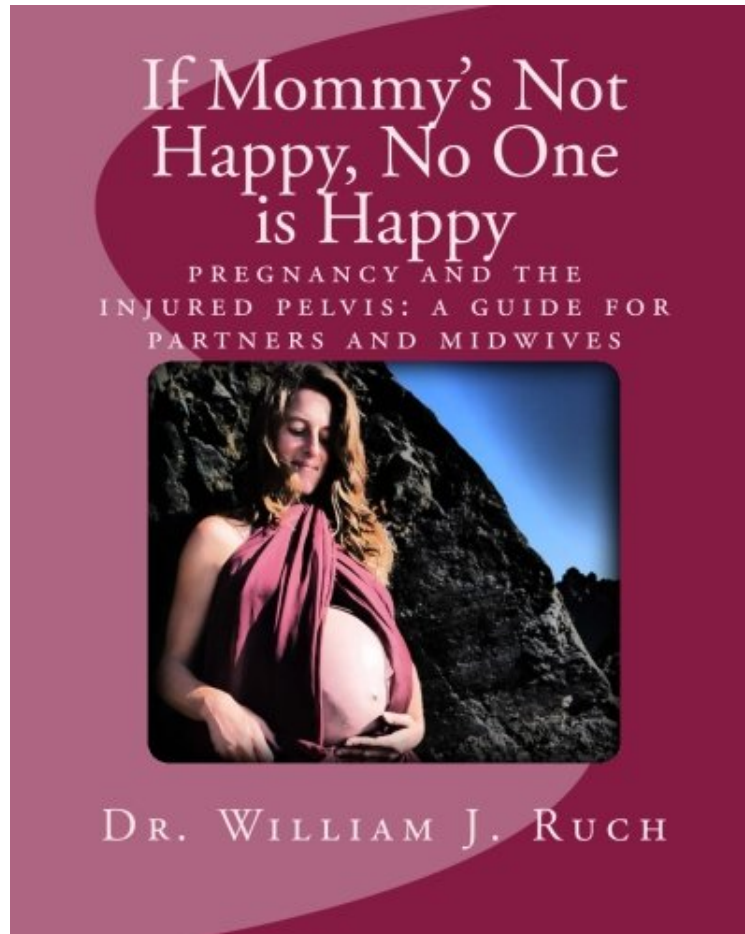


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## If Mommy's Not Happy, No One Is Happy: pregnancy and the injured pelvis

Dr. William J Ruch

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**Dr. William J Ruch : If Mommy's Not Happy, No One Is Happy: pregnancy and the injured pelvis** before purchasing it in order to gage whether or not it would be worth my time, and all praised If Mommy's Not Happy, No One Is Happy: pregnancy and the injured pelvis:

0 of 0 people found the following review helpful. If you're in pain, get it! Fast, easy read and super helpful. By Jennysagi We got the in person demo of this for my pregnancy before the book was written and it made a huge difference for my pain. I even argued with my midwife because she said the pain was normal and I said my chiropractor fixes it, so it's definitely not normal. Every time my back or hips hurt I'd have my husband adjust me. I'm also ligament lax (Ehlers-Danlos), so I'm very happy to have the book now for when I have flare ups and we've forgotten the exact techniques. 1 of 1 people found the following review helpful. Excellent Book. By Jamie Excellent book - something every doctor should know about. 0 of 0 people found the following review helpful. Invaluable resource By Michael Information everyone should have!

Finally, a book that addresses the importance of pelvic injury and its affect on the pregnant woman. Dr, Ruch uses his 30+ years of experience in chiropractic care to show how the pain of pelvic bone misalignment for a pregnant woman can easily be relieved in just a few minutes a day. With the help of a partner or midwife, she has an alternative to suffering through the birthing experience. Features: - Anatomical discussion of the injured, pregnant pelvis - Full color photographs and step by step instructions - Management advice on how to keep Mommy happy and functional.

About the AuthorDr. William Ruch has run a full-time private practice of chiropractic for thirty years. He received his Bachelor of Science degree in Biology from the University of San Francisco in 1975 and graduated Cum Laude from Life Chiropractic College West in Hayward, California in September of 1986. Dr. Ruch has authored multiple scientific articles that have appeared in chiropractic journals. He has also authored a textbook/atlas on spinal and pelvic pathophysiology, including cadaver dissection study photographs and radiology. In addition, he has authored chapters on the autonomic neuroanatomy of the vertebral subluxation/misalignment complex, published several cadaver specimens and radiograph photography in other textbooks, developed numerous slide and video presentations, and has even invented and patented a medical device for carpal tunnel syndrome and other repetitive stress disorders.