Boise Chiropractic Dr. Yvonne Is Offering General, Pediatric, and Pregnancy Chiropractic Services In The Boise Metropolitan Area

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Dr. Yvonne, a fully licensed, board-certified Doctor of Chiropractic, has been serving the Boise Metropolitan area since 2011. The doctor claims that her experience working with hundreds of individuals all around the world has given her a level of expertise in the field. The doctor offers general, pediatrics, and pregnancy chiropractic services.

Chiropractic care is a drug-free, non-surgical approach to healing and wellness. Chiropractors focus on performing adjustments or manipulations on parts of the body, especially the spine. Chiropractic aims to restore the structural integrity of the body to heal. The goal of chiropractic care is to correct alignment problems, ease pain, and support the body's natural ability to heal itself. Chiropractic practitioners are also known to use other supplementary treatment methods such as heat and ice, electrical stimulation, relaxation techniques, rehabilitative and general exercise, counseling about diet, weight loss, and other lifestyle factors, and dietary supplements.

When asked, Dr. Yvonne herself, about her chiropractic practice, she says, ?I believe everyone deserves to live a happy, healthy, and pain-free life. In times of external injury, it can be very stressful to take a step down the road of recovery. The amount of work required from the patient and the trust placed in the doctor are two critical points that can contribute to the stress one feels. You need someone professional and well versed with all kinds of ailments to find the right treatment for you. With my experience in chiropractic care, I am the expert that you are looking for. I can help you get out of pain, recover from injury, and stay healthy.?

Dr. Yvonne?s clinic treats patients who may have hurt themselves in car accidents, those with disc injuries, food sensitivities, lower back pain, sports injuries, headaches, and jaw pain. The clinic also offers Cold Laser Therapy which is also sometimes called Low Level Laser Therapy (LLLT). Cold Laser Therapy uses

wavelengths of light to accelerate healing processes. It can be used on humans and animals to help eliminate pain, swelling, reduce spasms, and increase overall functionality.

The clinic also places a specific focus on pediatric and pregnancy focused chiropractic. Dr. Yvonne has been extensively trained in pediatric chiropractic. Dr. Yvonne is also trained in the Webster Technique, which is a specific class of treatments reserved for pregnancy.

When asked to elaborate about her pediatric practice, Dr. Yvonne says, ?I?m a mom myself and I understand how painful it can be to watch your little one in pain. I make sure to be very gentle and focused when it comes to treating children so that I can help them recover as fast as possible. I understand that a pregnant body and a growing baby needs gentle, specific chiropractic care. My years of experience in this domain gives me the confidence to achieve just that.?

When asked to elaborate on the Webster Technique, she says, ?Dr. Larry Webster, Founder of the International Chiropractic Pediatric Association, discovered the Webster Technique as a safe means to restore proper pelvic balance and function for pregnant mothers. It focuses on the pelvic floor, its bones, its muscles, and its ligaments. Specifically, the bone you sit on and the baby rests on, is called the sacrum. With the ligaments getting loose to allow for labor, the sacrum can get twisted and the round ligament (the one on the front that holds the baby up) can get knots. This causes mom pain and makes it difficult for the baby to come out. Healthy alignment of the sacrum and round ligaments will decrease pain, reduce tension on the uterus, and allow for a great delivery. We also check the psoas muscles which can get very tight due to the extra weight of the baby.?

Interested customers can read more about Dr. Yvonne and the treatments she offers on her website at https://elifeboise.com/. The website can also be used to book appointments. The clinic can also be reached at its phone number at (208)-991-0352.

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For more information about Essential Life Boise, contact the company here:Essential Life BoiseDr. Yvonne(208) 991-0352info@elifeboise.com2375 W. Chinden Blvd. Suite H, Boise, ID 83713

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Website: https://elifeboise.com/

Email: info@elifeboise.com

Phone: (208) 991-0352