

Make sure your chiropractic care  
doesn't stop after pregnancy.



Ask Dr. Barth how he can help with  
infants and postpartum care!



BARTH FAMILY CHIROPRACTIC

3539 Southern Hills Drive Suite 4  
Sioux City, Iowa 51106

Mon-Thurs: 9-1 & 3-6

Fri: 9-1

712-274-3353

*Your*  
**PREGNANCY**  
*with* CHIROPRACTIC CARE



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When you are pregnant,  
one of the **best** things you can do  
is go and see your **chiropractor**.

Chiropractic care provides the pregnant woman with many vital needs such as a balanced spine, and pelvis. Chiropractic can decrease the stress on the internal organs by aligning the muscles, ligaments and bones of the spine and pelvis, along with decreasing the stress on your nervous system.

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## Benefits of Chiropractic Care During Pregnancy

- Pelvic alignment and balance
- **Decreased nausea**
- Better sleep
- **Less back labor**
- Reduced need for pain medication
- Less back pain
- Shorter labor times
- More comfort while breastfeeding
- **Greater production of breastmilk**
- Less incidence of postpartum depression



**Dr. Barth** has taken extra studies to specialize in care for the pregnant female. He is an **ICPA member** and is **Webster Technique Certified**. Along with chiropractic care, maintaining a healthy diet, exercise, avoiding drugs and alcohol, and taking prenatal vitamins, should all be an essential part of the pregnant woman's health care routine.

## Is chiropractic safe for pregnant women?

- YES!
- Dr. Jerad Barth utilizes a very specific and gentle prone adjusting technique. Decreasing the stress to the nervous system without the need for excessive bending or twisting of the spine.
- You don't have to be experiencing any particular problem to visit a chiropractor during pregnancy. In fact, checkups are recommended during pregnancy considering the immense physical, chemical and emotional changes a woman undergoes at this time.