After Your First Adjustment

After an adjustment your body is more in harmony; hundreds of improvements are occurring.

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Chiropractic brings out the best in me!
years of adjusting patients, chiropractic researchers and clinicians have noticed certain general "post-adjustment" tendencies or reactions. Among the most common are:

1. You may feel relaxed, more peaceful and aware that the old tension or stress you’ve been carrying for many years is beginning to dissolve.

2. You may feel an immediate change in any symptoms you’ve had—pain may disappear; you may be able to move, bend and turn more easily; you may be able to see better; your hearing may seem more acute; your posture may feel more balanced and you may feel more alive.

3. Your body/mind begins to balance. Chiropractors have seen high blood pressure lowering, low blood pressure raising, hyperactive children calm down, hypoactive children have more energy, depression lifting, vision improving, concentration strengthening, digestion improving, sleep getting deeper—it all depends on your unique needs.

• Cleansing
As part of the healing process, some people may express cleansing symptoms: a release of mucus or toxins, a skin rash, a feeling of warmth, a fever, diarrhea or other similar symptoms. Sometimes old health problems briefly return and you might think chiropractic made you worse. But don’t let these symptoms scare you—they are wonderful ways your body/mind is completing the healing process and returning you to balance and health.

Chiropractic is expressive healthcare. A chiropractic adjustment unlocks what is blocking your healing so that incompletely healed injuries can heal or toxic buildup can be released.

• Body/Mind Changes
Old emotional stresses locked up in your body/mind may begin to release after your adjustment. Some of these releases can be quite dramatic: flashbacks of car accidents or traumas or a reliving of the emotions accompanying them. Sometimes spontaneous laughter or crying occurs as pent up emotional energies are suddenly released. However, most people don’t emote strongly after a chiropractic adjustment in the office but may find an emotional release coming out in dreams that night or over the next few nights.

For a healthy, strong body chiropractic is essential.