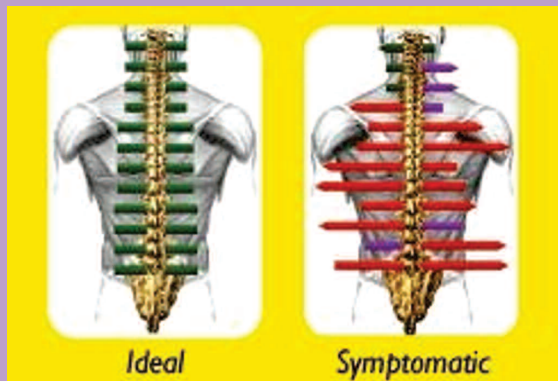


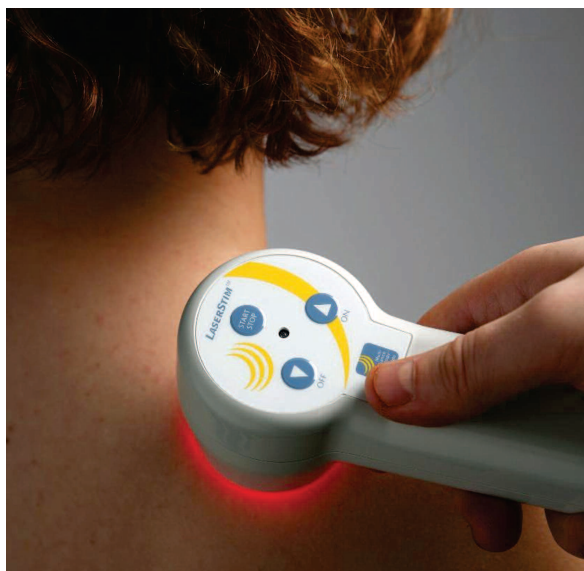
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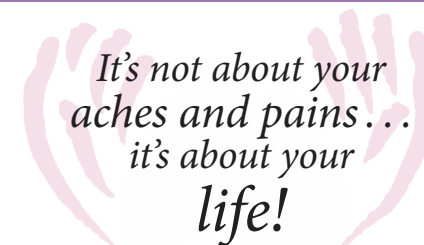
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RESTORE YOURSELF

Meet The Doctor:

Dr. Moe Abtahi is a gentle, highly caring and experienced Chiropractic Physician as well as a Certified Functional Medicine Practitioner. Through his continued education in health and wellness advancements he strives to always improve his patient care. As a chiropractor, he believes in natural healing, getting to the source of the problem to help the body self-correct.

Studies have found that about half of all expectant mothers develop low-back pain at some point during their pregnancies. This is especially true during the third trimester when the baby's body gains the most weight. Chiropractic care throughout pregnancy can relieve and even prevent the pain and discomfort frequently experienced in pregnancy, and creates an environment for an easier, safer delivery.

Pregnancy Treatments: to help ease pain and other discomfort for both prenatal and postnatal conditions related to pregnancy and childbirth such as:

- Morning Sickness
- Back Pain
- Sciatica of Pregnancy
- Hip Pain
- Neck Pain
- Headaches

Diastasis Recti is most common in pregnant and postpartum women due to the extreme stretching of the abdominal wall and the effect of relaxin hormones on the connective tissue that occurs during pregnancy. Unlike most people are told, diastasis recti does not require surgery and can be corrected with core rehabilitation. You will be amazed at how closing your diastasis and rehabilitating your core will affect your entire body. Core rehab will close the separation, flatten your belly, shrink your waist, relieve back pain and improve other symptoms as well.



Dr. Abtahi treats patients suffering from ear infections to postural imbalances. He also treats patients suffering from osteoporosis, herniated disc and sciatica, along with those experiencing symptoms associated with strenuous exertion on their joints.

For **infants and toddlers** we can continually monitor the development of the spine, muscles, joints and nervous system to ensure proper growth. We also offer infant and toddler massage that offers many benefits:

- Stimulation to encourage healthy development
- Improve muscle tone, sensory awareness and digestion
- Relief from discomfort caused by teething, congestion, gas and colic
- Provide a great bonding opportunity for parent and baby

For a healthier pregnancy, infancy, childhood, adolescence and adulthood, everyone needs to keep their body free of subluxations and see their chiropractor for periodic checkups.

Call Family Chiropractic &
Spinal Health Care Center
for your evaluation today!

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