



Heidi Berger D.C.

Health is a journey not a destination



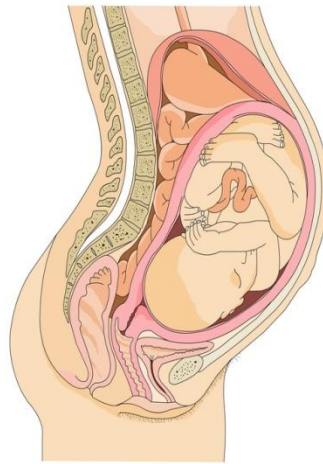
Chiropractic care benefits all aspects of your body's ability to be healthy. This is accomplished by working with the nervous system--the communication system between your brain and body. Doctors of Chiropractic work to correct spinal, pelvic and cranial misalignments.

When misaligned, these structures create an imbalance in surrounding muscles and ligaments. Additionally, the resulting nerve system stress may affect the body's ability to function optimally.

Sacral misalignment causes the tightening and torsion of specific pelvic muscles and ligaments. It is these tense muscles and ligaments and their constraining effect on the uterus which prevents the baby from comfortably assuming the best possible position for birth.

The Webster a specific adjustment that the nerve system and balance in pelvic ligaments. **This has the effects of allowing the baby to position for birth.**

This technique is a **proper pelvic for pregnant**



Technique is defined as chiropractic analysis and reduces interference to facilitates biomechanical structures, muscles and **been shown to reduce intrauterine constraint, get into the best possible**

safe means to restore balance and function mothers.

*It is strongly recommended by the ICPA instructors of **this technique that this specific analysis and adjustment of the sacrum be used throughout pregnancy, to detect imbalance and optimize pelvic biomechanics in preparation for safer, easier births.***

*Because of the effect the chiropractic adjustment has on all body functions by reducing nerve system stress, **pregnant mothers should have their spines checked regularly throughout pregnancy, optimizing health benefits for both the mother and baby.***

The International Chiropractic Pediatric Association offers classes of instruction and issues its qualified attendees a Certificate of Proficiency in the Webster Technique. Only those doctors on our site maintain recognized certification status with the ICPA.

For more information please visit:

<http://icpa4kids.org>

www.heidibergerdc.com or call Dr. Heidi : 770-639-1321 for a consultation.

