

# CHIROPRACTOR

**Q** Should I go to the chiropractor when I'm pregnant?

**ANSWER:** ABSOLUTELY!!! Chiropractic helps you have an easier pregnancy. It not only helps decrease labor and delivery time it also helps the expecting mother with the aches and pains she will experience during pregnancy. According to the research women receiving Chiropractic treatment during their first pregnancy had 24% shorter labor and delivery time. Women who have had more than one pregnancy reported 39% shorter labor and delivery time and 84% of women who received Chiropractic treatment during pregnancy reported relief of their back pain. Chiropractic is a natural form of healthcare and is ideal for the expecting mother.



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