

The Wellness Express™

Jump on the train to good health

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After Your First Adjustment

Presented by: Total Health Systems

TotalHealthSystems.com

Introduction

Congratulations!!!
You have just had your first adjustment. For the first time in your life you are functioning with no or reduced subluxations (nerve stress) in your body. What does that mean?

For one thing, it means you are more balanced in your relationship with gravity. Your head is more centered, hips and shoulders more level, posture more attractive and you walk more comfortably as your joints have less stress upon them. You will have more energy in your day-to-day life as your relationship with gravity continues to improve. You may feel more awake as your brain has more blood flow and your vision may be sharper. That is why children under chiropractic care have increased attention span, improved concentration and do better in school.

When Will You Get Better?

If you are like many people you are in our office because of a health problem or condition. Many people feel a change in their symptoms after their first adjustment: less pain, more movement, greater ease, better sleep, improved digestion, easier breathing, greater strength, improved relaxation, a lifting of depression and other signs of health restoration. However, chiropractic is not a treatment for a particular complaint but a system of

greater strength, improved relaxation, a lifting of depression and other signs of health restoration. However, chiropractic is not a treatment for a particular complaint but a system of stabilizing, strengthening and balancing your entire body. Since healing takes more time for some than others, not everyone feels better immediately but with less subluxations in your body you are better than you were before. You are improving right now!

Athletes Know

Are you an athlete who has heard that chiropractic can help give you that “winning edge”? It’s true. You will notice your reaction time will improve, your hand-eye coordination will get better and your muscle coordination will be more efficient. Athletes are often exquisitely sensitive to their bodies and can often know when they need an adjustment.

You’ll Never Know It All

No matter how many changes you notice, you’ll never see all the wonderful things adjustments do because much of the benefit is beneath the surface: blood pressure, heart rate, brain function and hormone levels. Your nerves are better able to send life’s messages, your brain and other internal organs begin to function more efficiently, old trapped energies are awakened and healing may begin on many levels.



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What Else Will You Feel?

Everybody responds to chiropractic care in their own unique way. However, after more than 100 years of adjusting patients, chiropractic researchers and clinicians have noticed certain general “post-adjustment” tendencies or reactions. Among the most common are:

1. You may feel relaxed, more peaceful and aware that the old tension or stress you’ve been carrying for many years is beginning to dissolve.
2. You may feel an immediate change in any symptoms you have had - pain may disappear; you may be able to move, bend and turn more easily; you may be able to see better; your hearing may seem more acute; your posture may feel more balanced and you may feel more alive.
3. Your body and mind begins to balance. Chiropractors have seen high blood pressure lowering, low blood pressure raising, hyperactive children calm down, hypoactive children have more energy, depression lifting, vision improving, concentration strengthening, digestion improving, sleep getting deeper - it all depends on your unique needs.



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Body and Mind Changes

Old emotional stresses locked up in your body and mind may begin to release after your adjustment and some of these releases can be quite dramatic. However, most people do not emote strongly after a chiropractic adjustment in the office but may find an emotional release coming out in dreams at night.

Don't be afraid of all this releasing – it is really a very good thing; painful “toxic” impressions are no longer interfering with your body function and these energies can go towards healing and help you live more fully in the present. If you don't notice dramatic emotional or physical changes don't worry, it doesn't mean nothing is happening.

Researchers and clinicians are still discovering all the things a chiropractic adjustment can do for you, both physically and emotionally. Let us know of any physical or mental changes you experience as it is often of great importance in your healing journey towards longer life and greater health.

Quote to Inspire

“No one can know what is about to happen: it happens, each time, for the first time, for the only time.”

James A. Baldwin

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