



How to receive a great chiropractic adjustment!

Follow these steps to receive the most out of your adjustment

1. Your adjusting time is your healing time. Turn your focus internally to your body and let go of outside pressures of home, work and life when in you step into the office.
2. Develop a Wellness Chiropractic Lifestyle. We encourage you to participate in the learning experience in our open adjusting suite. This is your opportunity to receive more value with every visit.
3. View your adjustment as neurosurgery without a scalpel. There is incredible power with every adjustment. Focus your mind's eye internally on your energy being released and your life force being restored.
4. Allow yourself to heal. Know that you are completely capable of healing yourself and allow the life force inside of you to do just that. See yourself as a well-orchestrated symphony of trillions of cells beautifully conducted by your nervous system.
5. Rather than leaping up after you're adjustment, take a few breaths and move purposefully. Allow time for the changes to take place.

Less Force. More Life

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