

SUCCESS!

Dr. Stacey's Birthing Story

Chiropractic changed my world since I was 12 years old, freeing me from not only scoliosis and pain, but yearly strep throat, sinus infections and allergies. Obviously, I know how important it is to be adjusted, so when I found out I was pregnant, I was lucky enough to have Dr. Julie adjust me on a weekly basis. Going through all of the stages of pregnancy was certainly taxing. She helped me get through it all and I am so grateful!

Since this was my first pregnancy, I was told to be patient because it would be likely that I would have a 10-24 hour labor; I've even heard first hand stories of 36 hour labors! So, I absolutely know being adjusted regularly contributed to my fantastic birthing time.

I was in the office the morning of January 7th, feeling nauseous, overheated and just 'off'. I cancelled evening appointments so I could rest and come back to start Wednesday morning, hopefully feeling better. I rested that evening and woke up around 2:30AM (one of my many restroom runs) and couldn't go back to sleep. I walked around, did some cleaning, and by 4AM I was feeling contractions come on, about 10-15 minutes apart. I felt I still had a couple of days or so before Baby Dent arrived and I planned on coming into the office that morning. Around 4:30AM, my husband Tyler came to check on me and to rub my back and get me water in between contractions. By 6AM, I suddenly felt like I needed to **PUSH!** My doula just arrived and off we went to the hospital. My plan was to use the birthing tub, the shower, play music, etc., but I wanted nothing to do with any of it by then! We arrived at the hospital a little after 6AM and I was shocked that I was 8cm dilated already. I pushed and Madeline was born on Wednesday, January 8th, at 7:57AM! I was amazed that she was 5 days early and my labor was only around 5 or 6 hours! My birthing time went better than I could have ever expected with a natural, no-intervention delivery. I know I owe a big thank you to Dr. Julie, my wonderful midwife (Brooke Bucci), doula (Stacy Seigel), and of course my husband, Tyler, who got to "catch" her and cut the cord! We finally got to meet our Madeline--and we are so in love! She gets checked and adjusted once a week to make sure that her nervous system is as healthy as it can be. She is our wonderful little *chiropractic angel!*

Thank you again for all of your support and well wishes for our family! I loved every second being at home with our daughter- even through all of those sleepless nights. I am also happy to get back in the office to 'get you straightened out' again! Welcome back!

Dr. Stacey Dent, D.C.
Name

2-19-14
Date