

# How To Receive A Great ADJUSTMENT!

## Follow These Simple Steps

1. Your adjusting time is your healing time, so turn your awareness internally to your body and let go of the outside pressures of home, work, and life.
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 as you interact in a wellness discussion. Participation is optional; if you choose not to participate, please be courteous to others by turning off cell phones, talking quietly, and keeping children respectful of others.
3. Please lay face down as soon as an adjusting table is available. Relax, consciously clear your mind and body, letting go of any stress pent up within. Develop a calmness as you prepare your body for the adjustment.
4. 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, thus empowering your adjustment. See and feel the nerve impulses and energies being released to your organs, tissues, and every cell in your body. See yourself as a well-orchestrated symphony of trillions of cells beautifully conducted by your nervous system.
5. Allow yourself to heal. Know that you are completely capable of healing yourself and allow the magic of the life-force inside of you to nurture you.
6. Rather than automatically leaping up after your adjustment, take a few breaths and move purposely. You have the opportunity to live an abundant, vital, and inspired life with optimum performance at every level.

**If you have a friend or family member who you would like to have their nervous system checked for subluxations, let us know (893-3150)! We would love to enlighten their life with the miracle of chiropractic!**