



ASK ABOUT OUR  
PREGNANCY  
MEMBERSHIP  
BENEFITS

# RECOMMENDATIONS

## *During Pregnancy*

### 1<sup>ST</sup> TRIMESTER

- NUTRIWEST PRE/POST NATAL VIT + MIN
- INNAT E CHOICE OMEGA SUFFICIENCY
- ROTATE PROBIOTICS
- ADJUSTMENTS WITH CHIRO @ 1X/3-4WKS
- CLT @ 1X/2WKS
- SCHEDULE APPTS THRU 42 WKS
- OPTIONAL: MASSAGE, IASIS-MCN, LET, COACHING, COUNSELING

### 2<sup>ND</sup> TRIMESTER

- NUTRIWEST PRE/POST NATAL VIT + MIN
- INNAT E CHOICE OMEGA SUFFICIENCY
- ROTATE PROBIOTICS
- ADJUSTMENTS WITH CHIRO @ 1X/2WKS
- CLT @ 1X/2WKS
- SOLIDIFY BIRTH, PLAN, TEAM & CLASSES
- OPTIONAL: MASSAGE, IASIS-MCN, LET, COACHING, COUNSELING

### 3<sup>RD</sup> TRIMESTER

- NUTRIWEST PRE/POST NATAL VIT + MIN
- INNAT E CHOICE OMEGA SUFFICIENCY
- ROTATE PROBIOTICS
- ADJUSTMENTS WITH CHIRO @ 1X/WK
- CLT @ 1X/2WKS
- SCHEDULE NB EXAM + ADJUSTMENT
- OPTIONAL: MASSAGE, IASIS-MCN, LET, COACHING, COUNSELING