



Chiropractic Newsletter

Discover Chiropractic

Fertility and Chiropractic

Does chiropractic help with fertility? A few years ago, a couple walked into my office seeking to change their health and lifestyle. They both already had children from previous relationships, but desperately wanted a baby together. They had been trying to conceive naturally for five years already. They tried changing their diets, adding more vegetables and fruits. They also added light exercise and reduced their stress for over a year. Changing your eating habits, light exercising, and reducing stress are fantastic ways to boost your health and well-being!

These changes definitely made a difference, but they still struggled with infertility. After spinal evaluation of the couple, the wife, Janine, was shown to have a scoliotic curvature in her low back. A scoliosis is an abnormal curvature of the spine that puts pressure on the nerves, causing impaired function of the nervous system. The nervous system is the most important system of the body. It consists of the brain, spinal cord, and all the nerves that feed into and control other functions of the body. The nerves in the low back



feed into and control the reproductive organs.

On one visit, after I had been adjusting Janine for several months, I asked the date of her last menstrual period. She told me she was late. She and her husband decided to take a pregnancy test in the office, at my suggestion. They walked out of the bathroom with tears running down their faces. The test was positive! When I asked if there was anything they had done differently, they said, “We started chiropractic care!”

According to the American Pregnancy Association, “In many cases, fertility issues may be associated with improper nervous system function, poor nutrition, high stress, and poor lifestyle habits.” Chiropractors are nervous system specialists, and reducing interference in the nervous system is

their primary goal. Janine received chiropractic care throughout her pregnancy, and vaginally delivered a healthy baby boy.

Chiropractic care does not “cure” infertility. Chiropractic care simply removes nerve interference, allowing the body to function and heal better.

—By Kristin Gaines Porlier, DC

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