

# Increasing the chances of conception ...

## With Chiropractic Care

By Gail Rees-Jones

Chiropractic care is one option for helping you to conceive the natural way. Chiropractic in and of itself is not a "cure" or a treatment for infertility, however, **by correcting distortions in the parts of the body where the reproductive organs are located it may lead to an increase in fertility.**

Chiropractic medicine works under the assumption that the body knows how to heal itself. All Chiropractic doctors focus on the twenty-four bones in the spine, each connected to nerves that affect various body functions. A subluxation, or restriction, describes what happens when spinal bones lose their normal motion or position, this may cause nerves to become stretched or twisted (pinched) and interfere with the communication between the brain and the rest of the body. The Doctor of Chiropractic specializes in the detection and correction of subluxations.

There are several theories on how chiropractic may increase fertility. One of those deals with the relationship between the nervous system and the reproductive system. A number of nerves run from the spine sending signals into the body affecting all systems, including the reproductive system. Actions in the body that are controlled by the nervous system, such as ovulation, may be hampered by the presence of a subluxation in the involved spinal segment. New research, published in the May 2003 issue of the *Journal of Vertebral Subluxation Research* by Dr. Behrendt supports this theory. Dr. Behrendt says when the back is misaligned, the nerves misfire and cause a hormone imbalance, which can prevent a woman from getting pregnant. Chiropractic treatment, aimed at re-aligning the spine, may help increase female fertility.

Another theory deals with the mechanical aspect of the spine and pelvis. As the foetus is housed in the pelvis, it is important that the musculoskeletal system is correctly aligned. It may help to increase the chance of conception if the soft tissue (including musculature, ligaments and tendons) and boney pelvis are in the optimal position. Chiropractic treatment will ensure correct alignment of the skeletal structures and muscle tone which may increase the chance of conception.

Chiropractic is a health care profession that takes a holistic approach to patient management and may be a natural alternative in helping to increase fertility in women.

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