

*Hello Davis and surrounding areas! Let me introduce myself:*

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## **Dr. Lynn Gerner, Chiropractor**

✿ I have just moved with my husband, David, and our three children from Santa Cruz where I had the joy of owning/operating a vibrant private practice. I have an advanced degree in Pediatrics/Obstetrics), am a trained doula, and was very involved in the natural birth community in Santa Cruz. I was a member of the Santa Cruz Birth Network; working closely with many midwives, obstetricians, and pediatricians there.

✿ I have had much success in my practice working with pregnant women to alleviate discomfort during pregnancy as well as assisting with a healthy, gentle birth through the alignment of the spine and pelvis. The balance of your body is not only important for your comfort and ease in delivery, but also allows your baby to grow normally. If the growing fetus is in cramped quarters or in a compromised position during development, his body and nervous system can actually grow out of balance.

✿ Once you both have had an amazing birth experience, the next step is check your bundle of joy and to address any needed post-partum care. Under the very best of circumstances in a “non-invasive” birth, the baby’s delicate nervous system, which is protected only by pliable cartilage until the vertebrae ossify later in childhood (it is not fully solid until age 18!), is subject to extreme pressures while passing through the birth canal. Sometimes complications arise during the birth process such as induced or prolonged labor, misalignments of Mom’s pelvic outlet causing baby to get stuck on internal structures, positional abnormalities of the baby (such as a transverse, frontal, or breech presentation), etc... This necessitates a longer, more forceful delivery and possibly traction of the baby’s head and upper body. Extreme cases can include the use of forceps, vacuum extraction and/or Cesarean section. These interventions obviously place excessive strain on the infant.

✿ The most common injury during birth, which can bring the most serious and varied consequences, is to the cranium (skull) and upper cervical spine (neck) which protects the brain and brainstem. This area coordinates all life-sustaining functions such as respiration, cardiac rhythm, immunity, muscular control, and neurological development. Another area frequently injured is the thoracic spine (mid-back) which innervates the main muscles of breathing such as the diaphragm. This is most likely to occur during a Cesarean section as the baby is pulled via the arms/shoulders through the small incision. Babies delivered via C-section have a alarmingly high rate of developing asthma later in life.

✿ Another common referral to my office is made by lactation specialists because of nursing difficulties. This can be caused by misalignment of the cranial bones, in turn causing imbalance of the jaw. Aside from the bony structure, the muscles of the jaw can be affected as well, as they are controlled by cranial nerves exiting from the base of the skull. Strain and misalignments of this area can weaken these muscles and affect your baby's ability to suck properly. Many other issues can result from pressure on the soft tissues and nervous system. Common conditions such as ear infections, colic, digestion difficulties, bed wetting (in the older child) and many others respond well to gentle Chiropractic care.

✿ It is important to know that the care for a child is extremely gentle; usually only requiring acupressure type adjustments and soft tissue work. I use a variety of gentle techniques on adults including stretching, specific spinal adjusting, "drop-table", activator, ligament acupressure, and cranial-sacral therapy. \*\*\* I am also certified in the WEBSTER "breech turning" technique, having successfully assisted many breech presentations to turn naturally.

✿ It is my joy and privilege to help you and your children to have the very best opportunity to grow and develop into a vibrant, healthy, confident new generation. Our mission in my practice is the change the world for good, one person at a time, by sharing our gifts of healing, education, and genuine care.

✿ Please feel free to contact me at: [drlynn@gernerchiropractic.com](mailto:drlynn@gernerchiropractic.com)