

I started my chiropractic care with Dr. Gina during the second trimester of my pregnancy with my daughter. As a teenager, I was in a car accident where the truck flipped completely over on the passenger side, where I was sitting, and bruised the entire right side of my body; I never received or sought medical care afterwards. **Then, a few years later, I jumped off a roof into a pool and broke my foot and ankle having missed the pool by a fraction.** Fast forward to my late twenties, I'm a hairstylist that works long hours standing on my feet, bending over shampoo bowls and using my arms and back often to cut, color and style my clientele. Aside from my physical ailments, I've also suffered from general depression and anxiety disorder. **Needless to say, when coming into Inspire Life Chiropractic I was in bad shape having ignored my aches and pains for many years.**

When I became pregnant with my daughter, I was set on having a natural water birth. **A good friend of mine has had 3 successful and beautiful natural births and I knew she practically lived at her chiropractor's office.** I thought it would be a great way to prepare my body for my little bundle's arrival.

My first impression of Dr. Gina's office is that it was so chic and inviting. You feel like you're walking into a spa and not a medical facility. Her staff is incredibly lovely and helpful. The girls at the front desk always give me a warm smile and greeting. They also take the time to get to know you, asking questions about life outside the office. **As someone who gets anxiety in doctors' offices and will avoid them at all costs, I genuinely look forward to my chiropractor visits.** Dr. Gina is gentle, personable and informational without being pushy. You can see clear as day she has a heart for mothers and children.

After just over a month of adjustments, I can report that my body feels great. I would have tapped out of work early on because of my back pain alone, but each adjustment keeps me comfortable while my body is growing and changing to support this pregnancy. **What I didn't expect was to feel so happy, calm and have all this natural energy.** I feel extremely cared for with Dr. Gina and her team. I know without their help; this pregnancy would be entirely different and I'm so grateful I called to make an appointment. Now, I recommend her office to everyone, especially my pregnant friends. **I feel like it's the natural support that's missing in prenatal care today.**

-Tessa

