



Member Spotlight June 2007

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Meet Dr. Franca Alterman, a local chiropractor who helps women avoid C-Sections, feel better during pregnancy and have easier labors

Cara Doud was a twenty nine- year-old pregnant mother of one, and thirty-three weeks into gestation when her midwife said the baby was in a high risk position which might require Caesarian delivery - the baby was 180 degrees from the normal head-down position for birth. Knowing that she wanted to avoid a possible C-section, she presented to Dr. Alterman's office. After two weeks of chiropractic adjustments a new examination by the midwife showed that the baby was in the proper head-down position. As Cara explained in a testimonial letter to Dr. Alterman: "Your gentle, yet effective, adjustments relieved me of the horrible lower back pain I thought was a "normal" part of pregnancy. More importantly, your adjustments helped my baby to turn out of the breech position. Not only did this allow for an easier delivery, but it allowed me to have a home birth. What a beautiful experience and one that I would not have been able to have if it weren't for your expertise. So, thank you Dr. Alterman from the bottom of my heart. You truly have left a wonderful mark on me an my family." The main focus is on the alignment of the spine and pelvis of the mother-to-be, to reduce interference to the nervous system and to balance out pelvic bones, muscles and ligaments, which, in turn, relaxes the uterus and removes undue strain and tension in it. This allows the baby to get into the best possible position for birth. The techniques used do not involve any risk to either mother or baby because they are NOT in any way a medical procedure. Since pregnant women are advised not to take any medications during pregnancy, chiropractic care offers a safe, painless and very effective way to deal with some of the most common complaints of pregnancy, namely, mid and lower back pain, headaches, neck pain, leg pains, pubic bone pain, round ligament pain, nausea/vomiting, and malpresentations of the baby (breech, transverse, etc). It is common for morning sickness and nausea to respond immediately following a spinal adjustment. "I wish somebody would have told me about chiropractic care during my last pregnancy, maybe I would have been able to enjoy it. I was miserable from the start with constant nausea," says Stephanie Christopher, a pregnant mom with her second child who now receives regular adjustments at Dr. Alterman's office.

Dr. Franca Bernal Alterman is a 1984 cum laude graduate of Life University in Marietta, Ga. She has twenty-two years of chiropractic experience, and has practiced in Jacksonville Beach, Florida since 1986. www.ajchiropractors.com (904) 241-1010