

✨ Postpartum + The Nervous System



Why Every New Mom's Body Deserves a Reset

The postpartum season is unbelievably beautiful — and unbelievably overwhelming. Your body has just done something extraordinary, and while the world focuses so much on the baby, **a mother's nervous system is undergoing its own major transformation.**

Whether you're 6 days postpartum or 6 months, your nervous system is still recalibrating.

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Hi, I'm Dr. Christina —
chiropractor, mama, and
founder of Vitalise
Chiropractic.



Your body has just done something incredible. But postpartum isn't only about recovery — it's about *reconnection*. The shifts in posture, alignment, hormones, and emotional energy can be profound, and it's okay to give yourself the space to heal.

This guide will help you gently restore balance, reconnect to your body, and find daily habits that bring you back to center.

With care and compassion,
Dr. Christina Lowenthal, D.C.
Vitalise Chiropractic

What Happens to the Nervous System After Birth?

During pregnancy and birth, your body shifts into a heightened state of stress and survival — even in a smooth, empowering birth. After delivery, your nervous system must transition from:

- **High alert → to restoration**
- **Fight/flight → to regulate + repair**
- **Constant activation → to balance + grounding**

But many new moms never get the chance to complete this “reset.”

Sleep deprivation, feeding challenges, pain, hormones, overstimulation, and the constant demand of caring for a newborn keep the nervous system stuck in **fight-or-flight**.

Signs your nervous system might be overwhelmed postpartum include:

- ✓ Feeling “on edge” or unable to relax
- ✓ Jaw tension / shoulder tension
- ✓ Difficulty sleeping even when baby sleeps
- ✓ Low back or pelvic pain
- ✓ Feeling disconnected, foggy, or depleted
- ✓ Digestive changes
- ✓ Headaches
- ✓ Emotional ups and downs
- ✓ Feeling startled easily

These are not personal failings — they are *physiologic*.

Your nervous system is asking for support.

🌿 How Chiropractic Helps “Reset” the Postpartum Nervous System

Chiropractic isn't just for pain — it's one of the most effective ways to rebalance a nervous system that's been under months (or years) of stress.



Here's how:

1. Chiropractic reduces sympathetic overdrive

The spine protects the central nervous system. When there is tension, misalignment, or decreased mobility — especially in the pelvis, ribs, and mid-back (all strained during pregnancy/birth) — the body stays stuck in stress mode.

Gentle adjustments help shift the body from:

Fight/flight → Rest/digest/recover

Most moms describe this as:

“Wow... I can breathe again.”

“I didn't realize how much tension I was holding.”

2. Adjustments improve vagus nerve function

The vagus nerve is the *queen of calm*, running from the brainstem through the neck, chest, and abdomen.

Chiropractic adjustments can enhance vagal tone, leading to:

- Better emotional regulation
- Improved digestion
- Lower stress response
- Easier breathing
- Better sleep



This is why so many moms say they feel lighter, calmer, or more centered after an adjustment.

3. Supports hormonal balancing

Your nervous system and your hormones are deeply interconnected.

When the nervous system is regulated:

- Cortisol decreases
- Oxytocin increases (the bonding, calming hormone)
- Healing accelerates
- Mood stabilizes

Postpartum chiropractic helps your body access the hormones needed for **connection, lactation, and recovery.**

4. Restores pelvic + spinal stability

Birth impacts:

- Pelvic floor
- Sacrum
- Low back
- Diaphragm
- Ribs
- Mid-back (from feeding/posture)

When these structures don't move well, your nervous system receives constant "stress signals."

Aligning these areas reduces pain, improves posture, and makes your body feel more supported — which lets the nervous system relax.

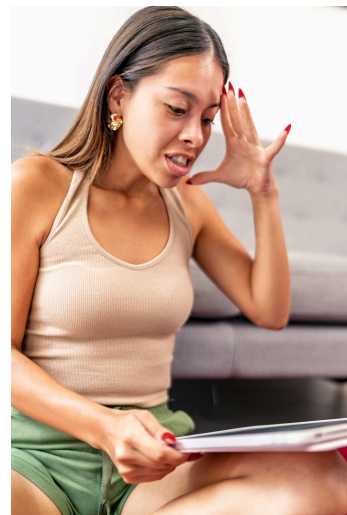
5. Helps with overstimulation + sensory overload

Postpartum moms are often balancing:

- Touch overload
- Noise
- Constant responsibility
- Interrupted sleep
- Rapid hormonal shifts

Chiropractic creates a moment where the body can "switch off" noise and finally regulate.

Many moms leave the office saying:
"I needed that more than I realized."



🌿 What a Postpartum Reset at Vitalise Looks Like

At your visit, we focus on:

- ✦ Nervous system calming + regulation
- ✦ Pelvic alignment and post-birth recovery
- ✦ Mid-back + neck relief (especially for feeding moms)
- ✦ Breathing mechanics + rib mobility
- ✦ Gentle rebalancing of the spine + pelvis
- ✦ Education on posture, feeding ergonomics, and at-home support

And yes — **baby always comes free with you.**

We support you *both*.



🌿 A Simple Message for Postpartum Moms

You are not “broken.”

You are not “behind.”

You are not expected to figure this all out alone.

**Your nervous system just needs support —
and you deserve to feel balanced, clear, and grounded again.**

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