



I first sought out Chiropractic care when I was pregnant because I was suffering from Migraines 1 ever 4 days that would last 3 days. They were debilitating; I couldn't talk, do anything, and they would also make me very nauseous. **I was running a business and trying to take care of my older girls while wearing giant sunglasses and ice packs all day for some relief.**

At that point my doctor was about to put me on a medication that I wasn't comfortable with. **I asked him if there was another alternative and he suggested Chiropractic and Acupuncture.** I figured what do I have to lose, I will try Chiropractic.

Since beginning care I have not had a single migraine.

Even before pregnancy I was getting migraines every month. I also was experiencing radiating sciatic pain that got instantly better with my first adjustment. I was shocked because I didn't even realize Chiropractic care could help me with that too. **After my first adjustment with Dr. Gina I was able to walk around my house,**

cook, and clean without any pain. I joked with my husband that Dr. Gina has "magic hands." I noticed I was sleeping better and more comfortable overall as well. I never had to seek care with an Acupuncturist because my results were so awesome with Chiropractic.

After my baby was born, I brought him in to see Dr. Gina because of his cheek, lip, and tongue ties. He was also very constipated. He immediately went to the bathroom after his first adjustment and he hadn't gone in days prior to that. Since beginning regular care with him his latch has improved and so has his constipation. **He didn't move his right arm after he was born, we were nervous that he had an injury.** Dr. Gina noticed this and worked on it. **That night he moved his right arm more than he ever had and hasn't had an issue since.** My husband, who previously was apprehensive about getting our son adjusted, noticed it right away. He instantly became a believer!

My message to moms is just give it a try! It is very different than I thought for both mom and baby.

Not knowing much about Chiropractic, I was very skeptical and I was very scared to come in originally. I now wish I would have come sooner. **I wish I would have known sooner that I could have gotten relief from my migraines and sciatica pain.** I'm grateful to have found this office that set my fears at ease and has greatly impacted mine and my baby's life.

-Shay and Hudson

