

I came to see Dr. Gina because my son had a tongue tie. My lactation consultant recommended following up with a Chiropractor. Jaxon was crying so much all the time, he squirmed while nursing, didn't sleep well, and didn't poop regularly. **It was 2 months of misery before I came.**

I wish we would have come here straight away. Now all of those things have improved or been fixed. Everything is so much better and manageable. More comparable to what a normal baby goes through as they hit those milestones during growth.

It gives me comfort and support to know that there are people here who care about me. I have found a community that remembers what I say and the events in my life. **It makes me feel more than just another number in the office.** I really value the wealth of knowledge that is available in the office as I move to wellness-based visits. I am a first-time mom. There is so much I don't know. **You're not just paying for the adjustments. You're also paying for the wealth of knowledge that this office and Doctor has.** For example, I've learned so much about supplements and their benefits. Probiotics were a game changer for my son, I highly recommend them to all moms. **The benefits of essential oils like copaiba and marjoram, Arnica cream...I could go on and on. Those gems of knowledge are worth their weight in gold.**

If I look back two months ago where we were, I can see a world of difference. Change happens overtime, be patient and stick with it. Yes, it is an investment, but wouldn't you want to do everything in your power to make your baby happy and healthy? Sacrifice in another area of your life and give your baby the care he or she needs. I can see now why the three times a week visits were necessary and why it took time to get him feeling better. My advice to other moms would be to not get discouraged by other people. I had so many people tell me this wasn't worth it or that Jaxon just needed a few visits. **It was hard to push through that pressure and continue, but I did and I'm so thankful I did. Now everyone is completely on board with it and they can see the results.**

My first pregnancy was a miserable experience and made me only want to have one child. I was dreading the thought of being pregnant again, knowing my husband wanted another baby later. **Now I am hopeful and excited to have another baby and to see what chiropractic care can do for me.** I have seen the post birth process and how much it helped. I am very optimistic that I will have a much better pregnancy and birth experience. **Now I have hope.**

This has become a part of my life. A daily routine.

-Stephanie + Jaxon

