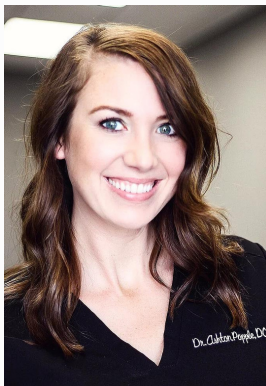


Show Notes

Episode 112

On this episode, Sam and Emily interview Dr. Ashton Popple, a board certified chiropractor. We talk about what chiropractic is, why it's so good during pregnancy, and what Webster certification is and why you should look for one!



To learn more about Dr. Ashton and Popple Family Chiropractic, visit her website:
<https://www.popplesfamilychiropractic.com/>

Want to learn more about the Webster Technique? Dr Ashton explains [here](#).

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