



Drs. Alan and Elaine Levy, Chiropractic Physicians, graduated from Logan College of Chiropractic in April 2006. Upon returning to Myrtle Beach, they opened Sea One Family Chiropractic. Their practical approach to chiropractic health care has improved the quality of life for dozens of patients.

It is Drs. Alan and Elaine Levy's highest goal to help as many families as they can through quality chiropractic care. They love nothing more than to see their patients achieve optimum health.

Come see "for your health" how chiropractic can impact your life!



Got PAIN? Get Relief

Did you know? It is estimated that 50–70% of all pregnant women experience mild to acute back pain!

Back pain may cause a pregnant woman to experience lost or disturbed sleep, significant time off from work, an inability to perform normal daily activities, or even complete bed rest.

Hints to help relieve back pain include:

- Watch your weight gain; talk to your OB about what's right for you
- Exercise to strengthen the muscles in your neck, back and abdomen; try yoga or Pilates
- Rest as often as possible; use a pregnancy body pillow for support
- If you sit at a desk job, practice good posture and use a footstool
- Most importantly, get adjusted regularly!

Chiropractic adjustments are a safe addition to regular prenatal care. Drs. Alan and Elaine have been specifically trained to meet the needs of their pregnant patients.

While some people are raising their eyebrows about pregnant women receiving chiropractic care, many women and unborn babies are safely enjoying the benefits of getting adjusted!

Benefits of chiropractic during pregnancy include:

- Improved nervous system function for both mother and fetus
- Proper alignment of the pelvis supports the growing uterus and allows maximum room for the baby to grow
- Proper positioning of the fetus for labor and delivery helps to reduce pain and allows for an easier birth
- Eliminating some common hormonal side effects

Do you know a pregnant woman who could benefit from chiropractic care?

