

2019: Where Health Happens

Chiropractic Care During Pregnancy By: Dr. Katherine Leither

New mothers and moms-to-be can attest to the aches and pains that can accompany their pregnancies. Most commonly, we see complaints involving low back and pelvic pain, but many women may also experience mid back and rib pain, muscle achiness, sciatica (pain into the legs), and neck pain. These aches and pains can become a real nuisance for expecting moms and can make pregnancy a difficult time.

During pregnancy, the average woman can gain 25-35 pounds, or even more, which can place increased stress on her joints and tighten muscles of her neck and back. Weight gain during pregnancy changes a woman's center of gravity forward, which places further stress on her low back spine. Pregnant women's bodies also produce hormones to help relax and loosen the ligaments attached to the pelvis to accommodate for baby's growth, which may cause imbalances of the spine and pelvis.

Luckily, chiropractic care can have a dramatic and positive effect on the pain a woman may experience during her pregnancy. A chiropractor is trained to detect any imbalances that may exist in the spine and pelvis, as well as find muscles that may have tightened up due to her pregnancy. Chiropractic adjustments are safe for both mom and baby and may be able to give immediate relief of pain. Chiropractors can also recommend and perform muscle work and/or acupuncture to help with pain or other symptoms experienced as well. Prenatal exercises can be prescribed to help stretch and strengthen muscles of the back and pelvis to prepare for labor and delivery. Nutritional advice can also be given to help a woman enjoy a healthy pregnancy for herself and her baby.

Chiropractic care can also help after labor and delivery. During the first couple of months post-delivery, the ligaments that were loosened during pregnancy begin to tighten again. It is important to treat any imbalances in the spine and pelvis brought on during pregnancy or from delivery before the ligaments return to their pre-pregnancy state to prevent further muscle tension and pain.

If you or a loved one is an expecting mother and has questions on the benefits of chiropractic during and after pregnancy, ask one of our doctors. We love helping women enjoy their pregnancies naturally and pain-free!



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Services Offered:

- Chiropractic Care for the entire family
- Massage Therapy
- Acupuncture
- Nutritional Consults/Evaluations
- Exercise instruction/rehabilitation services
- Complete radiology services
- Bone Density Testing
- DOT physicals/drug screening services
- Cholesterol Testing
- Functional Health Testing
- Physiotherapy services
- Sports Physicals

SUPPLEMENT OF THE MONTH: ULTRA FLORA BALANCE

- * Intestinal and Immune Health
- * Contains a blend of 15 billion live organisms which reflect natural bacteria composition of a healthy intestinal tract
- * Supports healthy digestive function following antibiotic use
- * Must be refrigerated
- * Also available for kids!

For more information about this supplement,
ask Dr. Minser, Dr. Fimrite, Dr. Leither, or Dr. Hovey

FEATURED ESSENTIAL OIL – MELISSA

- One of the best essential oils for shock, depression, grief and anxiety
- It helps to gladden the spirit, chase away dark thoughts, find contentment by calming a troubled mind
- Relieves stress, insomnia, and nervous tension
- Good for the first sign of allergies when sprinkled on a tissue and sniffed frequently
- NOTE: Avoid using if you have very sensitive skin

If you have any questions about essential oils, please see any of our certified massage therapists.

COUPLES MASSAGE

Looking to enjoy time with a loved one? Celebrating an anniversary or engagement?

A great way to celebrate and spend time is with a couples massage! How it works is both partners get a massage at the same time in the same room. This leads to both of you getting the benefits of massage together! Benefits from massage include: increasing circulation, reducing toxin build up in the muscles, encouraging healing, relaxing tension and tightness in muscles, improving range of motion, and reducing mental and physical stress.

Couples massages are offered in 60 minute increments and are available during the week and even on Saturdays!

SPOT REDUCING—MYTH OR FACT?

It's summer, and for a lot of people in Minnesota, that means taking advantage of as many opportunities as possible to hang out at the lake or by the pool. For many, this may bring up concerns about weight or body image, along with the motivation to do something about it!

A common belief is that it is possible to 'spot reduce' fat from a certain area such as your abdomen or thighs by performing exercises that target that area. Many magazines and web articles feature workouts promising to target 'trouble areas' where our bodies tend to store fat. If you're already lean, these suggestions may work to increase muscle definition in those areas. However, these methods won't work for reducing fat in the specific areas you want to target!

'Spot reducing' workouts generally only target small muscles, so they aren't effective at burning the energy necessary to decrease total body fat. Even with an intense workout, our bodies don't burn fat only in the areas exercised. Spot reducing is a myth!

A more effective way to reduce fat stores in the body is through a healthy diet and a comprehensive fitness plan that builds strength and cardio respiratory endurance. This type of program works to boost your metabolism and overall fitness, making your body more effective at burning fat. As your fitness level improves and your metabolism rises, your body begins to reduce its total body fat percentage, resulting in a leaner figure!

Minser Chiropractic Clinic offers different fitness programs that can be tailored to your individual needs to help you meet your fitness goals. Talk to one of the doctors or our Exercise Specialist about how to get started!

WE DO SPORTS PHYSICALS!

- ◆ The Minnesota State High School League requires a physical every 3 years, starting in 7th grade to participate in any high school athletic programs
- ◆ This means that a school physical needs to be performed before starting 7th grade and before starting 10th grade
- ◆ Did you know Doctors of Chiropractic are highly trained and qualified to perform these sports physicals for your children
- ◆ If your child needs a sports physical call the clinic and schedule one today!

Minser Chiropractic Clinic is unique because the clinic caters to women's and children's health issues. The clinic incorporates a family practice that treats men and women of all ages and works closely with other medical professions. The clinic offers quality healthcare in an atmosphere where our focus is finding the cause of your health problem.

The goal of chiropractic care is to correct any spinal or skeletal misalignments, called subluxations, in the body. When a vertebra or joint becomes misaligned or its function/motion are altered, it may cause irritation to the muscles, nerves or organ systems involved.

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Minser Chiropractic Clinic

SAVE THE DATE: 2ND ANNUAL TOUCH THE TRUCK

Save the date for our 2nd Annual Fundraising Event: Touch The Truck!

Date: Friday, September 6th, 2019

Time: 4:00-8:00pm

Location: The MAC Center

Proceeds this year are going to the St. Cloud Area FACT (Feeding Area Children Together)

Keep an eye out for more information on our Facebook page about this fun, family event!

EVERYBODY DESERVES A MASSAGE WEEK!

Take advantage of this week to try a specialty massage that you have never tried before!!!

July 15th-20th 2019

Specialty Massages Offered:

- *Hot Stone
- *Cold Stone
- *Bamboo Fusion
- *Ear Candling
- *Therapeutic Cupping
- *Thai Herbal Ball

Massage Therapy Can Help:

- *Relax your body and mind
- *Soothe anxiety and headaches
- *Increase the circulation to your muscles
- *Helps relieve fatigue and increase energy
- *Improve your range of motion

Call the clinic today to schedule your massage with one of our fabulous certified massage therapists! 320-253-5650