

remember your mum...

May is traditionally the month where we celebrate our mums at c4w. In case you didn't know Mother's Day falls on May 11th this year, so don't forget to take the time to appreciate your mum.

Speaking of mums, we would like to welcome back Helen from maternity leave, and thank Mathew for looking after us while Helen was away. Good luck with your adventures in Spain!

This May we decided to take a slightly different approach to mother's day and look at some of the issues around preparing your body for pregnancy.

If you know someone who is thinking about starting a family soon, then please pass on this newsletter. See the back for details about our special offer of 50% off the first 2 visits with Helen during the month of May for all mums.

Have a great month!
chiropractic4wellness

thought for may

preparing for pregnancy...

Pregnancy is one of the most important stages of any women's life but very few women consider the importance of planning the pregnancy, and taking a few health care measures before conception to aid in having a healthy baby.

There are some key areas that need to be addressed at least a month or two before getting pregnant. They are: diet, fitness, nerve system function and emotional and mental wellbeing.

Nerve function

The nervous system governs and controls the functions of all the systems in the body, including the reproductive system. The spinal chord is the main relay of information between the body and the brain. When the spine is subluxated this affects the communication between the brain and body, which can cause dis-ease.

Recent research papers published in Journal of Vertebral Subluxation Research (www.jvsr.com) suggest that chiropractic can have a positive affect on a women's fertility. Studies found chiropractic had success regardless of the woman's age, number of years infertile, previous medical intervention, miscarriages or blocked fallopian tubes. All the women in the test became pregnant after their subluxations were detected and corrected. Continuing chiropractic care throughout pregnancy helps to keep the pelvis stabilised, can shorten labour time and can also bring on labour in women who are overdue!

preparing for pregnancy...

Diet

At least a couple of months before trying to conceive, it's important to improve your diet. Including a range of fresh fruits, vegetables, nuts, grains, fresh meat and plenty of water. Reduce your coffee and alcohol intake (have more alcohol-free days than drinking days), and after conception avoid alcohol altogether.

At least a month before trying to conceive start taking folic acid supplements. Folic acid is essential in preventing spina bifida in the foetus. Calcium supplements assist in good bone formation, and essential fatty acids for brain development. If your diet is lacking then a good multivitamin should also be included.

Being over or underweight can have an impact on fertility. If you are unsure, or find it difficult to lose or gain weight get some advice.

Exercise

Pregnancy puts a lot of strain on ligaments, organs and muscles. It's a good idea to get some exercise and work on strengthening your core muscles to help support your body as the baby grows.

Exercising throughout pregnancy is recommended, however make sure you get advice, not only from your doctor but from a qualified trainer. Walking and swimming are great during pregnancy as they are both low impact exercise.

preparing for pregnancy...

Emotional Wellbeing

Depression, stress and anxiety interfere with conception, which can cause temporary infertility. Some time before starting to conceive, assess your life. Do you have a stressful job and work long hours? How is your relationship? Are you pleased or displeased with the way things are in your life?

Seeing a relationship counsellor can help to iron out any issues that the stress of having a baby may exacerbate. Individual counselling sessions will help with dealing with other emotional issues.

Kinesiology is also great for assisting with stress management and lifestyle change.

above - down - inside -out

above

Above is about life force. The power that made the body heals and coordinates function and life potential.

down

Down is about bringing life force or energy into the body and helping the master control system, 'the brain' communicate the wellness message throughout the body, via the nerve system.

inside

Inside is the generator. Without your control system working properly, we can hardly expect optimal life expression.

out

Out is about doing it! Allowing the pure expression of growth, health, energy and enthusiasm for life that is expressed when our body is free to do so!

clients of the month...

Chiropractic research enables us to provide you with the most revolutionary care.

The following clients will have their fees donated to the Australian Spinal Research Foundation this month.

Thank you to:

Susan Cashin

Kris Bidenko

Claudette Temay



events...

Creating Wellness Lectures

Have you attended?

Do you understand Chiropractic?

What else could you be doing to support your care?

Book Now

Tuesday May 13th 7.45 pm

50% off initial consultation and second visit with Dr Helen Alevaki for all women during the month of May

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