

# Eastern medicinal treatments help with pregnancy

By TARA CLIFTON

tclifton@nwnewsgroup.com

LAKE VILLA – After half a year of trying to get pregnant, Jennifer Kilmer thought she knew what to expect when she finally conceived.

Morning sickness, for example. But that aspect turned out to be much worse than she imagined.

"It wasn't just morning sickness," Kilmer said. "I was sick all day."

And this was just several weeks into her pregnancy, Kilmer said. Acupuncture and chiropractic treatments had helped her get pregnant, so Kilmer said she decided to try them again for her ailment.

"I don't know exactly how it worked, but it worked," Kilmer said. "I think it would have been worse without it."

If the words "infertility" and "pregnancy" are typed into a Google search, "acupuncture" and "chiropractic" will not be the first things to pop up, and most likely will not even appear on the first page of results.



Chris Padgett - cpadgett@nwnewsgroup.com

**Jennifer Kilmer stands with her twin girls, Kennedy and Ella, inside of her home in Round Lake Heights. Wilmer had acupuncture treatments while she was pregnant to help her through the pregnancy.**

But these Eastern-medicine treatments have grown in popularity among people trying to have children, or struggling with pregnancy pains.

Kilmer turned to Dr. Pamela Shah Norley.

Norley operates Acupuncture and Chiropractic, 500 Park Ave., in Lake Villa.

"I felt so refreshed and renewed," Kilmer said of her

acupuncture treatments. "Maybe it is helping my body to do the things it's supposed to do."

And it helped her get through nine months that might have been much more difficult. Kilmer gave birth to fraternal twin girls, Ella and Kennedy, about a month ago.

Sarahbeth Spasojevich of Springfield, formerly of Lake Villa, also received acupuncture

and chiropractic for pregnancy discomforts. She said she successfully became pregnant using acupuncture and chiropractic during her first pregnancy (a son who is now 2) and her current pregnancy (a boy who is due in two months).

Spasojevich and her husband had tried for 16 months to get pregnant, trying invitro fertilization, hormone therapy, and more. An acupuncturist at Harmony Health in downtown Chicago helped her achieve her first pregnancy after just three months of treatments, Spasojevich said.

Norley helped her through her pregnancy with morning sickness.

Norley also was there for her first son's birth.

"I'm firmly convinced she is the reason I was able to get through it without drugs and medications," Spasojevich said.

She plans to continue the treatments to maintain health.

"I'm so happy I found this method," Spasojevich said. "I just wonder what pregnancy would have been like without it."

## Want to know more?

Acupuncture originated roughly 5,000 years ago in Asia, and is based upon the idea of qi (pronounced "chee"), said Dr. Pamela Shah Norley, who operates Acupuncture and Chiropractic in Lake Villa.

Norley said qi is the balance of energies within the body, and people become sick when the qi is out of balance.

During acupuncture, hair-thin, sterile needles are inserted in the skin at specific points in the body.

Sometimes a low electric current can be provided through the needles, Norley said, influencing the natural electric flow in the body.

Chiropractic is the art of adjusting joints and the spine to maintain nervous system, muscle and skeletal health.

Writings from China and Greece dating as far back as 2700 B.C. mention chiropractic, sometimes calling the practitioners "bone setters," Norley said.