



March 2025 Issue

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How Long Does it Take?

If you participated in taking the quiz during the month of February, you might remember the question of how long till an adjustment takes full effect? We love keeping this question on the quiz for many reasons, but the main one is to make sure people know the adjustment keeps working past the initial time it is given. A side note, if you filled out the quiz you were automatically entered into a drawing for a gift card to Spezia (our favorite restaurant).

The first aspect of how long does it take we will discuss the single adjustment. Our office is mainly filled with people who have been coming for years consistently. At one of these timed adjustments where a person might be feeling slight symptoms or no symptoms, we locate areas of subluxations that are producing dysfunction and adjust them. The initial part of the adjustment you can tell something happened and it is easy to think about. The second part where communication in the nervous system changes can take up to 48 hours for full effect.

The communication lines have a two-way system of information that is consistently flowing to and from the brain. The adjustment is designed to balance the information and keep everything flowing normally so the brain can effectively receive info and then make changes accordingly. After the adjustment

most of the time people already feel better in that they can move more freely and can tell something happened, but the big part of the story is the communication lines reaching their potential to control and coordinate the body over the next 48 hours and beyond.



The items that the nervous system controls is lengthy and basically everything behind the scenes inside the body. If the nervous system senses the environment getting colder, we start to shiver. If the environment gets hotter, we start to sweat. We don't think about making those changes the body does it on autopilot through innate intelligence. The adjustments support this intelligence and keep it working effectively and as the intelligence works more consistently our health potential rises! So, when you are feeling great remember all the behind-the-scenes actions taking place working in harmony.

Contact Kunz Chiropractic to make an appointment

(402) 614-5677

<https://www.kunzchiropractic.com>

This month's recipient of our giving back campaign is Midlands Humane Society which is a favorite of Amanda and Everly T.

During the month of March all new patients will receive a full exam and any x-rays needed for \$55. All the proceeds will be donated to Midlands Humane Society. Please help spread the word so we can raise as much as possible.

Government funded insurance carriers not included.



Our Mission

**To protect and nurture companion animals
and enrich the lives of people who love them.**



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