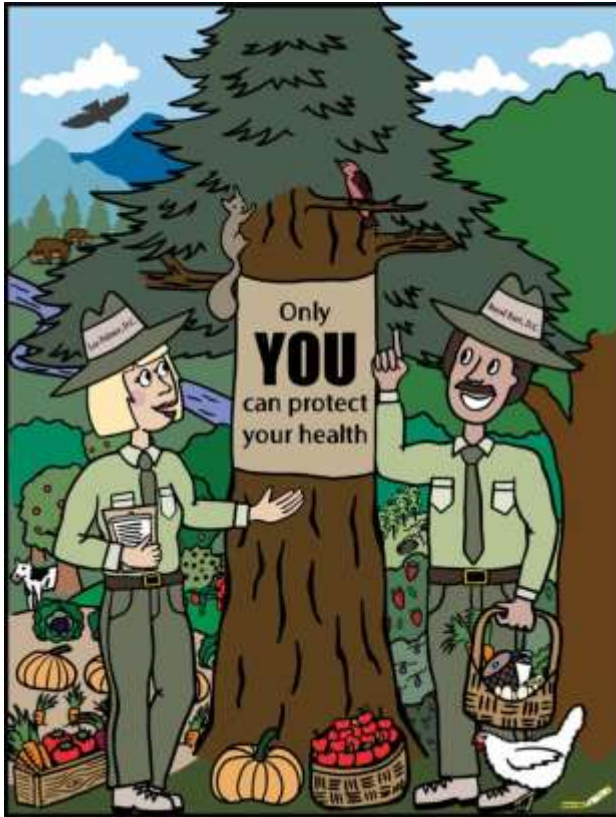


## Health Rangers #3: The Better Half



Hello to all of you beautiful “better halves” out there. This is Lee Palmer, DC. When I reflect upon each of my pregnancies and births as a female chiropractor with three children of my own, I recall what a glorious challenge it was to bring into the world the wonderful gifts of these new human beings. This beautiful power of reproduction is controlled and regulated by the nervous system as well as the hormonal system prior to birth. When these body systems proceed in the way they were created to, without interference, the body can perform its natural and ordained functions.

Nerve supply to our female reproductive organs originates from the lumbar spinal nerves and sacral (tailbone) nerves. For the uterus, nerve supply originates from the tenth thoracic vertebra through the first lumbar spinal segment. The cervix is supplied by the second through fourth parasympathetic sacral nerve roots, and also by the vagus nerve. The vagus also coordinates our fight or flight

response to big emotions—including the fear of giving birth for the first time. This response stimulates the release of neurotransmitters that signal the body to react to the wide range of internal and external events we experience in life. Furthermore, emotions can be transmitted to the little one in utero through the release of neuropeptides that cross through the placenta.

Thus, we see the vital role played by the nervous system, hormonal system, nutrition, and emotions in reproduction, as well as their importance for the health and development of the baby prior to conception, during pregnancy, and beyond birth. Just three weeks after conception, the fetus is the size of a peppercorn. At four weeks the heart is beating and the neural tube of the spine is closing. Arm and leg buds, organs, and tissues are all forming in this new human being.

How does this happen? The answer lies in the Innate Intelligence we are endowed with by our Creator—the inalienable processes of creating a new human being. It is the quest of all mothers incubating new life to provide the foundation their children deserve. With this foundation in place, the next generation will be innately strong in health and capable of resisting the assaults of sickness.

Be sure to boost the body’s central nervous system with extra support from Standard Process. I refer you to the following support protocol as first outlined in “[Health Rangers #1: Only You Can Protect Your Health](#)” to highlight nutritional support for mom and baby.

- Dad, you can make your offspring grand, great, and beautiful by enhancing your nerve and reproductive health with Standard Process [Orchic PMG](#), [Cal-Ma Plus](#), and [Catalyn](#).
- Mom, support your eggs with [Ovex-P](#). And for a prenatal vitamin boost look to [Catalyn](#) and [Cal-Ma Plus](#). Also be sure to enhance your little one's nervous system development and coordination by utilizing [Folic Acid B12](#) and [Neuroplex](#).

Also provide yourself and your baby a diet of healthy fruits, vegetables, and proteins, including meat and eggs. As the better half, be sure to build a better foundation of health for you and your little one!