



Prenatal Care

Pregnancy is such a miraculous time in a woman's life. Developing and carrying a baby requires expectant mothers to take special care of themselves.

We offer various Prenatal Care options at Performance Integrated Health and each offers numerous benefits. Here are just some...



1. Benefits of Prenatal Acupuncture

- i. Relieve Nausea
- ii. Reduce Pain & Swelling
- iii. Breech Position – Can help baby turn...
- iv. Reduce Fatigue
- v. Alleviate Depression
- vi. Relieve Headaches
- vii. Labor Preparation
- viii. Labor Induction

2. Benefits of Prenatal Chiropractic Care



3. Benefits of Pregnancy Massage

- i. Ease Muscle Pain and Tension
- ii. Promote Mobility
- iii. Ease Headaches
- iv. Promote Relaxation

