. However, the anxious feelings are still prevalent and understandably stressful when they are felt for long periods.



INTERVENTION CHEMICAL STRESSORS

As pain and discomfort increases in your body throughout your pregnancy, you may be tempted to take a regular pain med to relieve your symptoms. When you are going into labor, you will have the option to choose other drugs to make your labor less painful/stressful, like Pitocin or opting for an epidural.

While these pain reliefs might feel like the only option at the moment, you encounter further stress when you consider that the chemicals you feel and experience, your baby will also experience. Everything you take is passed to your baby too.

THE GOOD CHEMICALS

Nutrition is vital pre and post-natal. Prioritize organic items with no harmful ingredients. Get plenty of water each day and fuel your body for the stress and strains it's experiencing throughout your pregnancy and into motherhood. By taking care of the chemicals that enter your body, you care for your child and their wellbeing.

CAN CHIROPRACTIC CARE HELP WITH THIS?

We have been told time after time that with the addition of chiropractic throughout pregnancy, there is an increased sense of body awareness, less stress, improved quality of sleep, less aches and pains, improved digestion, more mobility, and way more energy to take on life!

By having regular sessions with Dr. Josh throughout your pregnancy, you are helping to navigate and relieve pain as it arises, providing your mind and body with the support it needs. You will be supporting your spine, one of the most heavily affected parts of your body during pregnancy, and processing new pain as it comes.

On top of that, chiropractic care can help with shorter labor times, meaning you will need less intervention, and you may experience less pain during labor. It will also improve your recovery time from labor and delivery. Chiropractic support can help a healthy pregnancy and result in healthy babies.

POSTPARTUM SUPPORT

Chiropractic support postpartum can specifically help with hormone balance.



3 EMOTIONAL STRESS

REDUCING EMOTIONAL STRESS

It's normal to experience this stress. Everything is new. Every mother goes through it. Just know, you are doing the very best you can, and you deserve all the credit for doing that for you, your child, and your family.

You may not be able to give time to sections in your life that you used to prioritize. Again, this is normal. Your world just drastically changed. Your priorities change with it. You might experience the guilt of not connecting with friends, family, siblings, or your partner as you used to.

POSTPARTUM SUPPORT

Emotional stress is prevalent when you are going through a bonding phase with your newborn. If you feel a disconnect, you will likely beat yourself up about progressing as a mother. No matter when you feel these emotions, pre or post natal, your emotions and stresses are transferred to your child. They will experience your pressures at the same time, doubling the stress for both of you.

Make sure you give yourself plenty of options to minimize these emotional stressors. Postpartum chiropractic care can help with lack of sleep, anxiety, depression, and navigating new parent stress.





SET TIME ASIDE

Being a mother is a full-time job, so your organizational skills will need to kick in.

Set time aside for the things you love, the things that you find essential. Yes, your child is your primary focus - but you are also more than a mother. You are a human being with needs of your own. Don't forget that.

If you're missing something, set time aside to reintegrate it into your day.



SUPPORT TEAM

When you're going through your emotions' motions, finding your tribe who can help is essential. Choose the people who will care for you through it all. That could be your mom, your friends, your siblings and/or other providers. As your chiropractor, we are also part of your proud support team. When you need us, we are here to help. We are there to navigate the way and help pave the road to success. Throughout your pregnancy, we will build a trusting relationship that will translate into motherhood, too.



STAY POSITIVE

Learning to love your new life, your new role is all part of it. Positivity and support need to begin with you.

Remind yourself throughout the day how great you are doing, how fantastic you are for taking on this challenge in your life and taking it in your stride.

Set some sticky notes around your home for the times you cannot feel that positivity. Write a love note to yourself on your mirror for the moments you are taking 10 seconds to yourself in the bathroom.



THE BeeWell DIFFERENCE

During pregnancy, the female body goes through many physical, chemical and emotional changes. Regular chiropractic care plays an integral part in helping you adapt to these changes in order to help you have the best pregnancy experience possible.

Benefits of chiropractic care

1

Shorter labor times with less intervention

2

Less pain during pregnancy and delivery

3

Improved recovery from labor and delivery

4

A healthy pregnancy can lead to healthy babies

Contact us today to book your consultation. We are proud and privileged to be part of this journey from conception to postpartum.

Resource:

www.icpa4kids.org

Health and Wellness is about adopting healthy lifestyle habits in order to enhance your body's ability to function optimally on a physical, chemical, and emotional level. Good health is about much more than just the absence of pain or discomfort – it's about being proactive and taking the steps to maintain the health you have and to consistently improve it. We have confidence in the body's inherent ability to function at its peak potential. Most importantly, we honor that each individual has the responsibility to decide what health and lifestyle choices are best for their needs and that of their family. Dr. Josh knows he is the facilitator and trusts in the body's wisdom to adapt, heal, and regenerate. That's right - the true hero is you!



THE POWER THAT MADE THE BODY, HEALS THE BODY.



B.J. Palmer

In our practice, we take care of many babies, toddlers, little kids, teenagers, and adults. We believe it's better to grow healthy kids than fix injured adults.

BeeWell <CHIROPRACTIC>

