



SOUTHERN SPINAL CARE



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PREGNANCY BIRTH AND CHIROPRACTIC

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Dr Terry Notaras is a Doctor of Chiropractic and Doctor of Osteopathy. He is registered as a Chiropractor and Osteopath with the Chiropractic Board of Australia and is a member of the Chiropractors Association of Australia. Dr Notaras is also an Associate Member of the Australasian College of Chiropractors.

Dr Terry Notaras has lived in the local area for 39 years and has been in private practice for 28 years. He has served on the Executive Committees of the Chiropractors Association of Australia.

Dr Notaras has looked after the health of some of the world's best professional Golf Tour. He has also looked after the Olympic Cycling Squad as well as many other elite athletes. This background allows the technique used at Southern Spinal Care to be the latest and the most effective in the world.

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Women report a remarkable difference in their pregnancy and birth outcomes when they have had chiropractic care. Enhancing the wellbeing of the parents naturally assists the developing baby. Adjustments ensuring maternal pelvic, spinal, cranial, neurological and biochemical balance contribute to a better birth outcome. Infant adjustments post delivery ensures balance of the nervous system as the baby continues to grow and develop.

How we come into the world and how we bond profoundly influences the architecture of our brain, dramatically impacts our relationships and influences us for the rest of our lives. Birth practices and the birth experiences also influence how well breastfeeding is established. Breastfeeding, a key component of bonding, is also essential for immune development and function and impacts cognitive development.

The results of research evaluating the effects on babies whose mothers had or had not received epidural analgesia during labour will come as no surprise to chiropractors. When neurobehaviour was evaluated in the infants from both groups, results indicated that the higher the neurobehaviour functioning of the baby, the higher the breastfeeding behaviour score. The conclusion states "When determining physiologically what is important for the infant to successfully latch on and feed, it appears that an intact and functioning central nervous system may be one of the crucial elements."

Chiropractors influence the functioning of the central nervous system, assisting not only in the health, wellbeing and

neurological development of a baby, but also in establishing breastfeeding, particularly when there has been cranial, jaw or neck dysfunction. This extends to calming unsettled and colicky babies.

To continue to influence the next generation, a new Facebook site has been established, the Chiropractic Community for Birth Centres(Aust). The aim of this group is to link like-minded, passionate chiropractors and chiropractic advocates who would love to play an integral role in seeing pregnant mums and babies have the option of chiropractic adjustments throughout pregnancy and labour in Birth Centres Australia wide.

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