



We're trying to get pregnant...

Congratulations! This is an amazing time in your life and we want to be there to support you through everything! There are several factors that contribute to the healthiest and easiest pregnancy possible and people always want to know what they can do to improve their chances for both. The biggest obstacle to conception and a successful pregnancy starts with your body's stress response.

Put simply, if you're stressed, your body isn't going to be in the best condition to carry a child. Think about this, your nervous system has a very special system called your "fight or flight" response that protects you when you're in danger. If you had a tiger coming at you, your body goes into your "fight or flight" response (stress response) and do you think your body will let you conceive under those circumstances?

The problem is we live in a very stressful world. We're not getting chased by tigers but we do have physical, chemical and emotional stresses that we endure at levels never before seen in the history of humankind. You NEED to get your body out of this stress response.

How do I do that?

Chiropractic care for mom AND dad. Yes, dad, you too. This is the single most important aspect. The job of the chiropractor is to locate, analyze and reduce any interference to the nervous system (nerve STRESS). By reducing nerve stress, mom and dad move further away from "fight or flight" and closer to "rest, digest, heal and conceive."

We're both already under care, what else should I do?

Reduce chemical stress – the things you put into your body are very important! This includes a healthier diet, less medications and lots of water! Specifically I recommend a Keto diet - <https://perfectketo.com/ketosis-during-pregnancy/>. Consider incorporating these supplements into your daily routine as well:

- Vitamin D: 1000iu per 25lbs
- Omega 3: 1000mg per 40lbs
- Chaste Tree: 20-40mg regardless of weight.

Is that it?

Physically yes, but I would also recommend you get your mindset as focused and stress free as possible. What does that mean?

- Daily Meditation
- Daily Gratitude Journal (just write down things your grateful to have in your life – easy!)

Start working on improving these aspects of your health and you'll have a little one on the way in no time! If you have questions please reach out, we're here to help!

Dr. Erik and Mackenzie Coombs