

## **SUGGESTIONS FOR HOW TO GET THE MOST OUT OF EACH CHIROPRACTIC ADJUSTMENT**

- ✓ Please comply with the appointments given to you. Your timetable for adjustments should not be altered as they have been carefully programmed for optimum care.
- ✓ If you do have to change or cancel your appointment, please give at least 24 hours notice so that another person can benefit from your time.
- ✓ Please ask freely about whatever you like about your chiropractic care. If you feel better, please tell us. It is important that your Chiropractor knows if there has been improvement. If anything has changed since your last treatment, please tell us. We will tell your Chiropractor before he adjusts you.
- ✓ Please turn off your mobile. During your adjustment the only person you need to communicate with is yourself. Listen to your body, don't let anyone interrupt you.
- ✓ Take the time necessary to relax mentally: The moment of your adjustment is your "relaxation" moment of the day.
- ✓ Use the bathroom. Organise your time well so that you arrive early for your adjustment in case anything unforeseen happens along the way.
- ✓ Use comfortable, loose clothing. Important parts of the adjustment process require freedom of movement and breathing. Some ladies may feel freer wearing shorts under their skirts. If this applies to you, please, feel free put your comfort above all else.
- ✓ Breathing is very important. Breathe deeply with each inspiration, feel comfortable breathing. Breathing nourishes your neurological system, continue breathing deeply after your adjustment to maximise the benefits.
- ✓ Experience your adjustment: listen to your body, it is best you close your eyes and be quiet during these moments, in this way you can note the sensations, feeling and changes that are occurring within you. Send your feelings towards the area that is blocked, painful or numb (your Chiropractor will guide you).
- ✓ Walk for 10 minutes after your adjustment; avoid sitting down to enable your spine to adjust.
- ✓ Avoid touching or massaging the adjusted area(s), as well as excessive movements, especially of the neck.
- ✓ Please follow these guidelines as they have been suggested to you when you are at home. This could include advice such as the application of hot or cold compresses, daily exercise, rest or special diet.
- ✓ Listen to your body 's signals. Be gentle to your body after the adjustments. Do everything possible to maintain a happy and positive attitude, avoid tension whenever possible.
- ✓ Drink water (8-10 glasses daily), especially after an adjustment. Water is vital for your organism, vital for the daily processes of your body and helps eliminate the toxins

that have been released during the adjustment. Purified water is the best.

- ✓ Avoid excessive stimulants such as alcohol, coffee, tobacco and drugs.
- ✓ Expect changes in all areas of your life: when your body is freer of older pattern disharmonies and stress, you will begin to notice other things changing besides your spine.
- ✓ Use your knees and not your back. Cross your legs below the knees and not above. Be aware of your posture at all times. Sleep on your back or sides, not on your stomach.
- ✓ Give yourself 5 to 20 minutes daily by yourself, it is your parenthesis of freedom. These minutes can make all the difference in your life. Remember that rest is not wasted time. Go deep into yourself and get to know yourself.
- ✓ The more you know and understand about the chiropractic care, the more you are able to help yourself. Come to our Chiropractic Talk. Read books. Be grateful, give thanks for

life, each day is a gift. Appreciate the moment. Breathe!

- ✓ There is a force, an innate intelligence which looks after you every day, it doesn't leave you. Everything has it's procedure healing does too. Trust in your body's innate capacity to regenerate itself. Remember that the best doctor is within us. Chiropractors do not cure, they facilitate the process of healing. Only your body can heal you, learn to know your body and listen to it.

**"I can do nothing about what is wrong with you, I can only address what is right within you.**

**You cannot fight darkness, you can only turn on the light.**

**You cannot fight disease, you can only turn on life"**

**(Amo Burner D.C)**

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