## LLOOGGOO

## How to receive a great ADJUSTMENT!

1. Your adjusting time is your healing time. 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 adjusting suite. This is your opportunity to receive more value with every visit as you interact in a wellness discussion.
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 calmness as you prepare your body for the adjustment. Calm, rhythmic breathing is a great way to prepare your nervous system to receive a great adjustment. Try breathing through your nose for a count of 2 and out through our mouth for a count of 4. We call this the ‘Brain Oxygenation Technique’
4. 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 into 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 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.





