

# SUCCESS!!

I first made an appointment with Dr. Dent when I was starting to get pretty uncomfortable mid-pregnancy with my second daughter. Harbor Bay Chiropractic was recommended to me by another mom in prenatal yoga class. I had not seen a chiropractor with my first pregnancy until I was already past my estimated due date and desperate! I knew if I got pregnant again, I'd want to seek chiropractic care sooner.

I was having quite a bit of lower back pain when I came in for the first evaluation with Dr. Dent, which resulted in difficulty sleeping and doing things around the house. Besides that, I knew that regular chiropractic care during pregnancy would optimize my chances for having a relatively uncomplicated labor and birth, which was my goal. Dr. Dent was able to recommend a regimen she felt would help me, so I started coming every week.

After every adjustment I noticed immediate relief, which lasted most of the week until my next appointment. Between the weekly adjustments and the at-home exercises and stretches Dr. Dent recommended, I was able to get through the rest of my pregnancy with much less pain and discomfort. I was also reassured that I was giving my baby the best chance for getting and staying in the best position for birth.

My labor didn't start until 41 weeks, 4 days of pregnancy, but once it did, the labor was very fast and I had a natural, unmedicated, and relatively easy birth. I believe that the chiropractic care I received at Harbor Bay contributed to my birth experience. Regular postpartum adjustments have also helped to keep me feeling great and ready to meet the physical demands of caring for a newborn and a preschooler.

Dr. Dent and her staff are fantastic and I always feel like I'm going to a spa treatment when I have an appointment. Dr. Dent's methods are gentle and effective. The office staff are always friendly and warm, and I never had to wait long than a minute or two past my appointment time. I would recommend Dr. Dent and Harbor Bay Chiropractic to anyone, especially expectant and postpartum mothers.

I hereby give my permission to publish my success story in whole or to summarize its contents in any of the publications of Harbor Bay Clinic of Chiropractic.

Signature Julie A. Davis Date 10/22/13