

Guide to **Faster** Relief and **Better** Results

Chiropractic care is a partnership. On each visit, we'll be retraining your spine and reducing nervous system interference. Here are things you can do between visits to speed your recovery and enhance your well-being.



Keep Your Visits

Virtually every strategy to improve your health and well-being begins with an interference-free nervous system.



Reduce Emotional Stress

Be slow to anger. Reduce irritations. Give up the need to be right. Laugh often. Forgive others—and yourself.



Get Regular Exercise

Brisk walking, stretching, dancing, swimming, and other consistent exercise feel good—and are good for you.



Deep Restful Sleep

Retire nightly at a consistent time and get 7-8 hours of restorative sleep in a cool, quiet, darkened room.



Stay Hydrated

Sip clean water all day for healthy joints, optimum nerve function, and to support every vital bodily function.



Upgrade Your Diet

Avoid processed foods with bleached flour, artificial sweeteners, and refined vegetable oils. Choose organic.

Sensible Sun Exposure

Sunshine regulates gene expression, circadian rhythm, and supplies Vitamin D, essential for our immune system.



Breathe Deeply

Inhale and exhale deeply through your nose and avoid shallow breathing often associated with stress and anxiety.



Stop Using Drugs and Alcohol

Discontinue any use of drugs or alcohol, reducing your risk of cancer and heart disease while improving sleep.



Improve Oral Health

Brush and floss regularly to avoid bad breath, gum disease, teeth loss, and the whole-body effects of inflammation.



Connect with the Earth

Regularly spend time in nature walking barefoot (or use a grounding mat) to remain connected with the earth.



Reduce Toxin Exposure

Avoid environmental toxins such as radon, glyphosate, pesticides, mold, mercury, lead, and other heavy metals.



Attain Metabolic Flexibility

Limit your consumption of highly refined carbohydrates and avoid the destructive effects of insulin resistance.



Attend to Your Spirit

You are far more than your body. Acknowledge your higher power through regular prayer, meditation, and worship.



Lower EMF Stress

Be mindful of electrical and magnetic fields created by phones, power lines, microwaves, and wireless technology.



Stay Connected

Maintain social connections with supportive friends and family. It's a key element of well-being—even longevity.

