



## SLAYMAKER CHIROPRACTIC, P.C.

*Chiropractic for Real People.*

### THE VIEW FROM 1ST AVENUE

#### NATIONAL CHIROPRACTIC MONTH

We are celebrating National Chiropractic month at Slaymaker Chiropractic, P.C. We want everyone to know the many [benefits of chiropractic!](#)

You've benefited from going to the chiropractor; now it's time to talk up chiropractic with friends and loved ones. **Everyone deserves to feel better!** For the month of October, bring in a friend or loved one to learn more about chiropractic and we'll treat you both a chair massage!

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[Learn more about Dr. Slaymaker](#)

#### CHIROPRACTIC AND PREGNANCY

By Meredith Slaymaker, mother of two

When I first got pregnant, I read every book, checked the daily calendar online of what my future child is growing that day and I made sure to keep my body healthy because after all, it was providing for two! One of the greatest decisions I made during my pregnancy was to continue getting adjusted regularly. I had read about the many benefits including potential easier labors and quicker healing after delivery. I used chiropractic through both of my pregnancies, and can say without a doubt that chiropractic made a huge difference in how comfortable I was throughout each of my pregnancies. If you or someone you know is expecting a baby, this is a great time to talk to them about the benefits. [Learn more about pregnancy and chiropractic](#)



#### Need a break from reality?

Now is a great time make an appointment for an adjustment and a 15 minute chair massage using the Human Touch massage chairs.



#### MYTH OF THE MONTH

**Myth:** It hurts to be adjusted

**Reality:** Typically it does not hurt to get adjusted. Chiropractic adjustments are comfortable and safe for the whole family, from infants to pregnant women and the elderly. For hundreds of thousands of Americans, visiting a chiropractor is just routine - like regular dental check-ups.

#### KNOW THE BENEFITS OF CHIROPRACTIC CARE

- Better athletic performance
- Faster, more complete recovery from injuries
- Better nervous system function - which controls every aspect of your body
- Better immune system function - fight off disease naturally
- Healthier moms - easier pregnancy and delivery
- Healthier babies - less in-utero constraint and subsequent scoliosis
- Healthier kids - less ear infections, asthma, bed-wetting, etc.
- Healthier adults - more energy and productivity
- Healthier seniors - better balance, less likelihood of falling that often causes hip fracture
- Overall natural vitality

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