



Establishing
and
Advancing
the
Chiropractic
Family
Wellness
Lifestyle

FOR IMMEDIATE RELEASE:

February 12, 2008

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Yost Family Chiropractic Offers Extra Support for Pregnant Women

From acupuncture to keeping a pregnant woman's body in balance to providing nutritional advice throughout pregnancy, Yost family Chiropractic offers customized packages to make each woman's pregnancy journey more comfortable and manageable.

Yost Family Chiropractic, which opened four years ago, has a team of two doctors who specialize in women's health, pregnancy, and pediatrics. Their practice has grown every month as more and more women seek personalized support for their pregnancies.

"We're definitely seeing a trend in more women taking more control of their overall wellness," said Heather Yost, D.C. "It's especially important during pregnancy for women to be in tune with their bodies and seeking support for the many changes their bodies go through in that 40 week period. Yost Family Chiropractic provides a multitude of support options to help make pregnancy a comfortable, healthy, and happy experience."

Yost Family Chiropractic offers a variety of services that can be packaged to meet each individual's needs. Services included:

- **Chiropractic Care:** Can help relieve low back pain, assist in keeping the uterine ligaments balanced and transverse fascial release that includes massaging the soft tissue around the fetus to reduce inutero constraint to improve circulation and chances of optimal positioning during labor.
- **Acupuncture:** Can be used to treat morning sickness, infertility as well as induce labor.
- **Massage Therapy:** Can reduce stress, decrease swelling in the arms and legs, and relieve aches and pains in muscles and joints.
- **Nutrition:** Yost Family Chiropractic doctors are trained on the increased nutritional demands for a pregnant body.

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