

# WHEN YOU ARE EXPECTING...



**You want only the very best for your baby.** Natural foods, natural childbirth, natural healthcare.

You may be experiencing the aches and pains, that are common, especially in the later months, when the baby puts a great deal of stress on your spine. Yet, you suffer, not wanting to take any medications that could adversely affect the baby.

Pain and discomfort don't have to be a part of **YOUR pregnancy**. We can help relieve your lower back pain and discomfort that often takes some of the joy out of this special time. And all without the harmful side effects of drugs! Our gentle adjustments and soothing therapies will relieve your pain, and improve your body's ability to cope with all the changes occurring in your body. If you are suffering needlessly from pregnancy related discomfort, we encourage you to call.

**We are here to help!**

Make the natural choice, for your baby, and yourself.



Call Westbury Total Health Care  
**(516) 333-3253**  
to schedule **YOUR** appointment!



**Westbury**  
TOTAL HEALTH CARE