



## **MaxLiving Chiropractic Enhances Prenatal Chiropractic Care in Naples, FL to Support Expectant Mothers**

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MaxLiving Chiropractic enhances its prenatal chiropractic care in Naples, FL to support expectant mothers navigating the physical demands of pregnancy. The clinic addresses spinal and pelvic misalignments that arise from rapid body changes, offering gentle adjustments consistent with its commitment to family wellness in the Naples community.

Pregnancy often introduces stress on the spine and pelvis, which can contribute to various discomforts. The prenatal chiropractic care at the clinic focuses on these areas through careful, non-invasive methods. This service forms part of the broader approach to natural health that defines the practice.

Reported benefits of prenatal chiropractic care, based on studies and clinical observations, may include reduced labor and delivery time through better pelvic alignment. Improved posture emerges as the body accommodates increasing weight and shifting center of gravity. Sciatica relief addresses nerve-related discomfort common in later stages, with research indicating improvement in symptoms for a majority of

patients.

Decreased nausea provides comfort during early pregnancy, though evidence is primarily anecdotal and linked to nervous system function. Better sleep results from reduced physical tension, promoted by joint and muscle relief. Prevention of breech presentations supports optimal fetal positioning, with techniques like the Webster method showing potential in reducing such occurrences, according to studies. These outcomes are not guaranteed and vary by individual, with ongoing research needed to confirm broader efficacy.

Patients seeking a Prenatal Chiropractor in Naples, FL, find the clinic's methods centered on safety and individual needs. The adjustments remain gentle throughout all trimesters, aligning with the philosophy of honoring the body's natural processes.

Dr. Maryella Loman leads much of the family and women's health focus at the clinic. She graduated from the University of Minnesota and Northwestern Health Sciences University in 1989. Initially pursuing orthopedic surgery, Dr. Loman experienced a car accident that introduced her to chiropractic care. The relief and underlying philosophy prompted her career shift. With more than 29 years as a board eligible Chiropractic Sports Physician, she brings clinical insight to prenatal applications. Together with Dr. Greg Loman, she launched MaxLiving Chiropractic - Naples in January 2018, building on their collective service to Naples families since 1992.

Dr. Greg Loman complements the team with his background from Life University in 1990. He developed one of the largest chiropractic clinics of its era and contributed as a New York Times best-selling author of One Minute Wellness. His experience includes hosting health programs and achieving success in professional racing while advocating for chiropractic principles. Dr. Greg Loman co-founded the guiding principles of MaxLiving and the 5 Essentials framework, which underpins the clinic's approach to comprehensive wellness.

The 5 Essentials framework integrates core chiropractic adjustments with nutrition, mindset, oxygen and exercise, and toxin minimization. In the prenatal context, this structure supports maternal preparation by reducing interferences to natural processes. Expectant mothers receive care that considers interconnected health aspects during pregnancy.

Care at the clinic begins with a thorough review of health history to identify specific needs and goals. Data collection follows, which may involve assessments to understand root factors. Results are then analyzed collaboratively, leading to personalized strategies. Ongoing support and education empower patients to participate in their wellness.

"Prenatal chiropractic care addresses the unique stresses placed on the spine and pelvis during pregnancy through gentle adjustments that help maintain alignment," said Dr. Maryella Loman, Doctor of Chiropractic at

MaxLiving Chiropractic - Naples.

The clinic's model emphasizes education, helping families understand how spinal health influences function during pregnancy. This knowledge supports informed decisions and promotes sustained well-being. The approach focuses on function and preparation through detailed assessments and tailored support.

"Supporting expectant mothers with principled chiropractic methods integrates care into the natural progression of pregnancy, drawing from clinical experience in family wellness," said Dr. Maryella Loman, Doctor of Chiropractic at MaxLiving Chiropractic - Naples.

MaxLiving Chiropractic - Naples maintains a dedication to principled chiropractic across life stages, including prenatal periods. The practice views health as originating from within, with adjustments serving to remove barriers. This perspective guides patient relationships since the clinic's establishment.

The integration of prenatal chiropractic care reflects the clinic's role in family health journeys. The focus remains on function rather than isolated interventions, with combined clinical experience exceeding 60 years providing depth to consultations.

Throughout its history, the clinic has emphasized community connections alongside clinical work. This foundation strengthens the environment for prenatal patients within a framework of consistent principles. The team applies thorough processes to pregnancy-related concerns as to other family health needs.

MaxLiving Chiropractic - Naples is a chiropractic clinic dedicated to principled care and the 5 Essentials framework. The practice empowers families to pursue wellness by addressing root causes and supporting natural processes through spinal corrective care, nutritional guidance, and educational resources.

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For more information about MaxLiving Chiropractic Naples, contact the company here: MaxLiving Chiropractic Naples Dr. Maryella Loman (239) 300-0885 info@maxlivingnaples.com 6308 Trail Blvd, Naples, FL 34108

## **MaxLiving Chiropractic Naples**

*Doctors Greg and Maryella Loman have been serving patients in Naples since 1992 and have over 60 years of collective clinical experience.*

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