

Chiropractic Care Can Help Breastfeeding!

Breastfeeding is a health choice that has numerous benefits. There are immense nutritional benefits to breastfeeding; additionally, some research suggests that breastfeeding can help increase immune system responses for infants.

Mothers also experience benefits from breastfeeding, such as a lower rate of breast and ovarian cancers, as well as diabetes.

However, not every child latches on to breastfeeding easily. It can be challenging for mom to get her infant to cooperate when it comes to feeding. A literature review on this topic revealed multiple cases where chiropractic care helped infants who had trouble with breastfeeding.

In the research, chiropractic care was used to help correct subluxation and subsequent imbalances which had been linked to the infant's difficulty breastfeeding. One study reviewed found an 80% recovery rate for little ones. Another study found that 78% of patients were able to breastfeed after just two to five chiropractic adjustments.

A third study found that 93% of mothers reported an overall improvement in feeding their infants, with 60% exclusively breastfeeding! Chiropractic care has been found to help improve the musculoskeletal dysfunction of infants. When proper alignment and function of the nervous system is restored, infants are more comfortable, and this can lead to an improvement in their inability to breastfeed and address overall feeding difficulties. Babies must get proper nutrients – no matter which feeding route the parents choose to go. Chiropractic care has been shown to help provide a baseline for proper function, overall comfort, and optimal growth for infants! Think of how many families can benefit from this information, let's share together!



Numerous research studies on chiropractic care have demonstrated significant improvements in breastfeeding in those who previously struggled!

Edwards, C. N., & Miller, J., BA, DC, PhD. (2019). What is the evidence that chiropractic care helps sub-optimal breastfeeding? Retrieved from <http://jccponline.com/Edwards.html>



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