

# How to Obtain the Greatest Benefit From Your Chiropractic Adjustment

## Picture of Health Family Chiropractic

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The focus of each chiropractic adjustment is to reduce nerve interference so that your innate wisdom can assist you in healing your body and your life. The strategy to accomplish this is simple. The more awareness you have of what is happening to your body, the more you are able to dissipate tension and successfully move further in care.

Bio-Geometric Integration is a gentle style of chiropractic that is unique from most other modalities in the sense that your role on the table is *not a passive one but an active one*. As light contacts/adjustments are made along your spine, your brain is able to connect to the area in your body that went into defense and it learns to choose a different strategy. As your brain connects to the area in your body that you have armored (muscle tension, tightness, pain, etc.), you will feel the need to stretch and move your body so that you may unwind the tension. As this occurs your breath opens up and is able to move through the region, which was stuck. Your physiology is now able to move from defense into ease.

This process is very simple but it involves our *attention*. The more we are able to increase our awareness of what is happening while we are on the table getting adjusted, the faster we are able to dissipate tension. The two most effective ways to increase our attention on the table is through **breath and movement**. The following are tips to help you with this process:

1. When you initially lay down on the table for your adjustment, before Dr. Amber begins, become aware of your breath. Is your breath moving from your tailbone to the top of your neck through each vertebrae? Each vertebrae moves in a figure 8 motion with your respiration, and if it doesn't then this region of your spine is stuck and therefore subluxated.
2. Be aware of areas of ease and dis-ease in your spine when you lay on the table. If you feel any areas of dis-ease, feel if your body wants to stretch before, during and after the adjustment. Remember, we dissipate tension most effectively through breath, movement and awareness!
3. Healing occurs when we create the space for it to happen. While you are on the table try to focus on your body and leave any checklists running through your head outside the adjusting room. You are only on the table for a few minutes, and this is your time to relax and heal. Your lists will be there when you leave.
4. After the adjustment allow yourself to feel how your body is responding. Increase your awareness of how your body may be more flexible, has greater ease and your breath is deeper. As stresses may occur between appointments remember to breathe and move. It will help you to learn to integrate experiences and release them from your body.

Research demonstrates that as we move through care, we literally are able to use different brain centers. Instead of using our lower brain centers, whose primary role is survival and just getting through the day, we use more of our higher brain centers whose focus is on higher reasoning. Our higher brain center (neocortex) is the newer or most evolved part of our brain.

Moving deeper in care is a way to live a healthier and more balanced life. Our nervous system learns greater strategies for not only how to dissipate tension but how we use our stored tension from past experiences to restructure our life. As we do this not only is our body transformed, but our life is transformed so we have more joy and freedom. When our physiology is in defense we are not able to grow and heal. There is no substitute for the Chiropractic adjustment.