

From Rough Start to New Beginnings!

My pregnancy and birth with my son did not go as expected. I had 5 miscarriages prior to his conception. Due to this his entire pregnancy I spent in a state of stress. I suffered from pelvic and groin pain, as well as hyperthyroidism. My birth was very traumatic. The hospital was unsupportive of the birth I wanted, even laughed at me for my wishes. I had to share my recovery room with 5 other new moms. **Breastfeeding was difficult, we had issues with latch, thrush, and reflux. It was just an overall rough beginning.** Fast forward almost three years later I found Dr. Gina through a recommendation of a friend.

My initial goals for seeking care for him were to improve his ear infections, help him thrive, put weight on, and to grow. Since beginning care Nicolas no longer suffers from ear infections and has started to grow and put on weight! **Aside from meeting my original goals, we've surpassed ones I didn't even know we could!** Nicolas had a tic that disappeared, he has less anxiety, and is an overall calmer child. **He used to run from room to room and never stop. Now when he comes in he can stay and play in one place.** His speech has taken off and he is talking more and more every day. **He has never been a great sleeper either, often up late at night and wakes several times through the night. He is now going to bed at a more reasonable hour and sleeps for solid blocks of time.** The other day he went to bed at 8:30pm and I didn't know what to do with myself.

I actually had free time!

Dr. Gina and staff have been so supportive and accommodating to me and my son. He loves coming here to see Dr. Gina and get his adjustments.

I am so thankful to have more of who he is shine through! I am looking forward to having new goals and meeting them!

-Stephanie + Nicolas

