

Post Partum Adaptability

Pregnant mothers undergo a lot of different changes. Not only is the body rapidly changing physically as it works hard to grow another human, but mothers can also be left with emotional and mental tolls on their body as well. In fact, mood and anxiety disorders are prevalent in many pregnant women, with 10-20% qualifying as a major depressive disorder.

As a result, pregnant mothers are left with enormous amounts of stress on their bodies. Stress and adaptability to that stress and other changes can play a larger role in a person's long-term health.

Researchers have recently shifted a focus to studying the heart rate variability (HRV) of pregnant women. We know that our nervous system controls HRV as our nervous system works to regulate our heart rate. When we have a low HRV, we know that our nervous system cannot function optimally, and measuring HRV can be a useful way to measure our nervous system function in general.

Not only does our nervous system control our HRV, but it can also play a role in our body's ability to adapt to stress and changes. Researchers have found that a lower HRV has been found in women suffering from mental and mood disorders. This suggests that an optimally functioning nervous system could be beneficial as the nervous system is more equipped to adapt. Implementing neurologically-based chiropractic care allows us to have better mental health as we allow the body to function without interference! Improving the way the nervous system can adapt to changes can help pregnant mothers' bodies adapt to the stress and changes of pregnancy much better!



Research demonstrates that pregnant mothers with better heart rate variability, a measurement of nervous system adaptability, have a reduced risk of post partum anxiety and depression.

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